

QURTUBA  
RUMAAN SPA  
AND WELLNESS CENTRE



# Rumaan Spa Menu

**OPEN 7 DAYS A WEEK**  
**(08:00am - 18:00pm)**

***\*BOOKINGS ARE ESSENTIAL\****

📞 +27 66 477 4678/ +27 10 109 4789 📍 6 Sakb Ave, Linbro Park, Sandton, 2090

📷 rumaan\_spa 🌐 qurtubahotelspa.co.za 📄 Rumaan Spa & Wellness Centre 📧 spa@qurtuba-h.co.za



Set amidst the acres of greenery in Linbro Park, **Qurtuba Rumaan Spa** offers a tranquil haven to rejuvenate, relax and unwind your mind, body and soul.

Inspired by the Pomegranate (Rumaan), our treatments are rich in their organic benefits and are embedded in traditional methods of massage.

Bask in pleasure of being treated by trained professionals as they entice your senses into waves of relaxation. Explore our range of treatments to find the perfect match for you!

Relax. Refresh.  
Rejuvenate. Recharge



HOME CARE & AFTER CARE PRODUCTS AVAILABLE IN SPA

*\*Subject To Availability & Price Changes\**

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## MASSAGES

Japanese Head Massage (45 MIN)	R600
Japanese Head Massage With Foot Massage (55 MIN)	R900
Full Body Swedish Massage (55 MIN)	R400
Full Body Hot Stone Massage (55 MIN)	R450
Neck, Back, & Shoulders Swedish Massage (30 MIN)	R300
Head, Neck & Shoulders Seated Massage (30 MIN)	R200
Neck, Back, Shoulders + Hot Stone Massage (30 MIN)	R350
Pregnancy Massage (45 MIN)	R400
Indian Head Massage (30 MIN)	R250
Full Body Sugar Scrub (45 MIN)	R450
Thai Foot Massage (30 MIN)	R350
Thai Head Massage (30 MIN)	R250
Thai Full Body Massage (60 MIN)	R500
Mens Sport Massage (60 MIN)	R450
Mens Sport Massage (90 MIN)	R700

## CRANIAL MASSAGE

*Calming sense of wellness, a non invasive relaxing massage, allowing the body and mind to realign and connecting to oneself.*

Full Body Cranial Massage (55 MIN)	R500
Cranial Sacral Therapy (75 MIN)	R600
3 Cranial Sacral Follow Up Sessions (Per Session)	R500

## COUPLES TREATMENT PER COUPLE

Full Body Swedish Massage (55 MIN)	R700
Full Body Hot Stone Massage (55 MIN)	R800
Full Body Moisturising Scrub (55 MIN)	R800

## HANDS & FEET

Leg Massage (Lower Leg) (45 MIN)	R300
Express Mani & Pedi (No Paint) (60 MIN)	R350
Sugar Mani & Pedi (No Paint) (60 MIN)	R400
Pedicure (No Paint) (60 MIN)	R300
Manicure (No Paint) (45 MIN)	R250
Hand & Foot Massage (45 MIN)	R300
Foot Massage (30 MIN)	R200
Reflexology (45 MIN)	R400
Parafin Dip	R100



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## DERMALOGICA SKIN CARE PROFESSIONAL FACIALS

Express Face-fit Treatment (10 MIN)	R150
Proskin (30 MIN)	R350
Proskin (60 MIN)	R650
Gwa Sha (10 MIN)	R50

## KALAHARI SKIN CARE PROFESSIONAL FACIALS

Express Facial (30 MIN)	R250
Honey Bush Soufflé (60 MIN)	R350
Honey Bush Soufflé with Added Clay or Mud (60 MIN)	R400
Vita Gel (60 MIN)	R450
Vita C Facial (60 MIN)	R450
Phytic Clay (60 MIN)	R450
Lipid Rich (60 MIN)	R450

## CUPPING

Dry Cupping (MINIMUM 6 CUPS) (EXTRA CUP R45)	R300
Sunnah / Wet Cupping (MINIMUM 6 CUPS) (EXTRA CUP R50)	R400

## WELLNESS THERAPY

Salt / sand room (halotherapy or speleotherapy) (30 MIN)	R100
Sauna Room (30 MIN)	R200
Rasul Room (45 MIN) (60 MIN)	R400
Hammam (45 MIN) (30 MIN)	R700
Hammam With Moisturiser	R800
Steam Room	R150

### KIDDIES MENU (10 YEARS AND BELOW)

Full Body Swedish Massage (45 MIN)	R180
Indian Head Massage (30 MIN)	R100
Neck, Back, & Shoulder Massage (30 MIN)	R100
Head, Neck & Shoulder Massage (30 MIN)	R100
Foot Massage (30 MIN)	R100
Express Mani & Pedi (45 MIN)	R200
Manicure (30 MIN)	R100
Pedicure (30 MIN)	R100



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Add an extra  
10 MIN for an  
additional

**R50**

## KIDS (10 TO 15)

Cut	<b>R130</b>
Wash, Cut & Set	<b>R200</b>
Upstyle	<i>From</i> <b>R250</b>
Wash & Blow Wave	<b>R150</b>

## LADIES

Cut	<b>R150</b>
Wash, Cut & Set	<b>R400</b>
Wash & Blow Wave <i>(Medium Hair)</i>	<b>R200</b>
Wash & Blow Wave <i>(Long Hair)</i>	<b>R250</b>
Fringe	<b>R100</b>
Upstyle	<i>From</i> <b>R500</b>
Roots	<b>R250</b>
Pensioners Roots	<b>R200</b>

## CLUB BLOW WAVES (+ CUT)

Short	<b>R500</b>
Medium	<b>R650</b>
Long	<b>R700</b>

**10% Off**  
All Treatments  
For Pensioners

*Enquire  
on subject  
availability.  
Strictly on  
booking.*

### PENSIONER'S SPECIALS

Cut	<b>R150</b>
Wash & blow dry	<b>R200</b>
Colour, cut & blow dry	<b>R500</b>
Roots	<b>R200</b>



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# Waxing

Full Back	<b>R350</b>
Full Face	<b>R150</b>
Full Body	<b>R1150</b>
Full Front	<b>R350</b>
Chin	<b>R60</b>
Eyebrow Wax	<b>R60</b>
Eyebrow Tint	<b>R80</b>
Upper Lip	<b>R40</b>
Half Arm	<b>R120</b>
Full Arm	<b>R170</b>
Under Arm	<b>R100</b>
Full Leg	<b>R200</b>
Half Leg	<b>R150</b>
Bikini	<b>R300</b>
Brazillian	<b>R350</b>
Hollywood	<b>R400</b>
Nostrils	<b>R50</b>
Forehead	<b>R70</b>
Side burns	<b>R50</b>
Ears <i>Both</i>	<b>R50</b>
Unibrow	<b>R10</b>
Lash Tint	<b>R80</b>



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ENQUIRE ABOUT:

- TAILOR MADE PACKAGES

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*\*Follow us on our Social Media Platforms for the latest specials at Qurtuba Rumaan Spa\**

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