

THE ALPHEN SPA TREATMENT LIST

MASSAGE

The Cure	Swedish	60	R 1 050
		90	R 1 450
In Your Element	Bespoke	60	R 1 050
		90	R 1 450
Muscle Melt	Deep Tissue	60	R 1 250
		90	R 1 650
Sleep Well	Deep Sleep	90	R 1 450
Mama-To-Be	Prenatal	60	R 1 450
Balancing Mineral Stone	Hot Stone	60	R 1 350
		90	R 1 450
Sole to Soul	Foot & Calf	45	R 750
Reflexology	Specialised	45	R 950
Get off My Back	Back, Neck & Shoulder	45	R 950

BODY SCRUB & WRAP

Fire Polish	Full body	30	R 1 050
Fire Polish & Wrap		60	R 1 450

FACIALS

Babor	Classic	Bespoke	60	R 1 050
	Hydra Boost Express	Express	30	R 750
	Luminous	Cleanformance	60	R 1 150
	Ultimate HSR Lifting Treatment	Advanced Ageing	90	R 1 650
Enhancer	Longevity Eye Lift		15	R 650
	Babor Beauty Fluid	Ampoule		R 450
QMS	Glow Deep Cleanse		60	R 1 600
	Glow Activator		45	R 1 400
	Signature Collagen Recovery		90	R 3 250
	Lifting & Firming Renewal Collagen		75	R 1 950
	Lifting & Firming Neo Tissuedermie		75	R 1 950

PACKAGES

Classic	Back, Neck & Shoulder Massage		90	R 1 500
	Express Manicure or Pedicure			
	Babor Hydra Boost Facial			
Signature	Touch Full Body Massage		180	R 2 850
	Express Manicure & Pedicure OR			
	Medi-Pedi Without Paint			
	QMS Glow Deep Cleanse Facial			

HANDS & FEET

Essential Manicure	Express	30	R 450
Essential Pedicure	Express	30	R 500
Signature Manicure	Classic	75	R 850
Signature Pedicure	Classic	75	R 890
Medi-Mani	Medihand	60	R 600
Medi-Pedi	Mediheel	60	R 650
Gel Manicure		75	R 950
Gel Pedicure		75	R 990
File & Varnish		25	R 350
Gel Removal		30	R 250
Gel Application		40	R 500

GROOMING

Tinting	Lash & Brow Tint	30	R 300
	Lash Tint	20	R 250
	Brow Tint	20	R 250
Waxing	Brow/Lip/Chin	15	R 250
	Face	30	R 450
	Bikini	15	R 350
	Brazilian	30	R 450
	Hollywood	45	R 500
	Half Leg	20	R 400
	Full Leg	45	R 500
	Half Arm	30	R 300
	Full Arm	45	R 350
	Underarm	15	R 250
	Chest	30	R 450
	Back	30	R 550

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CANCELLATIONS We ask that you make any cancellation or changes to treatments at least 24 hours before your appointment to avoid a 100% cancellation charge. No-shows will result in a full charge. **ARRIVAL** We invite you to arrive at least 15 minutes before your appointment to allow adequate time to change. For your comfort, we provide a bathrobe, slippers and disposable undergarments, as well as complimentary shampoo and spa body products. As a courtesy to other guests, should you arrive late, we regret that we will only be able to offer you the remainder of your appointment time. The full cost of the treatment or service will still be charged. **WELLBEING**

Our spa is a non-smoking facility. It's advisable to avoid consuming heavy foods prior to or directly after a spa treatment. For your safety and comfort, we ask you to complete a pre-treatment survey. Please notify us of any specific requirements for your visit which may include injuries, illnesses or allergies. **COMMUNICATION** Prior to the start of your treatment, kindly advise your therapist of the areas you would like special attention, and of any areas to be avoided. During your treatment, please let the therapist know if you might feel any discomfort. Communication is key to obtaining the full benefit of your spa experience. **GRATUITIES** Our prices do not include gratuities. If you have enjoyed your treatment, please feel free to leave a gratuity at your discretion.