



# ALOE LANE

guest lodge

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WELLNESS SUITE PACKAGES						
BODY TREATMENTS	DESCRIPTION	30 MIN	60 MIN	90 MIN	2 HOURS	3.5 HOURS
<b>Sports Massage</b>	Excellent after a full day of travelling, assists with injury prevention and recovery. This massage specifically focuses on releasing fatigued muscles and tension.					
	<b>COST</b>	R 490.00	R 740.00			
<b>Deep Tissue Massage</b>	An intensive massage focusing on releasing of muscle tension and chronic pain for total de-stress.					
	<b>COST</b>	R 490.00	R 740.00			
<b>Swedish Aromatherapy Massage</b>	The ultimate in massage relaxation using smooth long strokes to reduce stress and increase blood circulation to invigorate your body and mind. For those who do not enjoy a hard massage.					
	<b>COST</b>		R 740.00	R 990.00		
<b>Hot Stone Massage</b>	In this classic massage, the use of hot lava rocks provides a sensationally smooth and deeply relaxing experience. Some rocks are placed on selected chakras for body balance.					
	<b>COST</b>		R 740.00			
<b>Kahuna, Lomi-Lomi</b>	Inspired by a Traditional Hawaiian technique, this full body massage is done using long, flowing and rhythmical movements leaving you feeling divinely nurtured.					
	<b>COST</b>		R 740.00	R 990.00		
<b>Traditional Thai Massage</b>	Traditional fully-clothed massage on a floor bed to improve flexibility and balance of energy levels.					
	<b>COST</b>		R 740.00	R 990.00		
<b>Indian Head Massage</b>	Back, neck, head and shoulder massage with indulgent oils – excellent for relief of tension and headaches.					
	<b>COST</b>	R 440.00	R 590.00			
<b>Body Exfoliation</b>	Treat your skin to a body scrub to activate your cells and improve circulation					
	<b>COST</b>	R 290.00				
<b>Hand Treatment</b>	Relaxing hand massage with a gentle scrub and nourishing moisturiser.					
	<b>COST</b>	R 290.00				
<b>Thai Foot Reflexology</b>	Been on your feet all day? Then this Thai technique is perfect for you - includes stretching and working with the meridians to promote healing and balance in the whole body.					
	<b>COST</b>	R 440.00	R 590.00			
<b>FACIALS</b>						
<b>Revitalising Facial</b>	Revitalise your skin with a refreshing facial which includes a shoulder, neck, head and face massage.					
	<b>COST</b>	R 490.00	R 690.00			
<b>FULL SPA TREATMENT PACKAGES</b>						
<b>Replenish your Energy</b>	Homemade Iced Tea Indian Head Massage - 60 Min Express Facial - 30 Min					
	<b>COST</b>			R 990.00		
<b>Total Relax</b>	Homemade Iced Tea Foot Massage - 30 Min Full Body Massage (Sports Massage or Deep Tissue) - 60 Min					
	<b>COST</b>				R 990.00	
<b>Just Breathe</b>	Homemade Iced Tea Body Exfoliation - 30 Min Full Body Massage (Hot Stone or Swedish) - 60 Min					
	<b>COST</b>				R 990.00	
<b>Detox Perfection</b>	Homemade Iced Tea Body Exfoliation - 30 Min Full Body Deep Tissue Massage - 90 Min					
	<b>COST</b>				R 1,190.00	
<b>The Ultimate Couples Indulgence (Cost for couple)</b>	Homemade Iced Tea Body Exfoliation - 30 Min Foot Massage - 30 Min Full Body Massage (Your Choice) - 60 Min Hand Treatment - 30 Min Light Lunch - 2 Courses - 60 Min					
	<b>COST</b>					R 2,990.00