



Massages

(P= Suitable for Pregnancy)

Full Body Signature Oil Relaxation massage, calms, improves circulation (P-4-8mth)	60min	R440	90min	R540
Full Body Aromatherapy Deep relaxation, reduces stress, mentally & emotionally calming	60min	R460	90min	R560
Full Body Hot Stone Reduces stress & tension, muscle aches & pain, knots & spasms	60min	R460	90min	R560
Back & Neck (P)	30min 45min	R220 R270	60min	R320
Foot & Calf (P)	30min 45min	R220 R270	60min	R320
Full Leg	45min	R280	60min	R320
Hand (P)	30min	R220	45min	R270
Head, Neck and Shoulder with Peppermint Oil Treatment Reduces tension, headaches, migraines. Helps hair growth & memory (P)	30min 45min	R220 R270		

Exfoliations/ Body Wraps/ Facial

Back Scrub	+~ 30min	R280
Full Body Scrub Removes dead skin, improves circulation, improves skin texture & appearance	+~ 60min	R500
Deep Cleanse Facial (P) Steam clean, removal of impurities, improves texture & appearance	60min	R400
Full Body Scrub and Detox Wrap Detoxes & purifies the body, rejuvenates skin - Includes Skin Hydration Treatment	+~ 90min	R750
Full Body Lymph Drainage Non invasive treatment to remove toxins, tone & reduce cellulite. (Cannot have active Cancer or Blood Clots)	75min	R520
X5 Sessions		R2400
X10 Sessions		R4500

Manicures/ Pedicures

Manicure (P)	60min	R260
Pedicure (P)	60min	R320
Paraffin Manicure (P)	60min	R300
Paraffin Pedicure (P) Wax treatment for dry, cracked, tired and swollen feet	60min	R380
Pedi Peel Chemical peel for hard, cracked and tough skin	60min	R380
Nail Care & Nail Polish Hands OR Feet		R150
Nail Care & Gelish Polish Hands OR Feet (P)		R250
Gelish Soak Off (P)		R80
Gelish Soak Off & Gelish Application		R300
Brow OR Lash Tint		R80/ R140

G5- Mechanical Massage

Deep Tissue Machine for deep pressure, toning, cellulite reduction, pain reduction

30min/ X5 Sessions	R280	R1250
45min/ X5 Sessions	R360	R1600
60min/ X5 Sessions	R480	R2150
Deep Tissue with Express Oil Massage	45min	R400
Deep Tissue with Express Oil Massage	60min	R500

Waxing Women/ Men

(Suitable for Pregnancy)

Brow	R80	R100
Upper Lip	R80	
Chin	R80	
Full Face	R220	
Under Arm	R140	R180
Full Arm	R180	R220
Half Leg	R150	R200
Full Leg	R250	R300
Back	R280	R320
Stomach	R220	R300
Full Bikini	R240	-
Brazilian	R280	-

Kids Treatments (Strictly 12 & Under)

Full Body Massage	45/60min	R280
Hand/ Foot / Back Massage	30min	R180
Facial	30min	R220
Manicure	30min	R180
Pedicure	30min	R200
Nail Care & Nail Polish Hands OR Feet	30min	R120

PREGNANCY INFORMATION YOU NEED TO KNOW

- Full Body Swedish Massages
- Can be done from 4 - 8 months
- Only the following can be done in the first 3 months and 9 month of pregnancy:
 - Facial, Head, Neck & Shoulder Massage,
 - Manicure, Pedicure

ADD HOT STONES TO ANY MASSAGE FOR R50

SPECIALISED PACKAGES

Fri – Sun

Mon-Thur
(Excl Public
Holidays)

YEBO YES! 4.5hrs Half Day Spa
(Includes breakfast OR lunch)
Full Body Swedish Massage, Deep
Cleanse Facial, Manicure & Pedicure

R1380 PP

R1249 PP

**HAYIBO! 4.5Hrs (Half Day Detoxing
& Rejuvenating Package)**
(Includes light breakfast OR lunch)
Full Body Scrub, Full Body Wrap, Full
Body Lymph Drainage, Deep Cleanse
Facial, Foot & Calf Massage

R1820 PP

R1599 PP

MACHO MAN! 3Hrs
A Macho Mans Package
(Includes light breakfast OR lunch)
The Tough Guy Head, Back & Neck
Massage OR Full Body Massage, The
Handsome Facial, The Macho Pedicure

R1145 PP

R1079 PP

D'VIDA DE LUXE – BLIKSEM! 6.5hrs
(Includes light breakfast & lunch)
Full Body Scrub, Full Body Hot Stone/
Aromatherapy Massage, Paraffin
Manicure & Pedicure, Deep Cleanse
Facial & Indian Head Massage

R1999 PP

R1799 PP

PAMPER ME DOWN PACKAGES

*A combination of our
signature treatments
combined to give you the
ultimate relaxation
and rejuvenation.*

PAMPER ME FULL DAY 6Hrs
(Includes light breakfast & lunch)
Full Body Exfoliation, Full Body Oil
Massage, Head, Neck & Shoulder
Massage, Hand Treatment, Foot & Calf
Treatment & Relaxation Facial.

R1699 PP

R1499 PP

R2999 PC

R2799 PP

PAMPER ME HALF DAY 3.5Hrs
(Includes light breakfast OR lunch)
Full Body Oil Massage, Hand
Treatment, Foot & Calf Treatment.

R1099 PP

R999 PP

R2099 PC

R1899 PC

PAMPER ME A LIL BIT 2.5Hrs
(Includes light breakfast OR lunch)
Full Body Oil Massage, your choice of
Head, Hand OR Foot Treatment.

R699 PP

R599 PP

R1299 PC

R1099 PC

CUSTOM/ OCCASSION PACKAGES

Celebrating a special occasion, we
will create a custom package based
on your requirements.

INFORMATION YOU NEED TO KNOW

All packages include a welcome drink.
Gowns and slippers are provided for selected packages.
Breakfast/ lunch can be ordered if it is
not included in the package.
Shower facilities are limited and must be
prebooked if required.

Rise with Zen Sai Services

Alternative Healing services provided by the Spa Owner

Reiki Therapy (P)

1st Session

60-
90min

R500

Follow ups

R450

Healing Therapy focusing on the energy of the body,
used for physical, emotional & mental health &
healing

Coaching

Wellness & Personal Development/ Trauma healing

1st Session

60min
60min
90min

R400

R550

R650

Follow ups

1 on 1 Wellness Practical Session

Personalised session targeting stress / trauma
release that includes guided meditation, breath
work, body scanning, deep relaxation for grounding,
reconnecting & healing.

90-
100min

R650

Micro- Needling

Treats Scars/ Stretch Marks/ Pigmentation/ Discolouration/
Wrinkles/ Crows Feet/ Fine Lines

Face

R750

Neck

R650

Décolleté

R800

Face & Neck

R1150

Rest of the body (Price determined after consultation)



061 320 0123

WWW.DVIDASPA.CO.ZA

Spa Operating Hours:

Mon- Sat 9:00- 17:00

Sun: 9:00-15:00

Public Holidays 9:00-15:30

The Zen Den

**38 GARDNER AVENUE
RISIVILLE, MEYERTON
SMALL FARMS**

