



# Body Sense

Man

TREATMENT MENU

*Rejuvenate. Revitalise. Renew.*

*Body Sense*  
Man

THE MODERN JOBURG MAN LOOKS AFTER HIMSELF.  
HE MAKES TIME FOR BOTH HIS HEALTH AND HIS  
APPEARANCE. HE VISITS BODY SENSE MAN.

BODY SENSE MAN was created specifically for men who appreciate that personal grooming enhance overall well-being in a highly competitive world.

Freshen up with a straight-blade shave, scalp massage and shampoo, clipper cut or even an in-chair facial, all while you catch up on the latest sport or business news on our large-screen TV.

Connect to our Wi-Fi and make yourself at home with a cold beer, glass of wine or a delicious coffee. We'll even steam your jacket, clean your glasses and polish your shoes.

Our swift, uncompromising approach to men's grooming is perfect for your busy schedule. We'll keep you looking your best all day, everyday, because you're never too busy for BODY SENSE MAN.



Every skin is different as well as being exposed to different environmental and stressful conditions at different times. It is the synergy of our professional services and retail products that together bring about skin health.

VITALITY EXPRESS FACIAL - 30 MIN

R 350.00

All skin types.

MEN'S BALANCING FACIAL - 60 MIN

R 500.00

Dry/dehydrated skin.

PURE DEEP CLEANSE FACIAL - 60 MIN

R 500.00

For oily/problematic skin.

THE ULTIMATE MAN FACIAL - 90 MIN

R 750.00

Includes a 30 min Back Massage.

PURIFYING BACK CLEANSE - 30 MIN

R 350.00

This 2 in 1 relaxing back treatment will revive even the most tired body as well as refine, exfoliate and purify the skin.

FACIALS



## MASSAGES

	30 MIN	60 MIN	90 MIN
<b>DURATION</b>			
<b>FOOT, LEG &amp; ANKLE MASSAGE</b> A deeply relaxing massage including a foot soak and mini scrub.	R230	R300	-
<b>BACK, NECK &amp; SHOULDER MASSAGE</b> Specialised neck spasm complex formulated to enhance relief from neck and shoulder tension, used to relax tense individuals.	R300	R400	-
<b>INDIAN HEAD MASSAGE</b> An ancient Indian massage with chamomile, lemon & orange essential oils designed to give you a holistic balance of energies.	R250	R350	-
<b>REFLEXOLOGY</b> Reflexology is based on the scientific principal that reflex areas in the feet correspond with the body's internal organs and glands. Pressure alleviates stress and a variety of ailments balancing the body's equilibrium.	R200	R400	-
<b>FUSION MASSAGE</b> This treatment includes a back, neck & shoulder massage, scalp massage and a pressure point foot massage.	R300	R450	R550
<b>SWEDISH MASSAGE</b> A full body massage characterized by delicate manipulation of the muscles - used to improve circulation, relieve muscle pain and tension, increase flexibility and promote relaxation.	R300	R450	R550
<b>DEEP TISSUE /SPORTS MASSAGE</b> Firm and deep massage using specific techniques to release muscle tension, spasms and knots that have built up over time.	R320	R500	R600
<b>HOT STONE MASSAGE</b> Relaxing massage using hot stones along the contours of the body.	R320	R500	R600

## HANDS & FEET

Manicures and Pedicures are treatments for hands and feet. These include clipping, filing and buffing of the nails, cuticle treatment, removal of dry skin and a luxurious hand or foot massage.

Executive Manicure - 45 min R 200

Executive Pedicure - 60 min R 280

Express Manicure - 30 min R 150

Express Pedicure - 30 min R 200

PEDI PEEL FOOT TREATMENT - 60 MIN R 350

A specialized foot treatment for dry and thickened skin on the heels and feet.

### ADD ON

Holistic foot massage - 10 MIN R 50

Paraffin Mask - 10 MIN R 70

## TINTING

Tinting enhances the definition of the eyebrows and eye lashes. Results look natural and last up to four weeks. Clients who have not had tinting done before, or are sensitive to the pigment in tints, are advised to have a patch test 24 hours before their treatment to check skin sensitivity.

