

BOOKINGS:
+27 74 531 6113

PRICELIST
2020



SOMERSET WEST WELLNESS
Massage • Beauty • Cryotherapy

**A wellness sanctuary for all your
health and beauty needs**

R500 - 60 MINUTES

Swedish | R500 - 60 min

A variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones.

Focus Area

Back, Neck & Shoulders or Legs

R500 - 60 min | R450 - 45 min

Focusing on one problem area using a variety of massage techniques for muscle tension, pain relief and relaxation.

Lymph Drainage | R500 - 60 min

Sinus Rescue (Drainage & Cryo) | R499 - 30 min

Encourages the natural drainage of the lymph, which carries waste products away from the body toward the heart and liver.

Reflexology | R500 - 60 min

Applying pressure to areas of the feet, using specific hand techniques, to relieve ailments and keep the body aligned and balanced.

Pregnancy | R500 - 60 min

Customized to the needs of pregnant women and their changing bodies to relax tense muscles, ease sore spots and improve mobility.

Hot Stone | R500 - 60 min

Warmed stones are positioned on the body to maximize the therapeutic benefit for muscle relaxation, pain relief and improved circulation.

Shiatsu | R500 - 60 min

Apply pressure using only the fingers, palms and thumbs on points related to the central and autonomic nervous systems.

Neuromuscular | R570 - 60 min

This medically-oriented form of massage addresses trigger points, circulation, nerve compression, postural issues, lymph blockages and biomechanical problems.

Sports/Deep Tissue | R570 - 60 min

A *deep tissue massage* is done across the entire body to release tension; *sports massage* focuses on specific target areas (back or legs) to help recover & prevent injuries.

Aromatherapy | R570 - 60 min

Combines essential oils with traditional massage techniques to enhance healing, pain relief and stress reduction during a massage.

www.somersetwellness.co.za

PACKAGES (R500 - 60 MIN)

4 x Massage for R1840 - **Save R160!**

3 x Massage for R1410 - **Save R90!**

2 x Massage for R960 - **Save R40!**

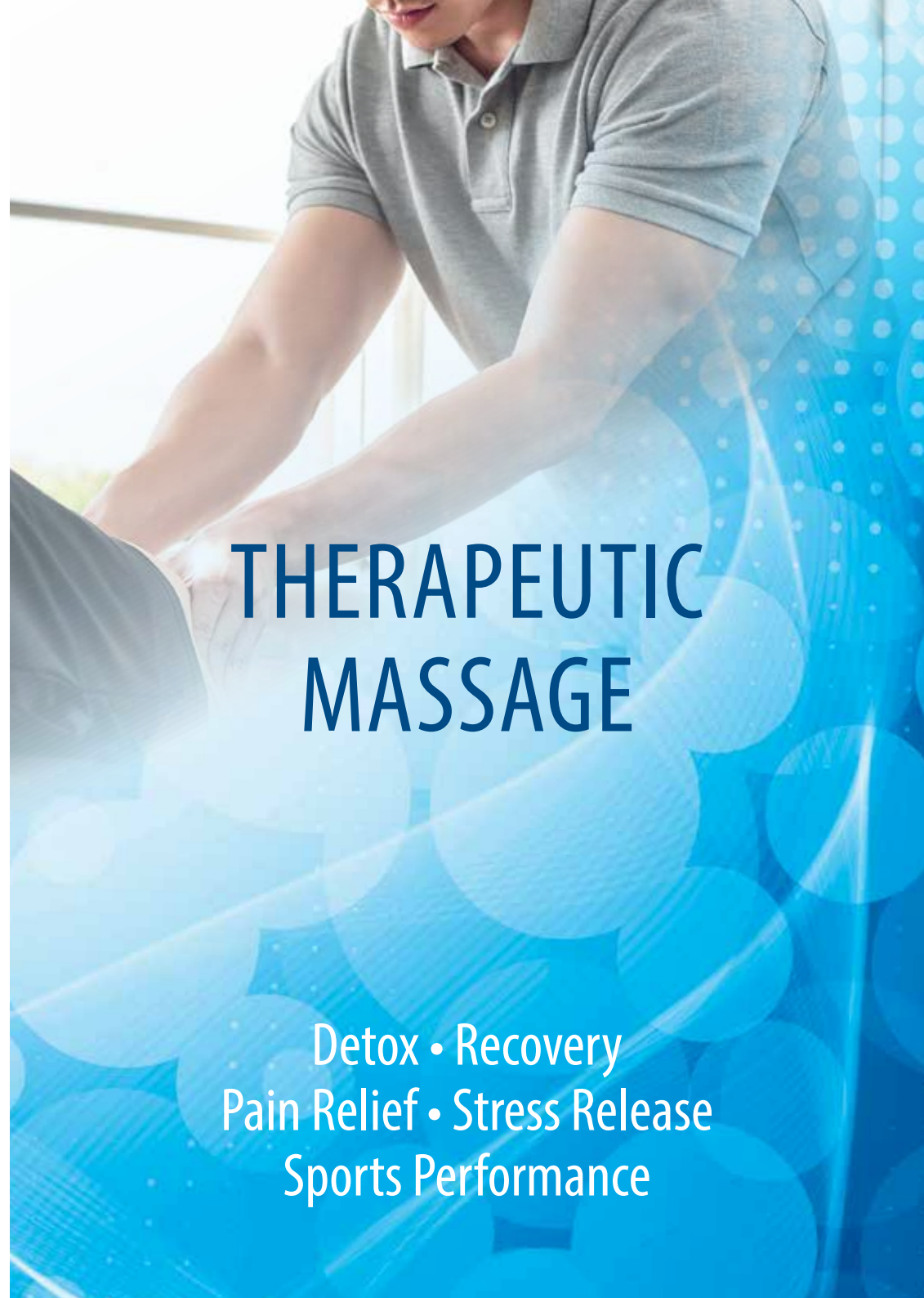
PACKAGES (R570 - 60 MIN)

