D'Vida
WELLNESS SPA

MASSAGES

	60min	90min	105min
Signature	R460	R560	R660
Aroma-therapy	R480	R580	R680
Hot Stone	R490	R590	R690

	30min	45min	60min
Foot & Leg	-	R300	R350
Head, Face & Neck/ Face, Neck & Chest/ Head, Neck & Shoulder/ Foot & Calf/ Back & Neck / Hand	R250	R300	R350

BODY SCRUBS & WRAPS

Back Scrub & Massage	R350	R400
Full Body Scrub Improves skin texture & appearance		R550
Full Body Scrub & Wrap Improves overall appearance of skin & helps with detoxing		R750 (75-90min)

MANICURES I PEDICURES I TINTS

Classic Mani	60min	R280
Paraffin Mani	60min	R320
Gel Mani	75-90min	R480
Classic Pedi	60min	R350
Paraffin Pedi	60min	R450
Pedi Peel	60min	R450
Gel Pedi	75-90min	R500
Nail Care & Polish (Hands OR Feet)		R160
Gel Application with Nail Care		R250
Soak Off		R80
Soak Off & Gel Application with Nail Care		R300
Brow OR Lash Tint		R80
Brow AND Lash Tint		R140

FACIALS

Relaxation Facial (Exl Steamer)	45min	R400
Classic Deep Cleanse Facial	60min	R450
Galvanic Facial (High Frequency)	60min	R500
Hydra Facial	60min	R580

WAXING

	WOMEN	MEN
Brow/ Lip/ Chin	R80	R100
Full Face	R250	-
Under arm	R150	R180
Full Arm	R220	R250
Half Leg	R180	R220
Full Leg	R280	R350
Back	R300	Request
Full Bikini	R280	-
Brazilian	R320	-

KIDS SPA (Strictly 12 & Under)

Full Body Massage	45-60min	R300
Hand/ Foot/ Back Massage	30min	R200
Manicure	30min	R250
Pedicure	30min	R200
Nail Care & Polish Hands/ Feet	30min	R140

Signature Massage : Classic massage used to relax and unwind
Aromatherapy Massage: Essential oil blend that helps to deeply relax, improves mood, sleep and balance
Hot Stone Massage: Helps heal aching muscles and joints, reduce pain and tension

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	R1540 PP	R1400 PP
HAYIBO! 4.5Hrs (Detoxing & Rejuvenating Package) (Includes light breakfast OR lunch) Full Body Scrub, Full Body Wrap, Full Body Lymph Drainage/ Aromatherapy Massage, Facial Massage & Drainage, Foot & Calf Massage	R1750 PP	R1600 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	R1260 PP	R1150 PP
D'VIDA DE LUXE – BLIKSEM! 6hrs (Includes light breakfast & lunch) Full Body Scrub, Full Body Hot Stone/ Aromatherapy Massage, Paraffin Manicure & Pedicure, Deep Cleanse Facial & Head Massage	R2150 PP	R1950 PP

PAMPER ME DOWN PACKAGES

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

PAMPER ME FULL DAY 5.5Hrs (Includes light breakfast & lunch) Full Body Exfoliation, Full Body Oil Massage, Head, Neck & Shoulder Massage, Hand Treatment, Foot & Calf Treatment & Relaxation Facial.	R1850 PP R3550 PC	R1650 PP R3150 PC
PAMPER ME HALF DAY 3.5Hrs (Includes light breakfast OR lunch) Full Body Oil Massage, Hand Treatment, Foot & Calf Treatment.	R1150 PP R2200 PC	R1050 PP R2000 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.	R850 PP R1650 PC	R750 PP R1450 PC

CUSTOM/ OCCASSION PACKAGES

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

PREGNANCY TREATMENTS

Only selected therapists are assigned to pregnancy treatments. It is advised to get permission from the Doctor proceeding with massage. From 0-3 & in the last month, no full body massages can be done. From 3-8 months all treatments below can be done.
Only coconut oil is used for massages.

