

**BOOKINGS:**  
**+27 74 531 6113**

**PRICELIST**  
**2021**



**SOMERSET WEST WELLNESS**  
**Massage • Beauty • Cryotherapy**

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

R520 - 60 MIN / R460 - 45 MIN

**Swedish**

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*

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

**Lymph Drainage**

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

**Pregnancy**

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

**Hot Stone**

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

**Shiatsu**

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

**PACKAGES (R520 - 60 MIN)**

4 x Massage for R1920 - **Save R160!**

3 x Massage for R1470 - **Save R90!**

2 x Massage for R995 - **Save R45!**

R570 - 60 MIN

**Sports/Deep Tissue**

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**

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

**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!**

**Neuromuscular / Clinical Massage**

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

**R620 - 60 min**

**PACKAGE: 4 x massages (60 min) for R2280 - SAVE R200!**

[www.somersetwellness.co.za](http://www.somersetwellness.co.za)



# THERAPEUTIC MASSAGE

Detox • Recovery  
Pain Relief • Stress Release  
Sports Performance

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# BEAUTY TREATMENTS

Beauty lies in a healthy mind,  
body and spirit

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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 Only (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	
Gel Pedicure (Scrub, Massage, Shape, Cuticles & Gel)	Natural - R320 / French - R350	75 min	
Add: Gel/Acrylic Soak Off	from R50		
Add: Gel Polish Over Acrylic	R100		

## What is Cryotherapy?

During a local Cryotherapy session the affected area is treated to nitrogen vapour of up to  $-160^{\circ}\text{C}$  and the skin temperature is brought down to about  $4^{\circ}\text{C}$ . 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. It can assist in the treatment of the following conditions:

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

## RECOVERY

### 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 or surgery for swelling, bruising and pain.

TREATMENT AREA	TIME	SINGLE	5 x PACKAGE	SAVING
Single Express Area (e.g. finger, ankle)	10 min	R280	R1325	Save R75!
Small Area (e.g. shoulder, lower back)	15 min	R475	R2250	Save R125!
Medium Area (e.g. stomach, half thighs)	25 min	R650	R3100	Save R150!
Large Area (multi area e.g. legs & thighs)	35 min	R795	R3750	Save R225!
Cryo Massage (15/45min Cryo/Massage)	60 min	R850	R3975	Save R275!

## ANTI-CELLULITE

### 3-Step Cellulite Treatment

Custom designed and developed by us, our 3-Step Cellulite Treatment (60 min) is truly a unique offering and has shown excellent results in reducing the appearance of cellulite.

**Step 1: Cryotherapy (Medium Treatment Area\*)** on thighs OR stomach OR buttocks

**Step 2: Lymph Drainage Massage & Cupping** - help flush out toxins and excess fluids

**Step 3: Unique blend of essential oils** for skin healing & collagen production to help firm skin.

TREATMENT	TIME	SINGLE	5 x PACKAGE	SAVING
3-Step Cellulite Treatment	60 min	R850	R3975	Save R275!