4 x Massage for R2080 - **Save R200!**

3 x Massage for R1605 - **Save R105!**

2 x Massage for R1100 - **Save R40!**

R570 - 60 MINUTES



THERAPEUTIC MASSAGE

Detox • Recovery
Pain Relief • Stress Release
Sports Performance

BEAUTY TREATMENTS

Beauty lies in a healthy mind,
body and spirit

Le Bleu Hyaluronic Acid Facial	R475	60 min	FACIALS
QMS Sensitive Skin Rebalance Treatment	R590	60 min	
QMS Deep Cleansing Intense Treatment	R690	60 min	
QMS Urban Repair Treatment	R730	60 min	
QMS Activator Treatment	R750	60 min	
QMS Collagen Rejuvenation Treatment	R820	90 min	

Eyebrow Shape	R80	15 min	TINT / SHAPE
Eyebrow Tint	R80	15 min	
Eyelash Tint	R95	25 min	
Eyebrow & Eyelash Tint	R135	30 min	
Eyebrow Shape & Tint	R150	30 min	
Eyelash & Eyebrow Tint Plus Shape	R175	45 min	

Lip or Chin or Cheek or Ears	R80	15 min	WAXING*
Underarms or Feet	R110	15 min	
Face Full	R175	30 min	
Arms Half	R135	30 min	
Arms Full	R185	45 min	
G-string or Bikini	R190	30 min	
Brazilian or Hollywood	R250	45 min	
Legs Half	R185	30 min	
Legs Full	R250	60 min	
Back & Shoulders	R275	45 min	
Chest	R250	30 min	

*Only select male waxing available, please confirm when booking.

Classic Full Set Eyelash Extensions	R570	120 min	LASHES
Fill 1 or 2 Weeks	R260	60 min	
Fill 3 or 4 Weeks	R350	90 min	
Lash Removal	R220	45 min	

Classic Mani or Pedi (Scrub, Massage, Shape, Cuticles & Varnish/Buff)	R285	60 min	MANI / PEDI
Express Mani or Pedi (Shape, Cuticles & Varnish/Buff)	R180	45 min	
Men's Hand Treatment (Massage, Shape, Cuticles & Buff)	R180	45 min	
Soak Off (including Cuticles, Shape & Buff)	R200	60 min	
Nail Repair	from R50		

Acrylic Full Set - Tips or Sculptured	Natural - R400 / French - R450	120 min	ACRYLIC / GEL
Acrylic Overlay - Acrylic on Natural Nail	Natural - R300 / French - R350	120 min	
Acrylic Fill	Natural - R250 / French - R350	90 min	
Gel Overlay	Natural - R220 / French - R250	60 min	
BioSculpture Overlay	Natural - R285 / French - R320	90 min	
Add: Scrub & Massage to Acrylic/Gel	R100		
Add: Gel/Acrylic Soak Off	from R50		
Add: Gel Polish Over Acrylic	R100		

What is Cryotherapy?

