

Massage Treatments

Foot, Leg & Ankle Massage - 30 mins	R300
A deeply relaxing massage including a foot soak and mini scrub.	
Back, Neck & Shoulder Massage - 30 mins	R390
Back, Neck & Shoulder Massage - 45 mins	R420
Back, Neck & Shoulder Massage - 60 mins	R550
Specialised neck spasm complex formulated to enhance relief from neck and shoulder tension, used to relax tense individuals.	
Fusion Massage - 60 mins	R550
This treatment includes a back, neck & shoulder massage, scalp massage and a pressure point foot massage.	
Aromatherapy - 60 mins	R550
Aromepathic oils are used to refresh and relax while soothing the mind helping to induce a total sense of well-being. Each individual essence used during this massage produces a specific beneficial effect.	
Swedish Massage - 60 mins	R550
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.	
Swedish Massage - 90 mins	R750
Deep Tissue Massage - 60 minutes	R600
Firm and deep massage using specific techniques to release muscle tension, spasms and knots that have built up over time.	
Reflexology - 60 mins	R550
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	

Hand & Foot Care

Express Manicure	R200
Express Pedicure	R280
Classic Manicure	R260
Classic Pedicure	R330
Signature Manicure	R360
Signature Pedicure	R380
Gents Manicure	R230
Gents Pedicure	R310
Sparkle Mini Manicure (under 12 only)	R150
Sparkle Mini Pedicure (under 12 only)	R180
Express Manicure + Gel paint	R310
Classic Manicure + Gel paint	R360
Classic Pedicure + Gel paint	R390
Gel paint (Additional)	R150
Gel Soak off + strengthener	R100
Acrylic Soak off + strengthener	R120
Pedi Peel – 15 minutes	R100

Nail Enhancements

Natural Gel/Acrylic Overlay	R360
French Gel/Acrylic Overlay	R360
Natural or French Acrylic Tips	R450
Natural Acrylic Tips with Gel Paint	R550
2 Week Fill Gel or Acrylic	R300
2 Week Fill + Normal Paint	R320
2 Week Fill + Gel Paint	R400
Nail Repair (per nail)	R 50
Nail Art (per nail)	R 20

Body Sense

Boutique



Treatment Menu

Shop U02, Entrance 4, Cradlestone Mall
 011 662 1167 or 011 662 1797
 Email: cradlestone@bodysense.co.za
 Website: www.bodysense.co.za

Trading Hours:

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

Gift Vouchers Available



Facial Treatments

Deep Cleanse Treatment - 25 min R280

A skin purifying treatment with effective results .

Therapeutic Treatment - 60 min R350

This treatment is customised to specific skin needs with a 10-20min massage.

Professional Eye Treatment - 20 min R160

This professional eye treatment is specifically designed for the delicate eye area to increase hydration and results in a more youthful appearance.

Active Rejuvenation Treatment - 60 min R500

An active treatment to facilitate dermal rejuvenation, reduction in pore size, texture refinement and overall improvement.

Booster Treatment - 60 min R650

An active treatment with the addition of a Trans Dermal Solution for an intensive boost in results and instant firming or pigmentation inhibition.

Pensioners Discount @ 20% off on Mondays to Wednesdays on Treatments only.

We also offer a Loyalty Programme where you accumulate points towards a monetary value.



Express New Age Peel & Heal Treatments

40% Peel and Heal - 60 min R620

70% Peel and Heal - 60 min R720

30% POWER PEEL - 60 min R580

50% POWER PEEL - 60 min R650

A peeling, healing, regenerating and rejuvenating treatment. Gives skin instant radiance, also helps with break-outs, scarring and pigmentation.

Acne Attack Peel and Heal Treatment - 60 min R490

Helps eliminate and control all forms of acne, suitable for youth and adults. Effectively reduces redness and inflammation.

New Generation Purifying Treatment - 60 min R485

Suitable for hormone regulation and problem skin solutions.

New Dynamix Hydrating Treatment - 60 min R510

Provides relaxing benefits of Ultralite massage while Boto-like marine extracts diminish fine expression lines to give an “instant lift”.

Ultimate Anti-Age Treatments

40% Anti-age Peel & Heal - 90 min R750

70% Anti-age Peel & Heal - 90 min R850



Facial Treatments

ENVIRON Express Boost Facial - 30 min R390

This is an introductory facial includes a cleanse, tone, exfoliation and moisturise. Recommended for Pre-Teens and Teenagers.

Environ Hands-on Vitamin Therapy - 60 min R450

Ideal for an introduction to Environ. This is a hydrating, soothing and balancing treatment for all skin types. This is also recommended for existing Environ users to restore the skin’s radiance.

Environ Deep Cleanse Vitamin Therapy - 60 min R530

Deep, 3-phase cleanse, tone & revitalising exfoliating treatment to remove dead skin cells. Followed by a relaxing facial massage & customised mask leaving the complexion refreshed and balanced. Ideal for combination to oily skin types.

Environ Instant Radiance Boosting Facial - 90 min R780

This anti-aging treatment uses a higher concentration of Tri-Chloroacetic Acid. Skin is instantly rejuvenated and vitality is restored. Fine lines and wrinkles are smoothed thereby reducing the signs of aging. Superficial pigmentation is lightened and blemishes are treated. Skin is left silky soft and has a more youthful complexion.