## CRYO FACIALS

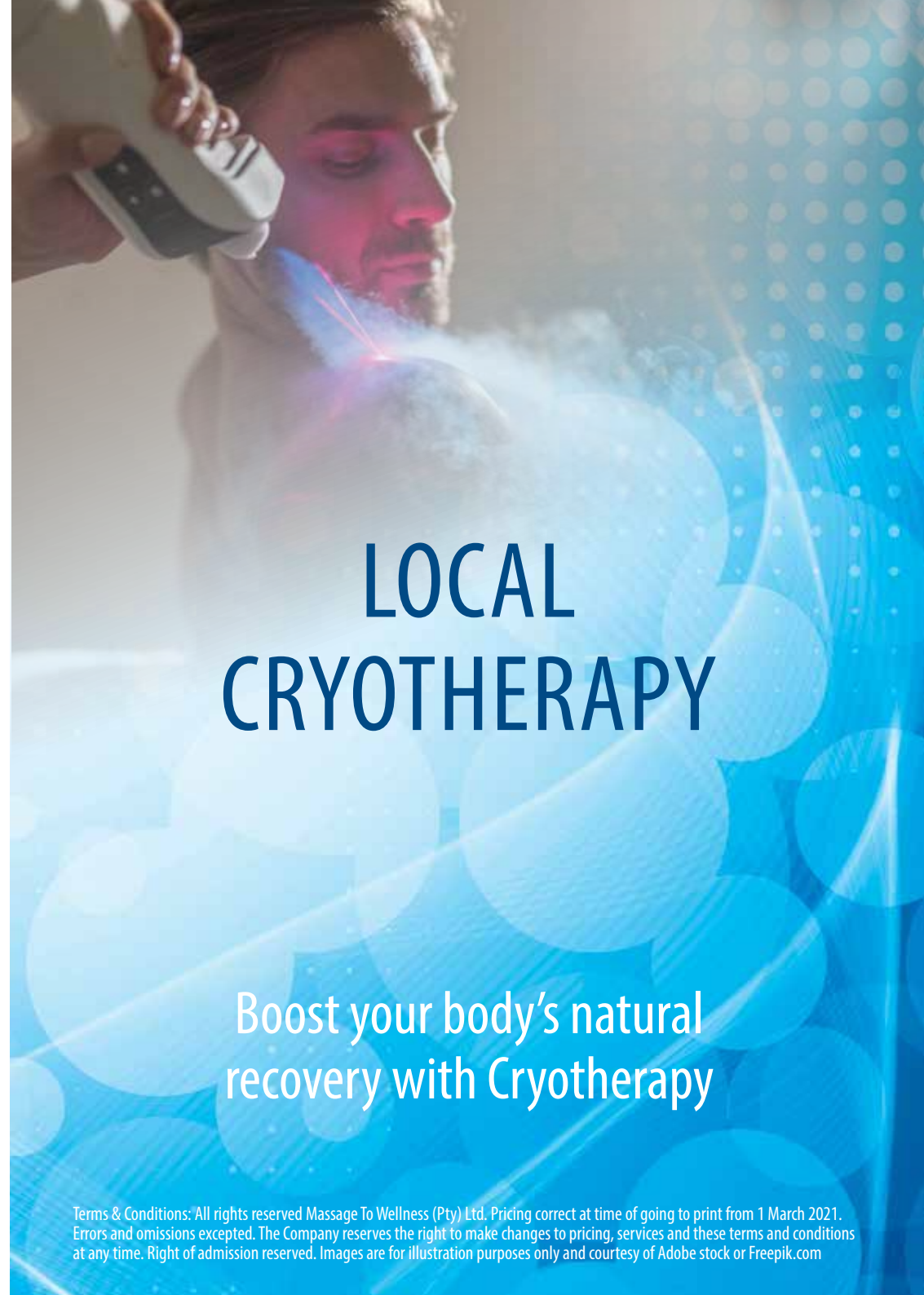
**Express Cryo Face:** Cryotherapy only for instant boost or post cosmetic surgery recovery.

**Le Bleu Hyaluronic Acid & Cryo Facial:** 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:** Cryotherapy with QMS Medicosmetics; a medical grade skincare that focuses in the role of collagen in skin and is perfect for anti-ageing.

FACIAL	TIME	SINGLE	5 x PACKAGE	SAVING
Express Cryo Face	25 min	R450	R2025	Save R225!
Le Bleu Hyaluronic Acid & Cryo Facial	60 min	R550	R2475	Save R275!
Cryotherapy Collagen Lift Facial	60 min	R720	R3250	Save R350!

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# LOCAL CRYOTHERAPY

Boost your body's natural  
recovery with Cryotherapy

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## 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](mailto:bookings@somersetwellness.co.za)**

**[www.somersetwellness.co.za](http://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: 09:00 - 14:00

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

**GIFT VOUCHERS AVAILABLE!**