A local Cryotherapy session lasts from 3 minutes (single area) where the affected area is treated to nitrogen vapour of up to -160 °C and the skin temperature is brought down to about 4 °C. This tricks the body into “fight or flight mode”; the body is not actually in hypothermia but the brain thinks that it is. The treated area compensates by heating itself through speeding up cellular metabolism, releases enhanced levels of endorphins and drastically increasing blood flow, which in turn accelerates your body's own natural healing. Cryotherapy can assist in the treatment of the following conditions:

- Sport Injuries
- Post-surgery
- Swelling
- Inflammation
- Chronic pain
- Fibromyalgia
- MS & Gout
- Tendinitis
- Tennis elbow
- Frozen Shoulder
- Arthritis
- Osteoarthritis
- Psoriasis
- Postural hypotension
- Plantar fasciitis
- Insomnia
- Anti-ageing
- Skin tightening

RECOVERY & SLIMMING

Recovery - Injuries & Chronic Pain

The increased circulation of healthy nutrients is a great form of treatment for arthritic joints, lower back pain, neck pain and sports injuries. In fact, just about any musculoskeletal condition can be successfully treated. It is also ideal 72 hours post-injury for swelling and pain management.

Slimming - Circulation & Lymph Drainage

Our treatment consists out of a two-step approach. Firstly, we increase the blood circulation with Cryotherapy and speed up the cellular metabolism. This brings in healthy nutrients and oxygen to help break down fatty tissue and stimulate elastin and collagen production to help firm the skin. The second part of the treatment is to work on the lymph system as this system is responsible for removing metabolic waste from the body. It is therefore advised to follow-up your Cryotherapy session with a manual lymphatic massage to help flush out the toxins.

SINGLE TREATMENT	SAVING	5 x PACKAGE	SAVING
1 area = R360		1 area (R335) x 5 = R1675	Save R125!
2 areas = R560	Save R20!	2 areas (R535) x 5 = R2675	Save R225!
3 areas = R730	Save R70!	3 areas (R650) x 5 = R3250	Save R750!
4 areas = R875	Save R145!	4 areas (R750) x 5 = R3750	Save R1350!
5 areas = R1000	Save R160!	5 areas (R850) x 5 = R4250	Save R1550!
6 areas = R1125	Save R210!	6 areas (R950) x 5 = R4750	Save R1925!