Eyebrow or Eyelash Tint - 15 min R 80

Eyelash & Eyebrow Tint - 15 min R 130

Eyelash & Eyebrow Tint & Shape - 30 min R 185

## WAXING

Waxing is a temporary method of removing any unwanted body hair. Hair is removed from the root of the hair follicle. Either a hot toffee type of wax or a warm wax is applied to the hair and removed with a strip. Results should last for a period of three to four weeks.

Full Leg Wax - 60 min R 200

Three - quarter leg Wax 45 min R 180

Half Leg Wax - 30 min R 130

Back Wax - 30 min R 200

Full Chest Wax - 30 min R 170

Full Arm Wax - 45 min R 150

Half Arm Wax - 30 min R 100

Underarm Wax - 15 min R 90

Eyebrow Wax - 15 min R 55

Ears or Nose Wax - 15 min R 60

Ears, Nose and Eyebrow Wax - 30 min R 185

## HAIR

Gents Haircut R 150

Head Clipper R 100

Colour Camo R 220

Blending grey hair has never been this fast, easy and natural-looking. Look years younger in 5-10 minutes. Tones down the salt in "salt and pepper" hair.



# REDKEN

5TH AVENUE NYC

REDKEN CHROMATICS COLOUR - 45 MIN+ Fortifying 4 - dimensional vibrant colour that delivers 100% grey coverage.	FROM R250+
GENTS FULL HEAD HIGHLIGHTS - 60 MIN	R600
GENTS HALF HEAD HIGHLIGHTS - 30 MIN	R300
REDKEN INTRAFORCE SCALP TREATMENT - 30 MIN Purifying micro-dermabrasion treatment for your scalp. Detoxifies the scalp area resulting in fuller, thicker-looking hair and reducing hair loss.	R240
REDKEN CHEMISTRY TREATMENT An intense treatment customized for your hair's specific needs. Repairs, strengthens, softens, smoothes and locks in colour.	RXXX
REDKEN CHEMISTRY INTENSE TREATMENT - 15 MIN	R240
WET SHAVE - 30-45 MIN A traditional wet, double shave. A shaving cream, which is applied with a brush to lift the hairs in the beard, as well as the use of hot towels help to soften the facial hair and prepare the skin for the smoothest possible shave. An organic silicone serum with essential oils is applied at the end to soothe and hydrate the skin.	R260
HEAD SHAVE - 30 MIN	R260
BEARD TRIM / CLIPPER - 15 MIN	R70

## OUR BOOKING POLICY

Bookings are essential for which we require a mobile number and email address. Bookings cancelled on the day will be subject to 100% cancellation fee. The same policy applies to voucher holders. Saturday, Sunday and Public Holiday bookings require a credit card number to secure your reservation or if guests book more than 2 treatments at a time. Payment methods include cash, credit cards or internet transfers. Kindly arrive 10 minutes prior to your treatment. Late arrivals for appointments will result in a shortened treatment as all treatments are allocated time slots.

## GROUP BOOKINGS

At Body Sense Man you may be booked for groups of 6 to 8 clients at any one time. Bachelor parties for the groom and his entourage are personalised get-togethers with catering on request. The needs of each group can be tailor made and exclusive use of the establishment can be arranged.

## TRANSPORT

Transport can be arranged from any location within a 15 km radius within 48 hours. The Body Sense Man shuttle is available for groups and visitors from nearby hotels and bed and breakfast establishments.

## GIFT SERVICE

Corporate gifts with our luxurious range of skin, hair and body products can be made up within 48 hours. Delivery can be arranged in the Gauteng area.

## LOYALTY PROGRAM

At Body Sense Man, we would like to build a long-term relationship with our clients and reward them for their loyalty. We offer a loyalty card programme, where you start earning loyalty points on presentation of your card. Please enquire within.

## GIFT VOUCHER

Take the guessing out of what to buy for Father's Day, Bosses Day, Birthdays or Special Occasions. Gift vouchers can be purchased for any monetary value and are valid for 6 months. They may not be used for the purchasing of retail products and are not redeemable for cash.



## OPERATING HOURS

Monday to Thursday	09h00 to 18h00
Fridays	09h00 to 20h00
Saturdays	09h00 to 18h00
Sundays & Public Holidays	09h00 to 17h00

## CONTACT US

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