

## Massage Treatments

<b>Foot, Leg &amp; Ankle Massage - 30 mins</b>	<b>R300</b>
A deeply relaxing massage including a foot soak and mini scrub.	
<b>Back, Neck &amp; Shoulder Massage - 30 mins</b>	<b>R390</b>
<b>Back, Neck &amp; Shoulder Massage - 45 mins</b>	<b>R420</b>
<b>Back, Neck &amp; Shoulder Massage - 60 mins</b>	<b>R550</b>
Specialised neck spasm complex formulated to enhance relief from neck and shoulder tension, used to relax tense individuals.	
<b>Fusion Massage - 60 mins</b>	<b>R550</b>
This treatment includes a back, neck & shoulder massage, scalp massage and a pressure point foot massage.	
<b>Aromatherapy - 60 mins</b>	<b>R550</b>
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.	
<b>Swedish Massage - 60 mins</b>	<b>R550</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.	
<b>Swedish Massage - 90 mins</b>	<b>R750</b>
<b>Deep Tissue Massage - 60 minutes</b>	<b>R600</b>
Firm and deep massage using specific techniques to release muscle tension, spasms and knots that have built up over time.	
<b>Reflexology - 60 mins</b>	<b>R550</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.	

## Lash and Brow

<b>Eyelash Tint</b>	<b>R130</b>
<b>Eyebrow Tint (brown or black)</b>	<b>R130</b>
<b>Lash and Brow Tint</b>	<b>R250</b>

## Hand & Foot Care

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

## Nail Enhancements

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

# Body Sense

Boutique



## Treatment Menu

Shop U23A, Nicolway Bryanston  
 011 463 1587 or 011 706 4095  
 Email: nicolway@bodysense.co.za  
 Website: www.bodysense.co.za

### Trading Hours:

<b>Monday to Friday</b>	<b>09h00 to 18h00</b>
<b>Saturdays</b>	<b>09h00 to 18h00</b>
<b>Sundays &amp; Public Holidays</b>	<b>09h00 to 15h00</b>

### Gift Vouchers Available

**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.**

**Hydraclean Facial - 45 min R550**

A perfect introductory deep cleansing treatment includes a skin analysis, cleanse, exfoliation with the Hydra clean machine, mask that suits your skin's needs and ends off with a carefully selected moisturiser.

**Age Summum Anti-Ageing Facial- 60 min R800**

An exclusive skincare treatment that erases signs of ageing: wrinkles and fine lines, loss of firmness, lack of radiance and dark spots.

**Beaute Neuve Treatment - 60 min R800**

This facial is perfect if you are suffering from stress and fatigue. Fine lines and wrinkles are reduced, impurities are removed, spots are treated and your skin has a beautiful radiant glow.

**Liftosome Treatment - 60 min R800**

This facial is specifically designed to restore skin's youthfulness and vitality.

**Hydradermie Lift for Eyes - 30 min R550**

Hydradermie Lift is a complete non-surgical anti-ageing treatment for the eye area. It firms the eye contour and smooths away fine lines, restoring a relaxed, rejuvenated look to the whole eye area.

**Hydradermie Lift - 60 min R900**

This is an "instant lifting" treatment with visible results from the first treatment. Includes a stimulating facial massage and a customised mask, thus creating a more youthful and revitalised complexion

**Hydradermie Double Ionisation Facial - 60 min R900**

This star treatment uses the Guinot Hydradermie machine with gentle massaging movements to allow the active ingredients to penetrate more deeply into the skin. With instant and dramatic results, the skin is left feeling balanced, healthy, energised and glowing.

**Hydradermie Double Ionisation Lift Deluxe - 120 min R1400**

By combining the effect of the Hydradermie Double Ionisation and the Hydradermie Lift. Your skin is balanced, healthy and glowing with a firmer, tighter and more youthful complexion. (Includes a hand and foot treatment)

**Deep Cleanse Treatment - 25 min**

A skin purifying treatment with effective results.

**Therapeutic Treatment - 60 min**

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

**Professional Eye Treatment - 20 min**

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**

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

**Booster Treatment - 60 min**

An active treatment with an intensive boost in results and instant firming or pigmentation inhibition.



**40% Peel and Heal - 60 min**

**70% Peel and Heal - 60 min**

**30% POWER PEEL - 60 min**

**50% POWER PEEL - 60 min**

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**

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

**New Generation Purifying Treatment - 60 min**

Suitable for hormone regulation and problem skin solutions.

**R280**

**R350**

**R160**

**R500**

**R650**

**R620**

**R720**

**R580**

**R650**

**R490**

**R485**

**New Dynamix Hydrating Treatment - 60 min R510**

Provides relaxing benefits to diminish fine expression lines to give an "instant lift".

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

**R750**

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

**R850**



**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.

**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.

**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.

**Instant Radiance Boosting Facial - 90 min R780**

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.

**Waxing**

**Lip/Chin/**

**Bikini**

**Half Leg**

**Eyebrows/Nose**

**R200**

**R200**

**(each) R 80**

**Brazilian**

**Three-quarter**

**Full Face**

**R250**

**Leg**

**R300**

**Hollywood**

**R250**

**Underarm**

**R320**

**Full Leg**

**R150**

**Chest**

**R300**

**Half Arm**

**R210**

**R150**

**Back**

**Full Arm**

**R250**

**R200**