



## BODY TREATMENTS

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| <b>Rolling Sand Dune Full Body Massage (60 min)</b>       | <b>R 450</b> |
| <b>African River Hot Stone Full Body Massage (60 min)</b> | <b>R 510</b> |

## BACK & NECK MASSAGES

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| <b>Khoi-Khoi Back and Neck Massage (30 min)</b>                 | <b>R 380</b> |
| <b>African River Hot Stone Back &amp; Neck Massage (30 min)</b> | <b>R 430</b> |
| <b>African Head and Neck Massage (30 min)</b>                   | <b>R 380</b> |

## SKIN TREATMENTS

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| <b>REVITALIZING SKIN TREATMENT</b>      |              |
| <b>Vita-gel Skin Treatment (60 min)</b> | <b>R 450</b> |

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| <b>REJUVENATING SKIN TREATMENT</b>         |              |
| <b>Phytic Clay Skin Treatment (60 min)</b> | <b>R 450</b> |

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| <i>Rejuvenation / Oily Skin / Pitted acne scarring</i> |  |
| <i>(Not suitable for sensitive skin)</i>               |  |

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| <b>ANTIOXIDANT SKIN TREATMENT</b>        |              |
| <b>Vitamin C Skin Treatment (60 min)</b> | <b>R 450</b> |

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| <i>Anti-aging / Ultra-firming – (All skin types)</i> |  |
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| <b>THERAPEUTIC SKIN TREATMENT</b>        |              |
| <b>Honeybush Skin Treatment (30 min)</b> | <b>R 290</b> |

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| <i>Hydrating (All skin types)</i>         |              |
| <b>Lipid Rich Skin Treatment (60 min)</b> | <b>R 390</b> |

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| <i>(Not suitable for oily or acne-prone skin)</i> |  |
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| <b>ADD-ON TREATMENTS</b>           |  |
| <i>(add 30 min to your facial)</i> |  |

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| <b>Vitamin C Eye Treatment</b>            | <b>R 240</b> |
| <b>Hand and Arm Anti-ageing Treatment</b> | <b>R 195</b> |

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| <b>HANDS &amp; FEET</b>                                |              |
| <b>Kalahari Hand Treatment (Paraffin Wax) (60 min)</b> | <b>R 380</b> |

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| <b>Kalahari Feet Treatment (Paraffin Wax) (60 min)</b> | <b>R 480</b> |
| <b>Express Pedicure (45 min)</b>                       | <b>R 300</b> |

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| <b>Express Manicure (30 min)</b>               | <b>R 235</b> |
| <b>Pedicure &amp; Gel on Toenails (90 min)</b> | <b>R 480</b> |

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| <b>Gel on Toenails (60 min)</b> | <b>R 290</b> |
| <b>Gel Soak Off (45 min)</b>    | <b>R 95</b>  |

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| <b>Buff and Paint (30 min)</b> | <b>R 270</b> |
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## GENERAL INFORMATION

**Late arrival:** If you are late for your appointment, your treatment may be cut short to ensure that the next treatment begins punctually.

## DEPOSIT

We require a 50% deposit payment to secure and confirm your booking.

## STRICT CANCELLATION POLICY

The spa treatments you select are reserved especially for you. There is a 50% charge for all cancellations made less than 7 days prior to an appointment.

## VOUCHERS

Vouchers are valid for 3 months. Your voucher can be used for treatments. Vouchers cannot be exchanged for cash. We reserve the right to make adjustments to take account for any increase in prices.

## PRICES

The prices stated in our current price list apply. Please note that prices are subject to change.

## PAYMENT

We accept payment by cash and the following cards: Visa & MasterCard.

## MOBILE PHONES

As a courtesy, please turn off your phone during your stay at our Monte Bello Day Spa so as to ensure a quiet and relaxing atmosphere for our clients.

## WE VALUE YOUR OPINION

Monte Bello welcomes your suggestions as to how we can continue to improve our service and ensure your well-being.



Kalahari is an exclusive lifestyle collection for body, soul, and home. Africa, nature, and people inspired this exclusive product collection. Created with nature's pure ingredients, you can experience the delicate aromas and textures directly from the Kalahari Desert in Africa. This collection will captivate your imagination while it nourishes your body and mind. Kalahari is available in an exclusive range of products including face, body and lifestyle.



## SPOIL YOURSELF PACKAGES



### Full Day Spoil-Yourself

Duration: 09:00 – 16:00

- Hydrating Honey Bush Facial, 30 min Full body scrub (choice of Sugar, Coffee, Coarse Salt)
- Kalahari Foot Treatment with paraffin wax
- Kalahari hand treatment with paraffin wax
- African Head and Neck Massage
- Full body hot stone massage

Welcome drinks & breakfast (08:30) on arrival. Lunch (12:00) is served with a Glass of Bubbly. Drinks are available throughout the day.