Full Body Signature Massage	**60min** **R480**	**90min** **R580**
Hand/ Foot/ Back Massage	**30min** **R250**	**45min** **R300**
Full Leg Massage	**45min** **R300**	**60min** **R350**
Deep Cleanse Facial	**60min**	**R450**
Manicure **with Paraffin Wax**	**60min**	**R280** **R320**
Pedicure **With Paraffin Wax**	**60min**	**R350** **R450**

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
- All products are natural & contain fruit & vegetable extracts
- Products are cruelty free, in alignment with our company values
- Medical conditions, allergies & pregnancy must be mentioned at the point of booking

D'Vida WELLNESS SPA

061 320 0123

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SPA OPERATING HOURS:

Mon- Sat 9:00- 17:00

Sun: 9:00-15:00

Public Holidays 9:00-16:00

THE ZEN DEN
Wellness & Beauty Centre

38 Gardner Avenue

Corner of Gardner/ Madison

Risiville, Meyerton, Small Farms

BEST in BUNDLES

G5 HIGH INTENSITY SESSIONS

High vibrational machine for firming, toning & deep tissue

SESSIONS	X1	X5
30min	R300	R1250
45min	R380	R1650
60min	R460	R2050
45min G5 Back Deep Tissue Massage	R400	-
60min G5 Back & Legs Deep Tissue Massage	R500	-

LYMPH DRAINAGE & TONING

Detoxing & toning treatments

SESSIONS	X1	X5
LYMPH DRAINAGE - 75min Activate lymph nodes to help detox the body. Treats swelling, pain & water retention **(Cannot be done if client has active clots or cancer)**	R550	R2500
CONTOURING WITH DRAINAGE- 75min Wooden tools used to reduce tone the body followed by lymph drainage **(Cannot be done if client has active clots or cancer)**	R600	R2750
WOOD THERAPY- 75min Contouring, firming & toning	R550	R2500

NON-SURGICAL BREAST & BUM ENHANCEMENT

Controlled suction & cupping device used to enhancement the appearance and size of the breasts & bum- consultation compulsory

SESSIONS	X1	X3	x6
45min sessions- Initial booking must be x6 sessions	R400	R1180	R2280

TATTOO/ SCAR/ PIGMENT REMOVAL

Cost is determined after consultation and depends on size, colour & complexity. Treatments start at R350 / session excluding numbing cream. A minimum of x4 sessions are normally required. Product evaluation will be done & recommendations will be provided to enhance the outcome of scar & pigment removal.

SLIMMING & FIRMING

Used to aid weight loss, firm skin, fine lines & wrinkles. Treatment plan determined after compulsory consultation

SESSIONS	X1	X3	x6
15min - Recommended for fine lines/ wrinkles/ small areas	R225	R600	R1140
20min 75-90min full treatment session recommended for slimming. Initial booking must be x6 sessions	R300	R4275	R8400
30min – Recommended for follow-ups/ add-ons/ slimming/ firming large areas	R450	R1230	R2340

LASER HAIR REMOVAL

IPL & DIODE

Prices for men will increase depending on area.

AREA	X1	X6	AREA	X1	X6
Lip	R120	R680	Half leg	R480	R2700
Chin	R150	R780	Full leg	R950	R5100
Cheeks	R200	R1080	Bikini line	R180	R1000
Full face	R450	R2550	Full bikini	R450	R2400
Chest	R300	R1080	Brazilian	R600	R3300
Neck	R450	R2550	Stomach	R400-R550	TBD
Under-arm	R200	R1080	Back	R500-R650	TBD
Arm	R600	R3300	Bum	R450-R600	TBD

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SLIMMING/ LASER/ ANTI-AGING/ CLEANSING ENHANCEMENT TREAMENTS

All treatments require a consultation to determine the best course of treatment. Lifestyle/ diets/ products will be analysed & advice will be provided for the best possible outcome. While our skilled & trained therapists perform these treatments, it is important to note that we are not skin or slimming specialists.

However, we are trained in providing the treatments that can aid problems with weight loss, skin issues, hair removal & anti-aging. While our team is trained to provide the best possible treatment and after care advice, we unfortunately cannot predetermine results. Results can drastically be affected by the after care practiced.

MICRONEEDLING

Treats scars, pigmentation, fine lines, wrinkles, enlarged pores, stretch- marks.

SESSIONS	X1	X5
Face	R750	R2050
Neck	R600	R1700
Decolette	R750	R2050
Face, Neck & Decolette	R1850	R5000

All other areas price will be determined after consultation