

PALMS RETREAT PACKAGES

Pamper Express **R870**

Back, neck & shoulder massage
Babor calming sensitive facial
Snack platter, wine or juice
Gift bag.

Relaxation Delight **R950**

Sauna
Luxury Back, neck & shoulder massage
Head Massage
Luxury Reflexology Massage
Fruit platter, wine or juice
Gift bag.

Palms Deluxe **R1390**

Back, neck & shoulder massage
Babor calming sensitive facial
Spa manicure
Body exfoliation
Snack platter, wine or juice
Gift bag.

Palms Retreat Deluxe **R1700**

Full body massage
Babor advanced biogen facial
Spa manicure and pedicure
Body exfoliation
Snack platter, wine or juice
Gift bag.

Pevonia Journey **R1300**

Welcome drink
Foot Ritual

[Your feet are immersed in an aromatic bath filled with Eucalyptus, French Sea Salt and Pine Essential Oil. Scrubbed and massaged.]

Dessert Heat Body Wrap

[Refines skin, Healing, Anti-stress]

Full Body Massage

[With Micro-Emulsified Oil, Anti-stress, calms & soothes]

Fruit Platter, wine or juice



PALMS RETREAT
WELLNESS SPA



For more information and bookings:

Tel: 018 386 1050

or dial 1740 from Mmabatho Palms room

Email: WSpa@mmabathopalms.co.za

2019

*Feel your best,
Be your best!*



MASSAGE THERAPIES

Full body massage [with oil]	60 mins	R350
Back, neck & shoulders [with oil]	30 mins	R200
Stress elimination massage [full body]	60 mins	R400
<i>The 2-in-1 massage! [With added skin hydration obtained via micro-emulsified oil]</i>		
Luxury Back, neck & shoulders	30 mins	R240
<i>The 2-in-1 massage! [With added skin hydration obtained via micro-emulsified oil]</i>		
Head Massage [scalp]	30 mins	R150
Scalp and hair treatment		R120
<i>[Treats itchy scalp, dandruff, eczema & psoriasis]</i>		
Reflexology massage [foot]	30 mins	R180
Luxury Reflexology massage	30 mins	R200
Hot stone therapy	30/60 mins	R240/400



pevonia[®]

Natural ingredients. Professional results.

BODY TREATMENTS and WRAPS

Body exfoliation		R190
Infrared sauna	30 mins	R 90
Aromatic Moor wrap	60 mins	R450
<i>[Tension relieving, anti-fatigue, relieves muscular aches & painful joints, treats rheumatism]</i>		
Green Coffee Cellu-smooth wrap	60 mins	R480
<i>[Slimming & toning, visibly reducing cellulite. Enhances skin's texture, increases metabolism, eliminates toxins, stimulates breaking down of fat cells]</i>		
Dessert Heat wrap	60 mins	R550
<i>[Refines skin mineralizing, healing, anti-stress]</i>		
Tropical Oasis Yoghurt wrap	60 mins	R650
<i>[Repairing, firming, brightening & rejuvenating: Anti-aging must!]</i>		
Lumafirm wrap	90 mins	R1100
<i>[Firm, glow & go! Look youthful and radiant.]</i>		
Cool Leg wrap		R160

HANDS and FEET

Basic spa manicure	60 mins	R180
<i>[Soak, scrub, nail & cuticle care, massage, includes normal varnish]</i>		
Pevonia manicure	60 mins	R210
<i>[As with the basic spa manicure, but with micro-emulsified oil]</i>		
Basic spa pedicure	60 mins	R200
<i>[Soak, scrub, dry skin removal, nail & cuticle care, massage, includes normal varnish]</i>		
Pevonia pedicure	60 mins	R250
<i>[Soak, scrub, dry skin removal, nail & cuticle care, massage, includes normal varnish]</i>		
Callo Peel Foot Treatment	45 mins	R250
<i>[Peel is applied on heels. Feet are immersed in an aromatic whirlpool of eucalyptus, French sea salt & pine essential oil. Nail and cuticle care]</i>		

Please note: We do NOT apply gel or acrylic to nails



FACIAL TREATMENTS

[each treatment is 60 mins]

Babor advanced biogen [anti-aging]	R560
Babor calming sensitive [sensitive skin]	R530
Babor pure face [acne & blemish]	R530
Babor energy release [for men]	R530
Doctor Babor skin renewal [Blemishes, hyperpigmentation, lines & wrinkles]	R680



BABOR FACIAL R740

with DERMABRATION

An effective skin exfoliation for a deep cleanse. Removes dead skin cells, rough, flaky skin, black heads and also prevents oily skin.

BABOR FACIAL R800

with ELECTROPORATION

An electroporation head for applying anti-aging treatment with [Sorisa DermActif Cosmetics](#), supplied in a disposable roll-on and specifically designed for this procedure in the electroporation process, the modulated medium frequency [MMF] currents open temporary micropores, which enable the cosmetics to penetrate different skin moisturizing, vascular microstimulation of the skin and has anti-aging effects that are obtained in just a few sessions, prevents and reduces lines and wrinkles.

Dermabration only	R280
Electroporation only	R350
Cryotherapy only	R280
Electroporation neck only	R180