BEAUTY

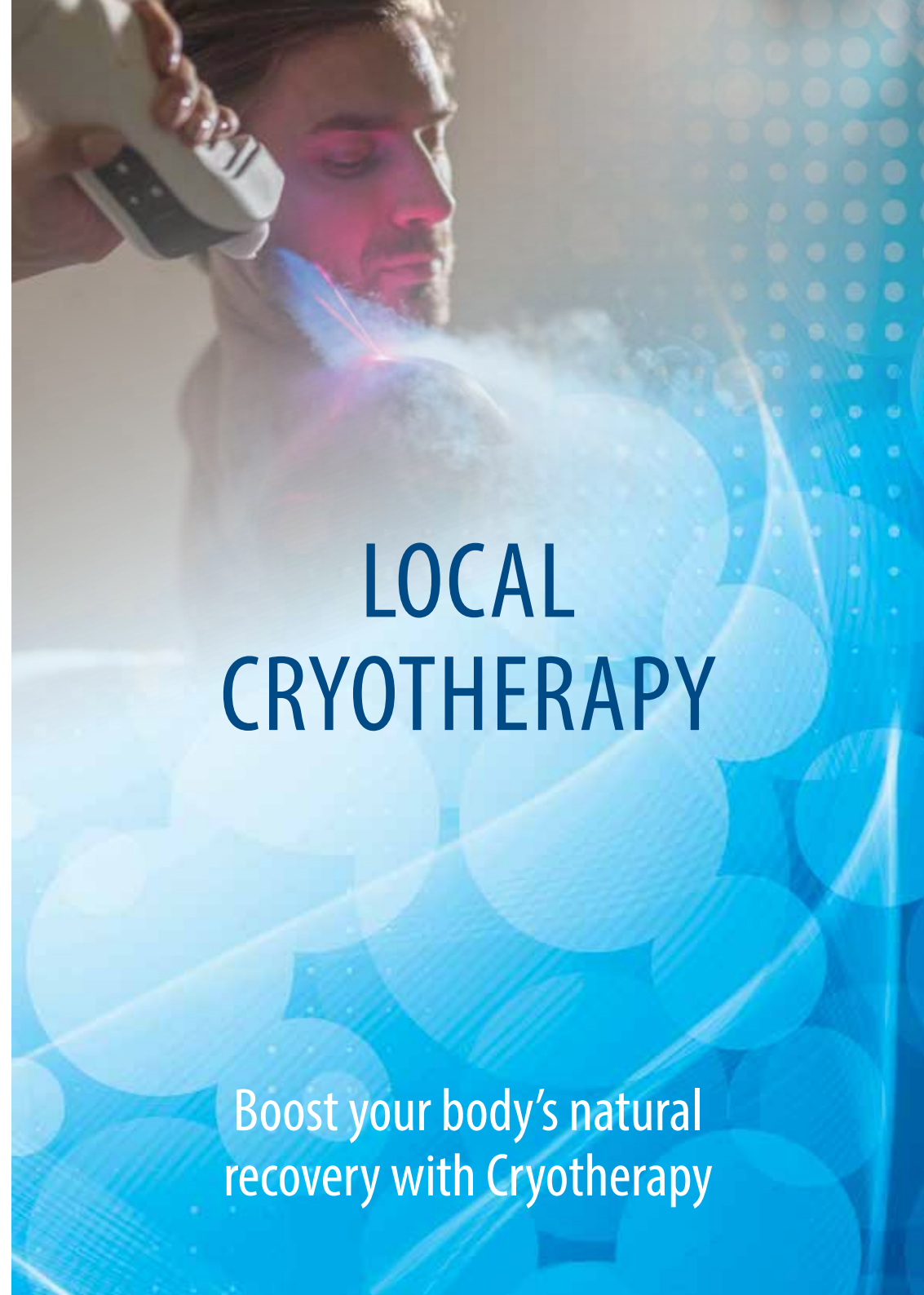
Express Cryo Face - 25 min: Cryotherapy only for instant boost or post cosmetic surgery recovery.

Le Bleu Hyaluronic Acid Facial - 60 min: Cryotherapy and the hydrating Le Bleu Hyaluronic Acid Anti-Ageing Serum is used in this facial and is perfect for hydration for dry skin.

Cryotherapy Collagen Lift Facial - 60 min: Cryotherapy with QMS Medicosmetics; a medical grade skincare that focuses in the role of collagen in skin and is perfect for anti-ageing.

FACIAL	SINGLE	PACKAGES	SAVING
Express Cryo Face	R450	R2025 (6 x Express)	Save R225!
Le Bleu Hyaluronic Acid Facial	R570	R2800 (3 x Express + 3 x Full)	Save R260!
Collagen Lift Facial	R750	R3200 (3 x Express + 3 x Full)	Save R400!

www.somersetwellness.co.za



LOCAL CRYOTHERAPY

Boost your body's natural recovery with Cryotherapy



Le Bleu
BEAUTY STUDIO

LB

CRYO

WELLNESS
SOMERSET WEST

Are you seeking treatment for any of the following?

Chronic Pain • Inflammation • Sport Injuries • Post-surgery Recovery
Back & Neck Pain • Detoxing • Skin Problems • Stress Release

We are here to help!

Over the years we've assisted many clients on their wellness journey and have truly grown into a wellness sanctuary, a safe space we call Somerset West Wellness. Our service is focused on you, the client, and our ability to enable your greater wellness through a range of custom therapeutic and beauty therapies.

BOOKINGS

Tel/WhatsApp: +27 74 531 6113

Email: bookings@somersetwellness.co.za

www.somersetwellness.co.za

Address:

10 Lourensford Road, Corner Lourensford Road & Caledon Street,
(with entrance on Caledon Street), Somerset West

Trading Hours:

Monday - Friday: 08:30 - 17:00

Saturdays: 08:30 - 14:00

Closed on Sundays. Open on most public holidays by appointment only.

GIFT VOUCHERS AVAILABLE!