R 2250

### Half Day Spoil-Yourself

Duration – 3.5 hours | 8h30 – 12h00 / 12h30 – 16h00

R1280

- African Head and Neck massage
- Kalahari foot treatment with paraffin wax
- Full body hot stone massage

Welcome drinks & breakfast (08:30) or Lunch (12:00) on arrival is served with a Glass of Bubbly. Drinks are available throughout the day.

### Mini Spoil Yourself

R 590

Duration – 90 minutes

Full body hot stone massage (60-minute treatment)

Welcome drinks on arrival. Light snacks with refreshments.

### Mid-Week Escape

R 860

Duration – 2 hours

- Kalahari foot treatment with paraffin wax
- Full body hot stone massage

Valid Monday – Thursday. Not available on public holidays. Welcome drinks on arrival.

## COUPLE RETREATS

### Mini Couple's Retreat

R1180 per couple

Duration – 1,5 hours

Full body hot stone massage

Welcome drinks on arrival. Refreshments and breakfast or lunch (depending on the time of day).

### Couples Escape to Africa

R 2950 per couple

Duration - 4 hours

Couple's full body massage with Lillian Terry International SUNSET AND SUNRISE massage oils, African head and neck massage, a complete foot and hand treatment followed by paraffin wax.

All treatments are done with the couple in the same room. Welcome drinks on arrival. Breakfast or lunch with a Glass of bubbly included (depending on the time of day).

## Full Body Massages (60 min) with Lillian Terry International

R620



Lillian Terry International

Lillian Terry International researched and developed a natural product range based on the synergy of homeopathy & aromatherapy. All pre-blended massage oils contain homeopathic remedies, superior grade essential oils and pure cold pressed carrier oils.

### SUNRISE

For general male wellbeing. May stimulate metabolism, control appetite, combats yuppie flu, improve low sex drive or depression. Could help prevent chronic inflammation of the prostate during hormonal change.

### SUNSET

For general female wellbeing. May be effective for women with low libido, sluggish ovarian activity, mood swings, under active thyroid, poor circulation, and general fatigue. May assist with balancing hormonal activity.

### CONFIDENCE

Creates a feeling of calmness and self-confidence. Used in stressful situations such as exams, interviews, public speaking, competitive sporting events.

### BETTA DAY

Addresses general stress relief and helps to alleviate chronic depression and anxiety. It also combats premenstrual tension; menopausal depression and it enhances emotional recovery from substance abuse.

### BETTA SLEEP

Regulates the sleep cycle and provides relief from insomnia. It also assists with anxiety, fearfulness, reduces high stress levels and mood swings.



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## SPECIAL OCCASION PACKAGES

### Student Stress Less

R790

Duration – 2,5 hours

African Head and Neck Massage and a full body hot stone massage with Lillian Terry CONFIDENCE massage oil.

Welcome drinks on arrival. Refreshments and breakfast or lunch are served between treatments depending on the time of day. \*You have to show your student card.

### Mom and Daughter Special Spoil

R1900 for both

Duration – 3 hours

Full body massage with Lillian Terry International BETTA DAY Massage oil and a Kalahari foot treatment with paraffin wax or pedicure.

Welcome drinks on arrival. Refreshments and breakfast or lunch is served between treatments (depending on the time of day).

### Wild Birthday Bash

R1020

Duration - 3.5 hours

Float away with a Back and Neck Massage, followed by Hydrating Honey Bush Facial, an Express Manicure and Pedicure.

Welcome drinks on arrival. Refreshments and breakfast or lunch is served between treatments (depending on the time of day) - Glass of Bubbly included.

### Kalahari Male Getaway

R 940

Duration - 2.5 hours

Deep Tissue Back and Neck Massage with Lillian Terry International SUNRISE massage oil followed by a Hydrating Honey Bush facial and express Pedicure.

Welcome drinks on arrival. Refreshments and breakfast or lunch is served between treatments (depending on the time of day) - 1 Beer of your choice included.

### Re-Energising Booster

R1050

Duration - 2 hours

Stress relief full body massage with Lillian Terry International CONFIDENCE massage oil, float away with an African head and neck massage and Kalahari foot treatment with paraffin wax.

Welcome drinks on arrival. Refreshments and breakfast or lunch is served between treatments (depending on the time of day) - Glass of Bubbly included.

### KIDS

4-12 years

### Full Body (30 min)

R 320

### Manni-Peddi (60 min)

R 320