



## Spa Menu

### Spa Packages

Name of treatment	Description	Treatment time	Price
<b>Bosbokstrand Delight</b>	60-minute full body massage 60-minute Hydrating facial	120 min	R 1100
<b>Couples Retreat</b>	60-minute full body massage Hydro bath Fruit platter & Champagne	90 min	R 1800
<b>Spice Discovery Journey</b>	<i>This island spice experience is a combination of powerful aromatherapy of coffee, cinnamon, cloves and orange. Starting off with full body scrub, then a coffee cinnamon &amp; orange gel wrap – to eliminate toxins firm &amp; energize the skin. And ended off with a blissful crème application to complete your treatment</i>	90 min	R 900
<b>Spoil me rotten</b>	30 minutes Back, neck and shoulder massage Deluxe Manicure Deluxe pedicure A cocktail of your choice	2hrs30mins	R 1000
<b>Mia Delight</b>	<i>A combination of all your favourite's – starting off with a back, neck &amp; shoulder massage followed by deep scalp massage &amp; ending off with a foot treatment.</i>	50 min	R 500
<b>Love escape (Couples treatment or friends)</b>	30 minutes Back neck, shoulder massage 30 minutes Mini facial 30 minutes Bella foot massage 30 minutes Indian head massage Champagne & light lunch	3 hours	R 3100





## Massages:

Name of treatment	Description	Treatment time	Price
<b>Aromatherapy</b>	<i>A gentle and relaxing massage using a blend of aromatherapy oils according to your specific needs</i>		
	<i>Back, Neck &amp; Shoulder</i>	<i>30 min</i>	<i>R 350</i>
	<i>Back, Neck &amp; Shoulder</i>	<i>45 min</i>	<i>R 450</i>
	<i>Full body</i>	<i>60 min</i>	<i>R 600</i>
<b>Deep tissue</b>	<i>A massage to target deeper muscle layers with firm pressure focused on specific areas</i>		
	<i>Back, Neck &amp; Shoulder</i>	<i>30 min</i>	<i>R 380</i>
	<i>Full body</i>	<i>60 min</i>	<i>R 750</i>
<b>Hot stone</b>	<i>A massage using hot stones to bring about deep relaxation of the body &amp; mind.</i>		
	<i>Back, Neck &amp; Shoulder</i>	<i>45min</i>	<i>R 550</i>
	<i>Full body</i>	<i>90min</i>	<i>R 800</i>
<b>Indian head massage</b>	<i>A shoulder, neck, scalp and face massage to help you relax and revitalise</i>	<i>30 min</i>	<i>R 330</i>
<b>Bella Foot massage</b>	<i>A wonderfully relaxing foot &amp; calf massage for those weary feet</i>	<i>30 min</i>	<i>R 370</i>





## Hands & Feet:

Name of treatment	Description	Treatment time	Price
<i>Deluxe Manicure</i>	<i>Hand soak, exfoliation, and cuticle care, nail shaping, a relaxing hand &amp; arm massage and finished off with a colour varnish.</i>	<i>45 min</i>	<i>R 330</i>
<i>Deluxe Pedicure</i>	<i>Foot soak, exfoliation, heel care, cuticle care, nail shaping, relaxing foot &amp; calf massage and finished off with a colour varnish</i>	<i>60 min</i>	<i>R 400</i>
<i>Heel treatment</i>	<i>Foot soak, Foot peel treatment, foot file Finishing off with a nail shaping and varnish</i>	<i>60 min</i>	<i>R 450</i>
<i>Express Mani &amp; Pedi</i>	<i>Cuticle care, nail shaping and colour varnish</i>	<i>30 minutes</i>	<i>R 180</i>
<i>Gel overlays</i>	<i>French Varnish</i>	<i>45 mins</i>	<i>R 310</i>
	<i>Gel colour</i>	<i>45 min</i>	<i>R 280</i>
	<i>Gel add on</i>	<i>15 min</i>	<i>R 60</i>
	<i>Acrylics soak off</i>	<i>45 min</i>	<i>R 150</i>
	<i>Gel soak off</i>	<i>15 min</i>	<i>R 100</i>



## Healing Earth Facials

<u>Name of treatment</u>	<u>Description</u>	<u>Treatment time</u>	<u>Price</u>
<b>Basic Facial</b>	<i>This is our powerful marriage of anti-oxidants working in tandem with your skin's inherent ability to replenish itself through restoring hydration, balance and natural health.</i>	60 min	R 760
<b>Tri-Enzyme High Performance</b>	<i>This advanced skin treatment is inclusive of a back and neck massage and it is specifically designed for aging, UV damaged &amp; sallow skins. This facial will encourage cell turn over, stimulates elasticity &amp; increases oxygen utilization in the skin tissues.</i>	90 min	R 850
<b><u>Sothys Facials</u></b>			
<b>Fundamental stage</b>	<i>This is basic anti-aging facial which helps with the skin's elasticity, skin tone, hydration and soothing of the skin instant.</i>	75 min	R 780
<b>Collagene Hyaluronique Intensive Treatment</b>	<i>This is a High-performance treatment COSMECEUTICAL ANTI-AGING adaptable to every client according to the aging grade of the skin. It soothes, improves the skin's firmness and skin tone.</i>	1 hr 45 mins	R 900

### Tinting:

<b>Lash Tint</b>	20 min	100
<b>Brow Tint</b>	15 min	100
<b>Lash &amp; Brow</b>	20 min	150





## Kids Spafari (5-12 years)

Kiddies Spa Day Party Packages for your little ones available on request.

Name of treatment	Description	Treatment time	Price
<i>Mia hand print</i>	<i>Mini manicure</i>	<i>20 min</i>	<i>R 150</i>
<i>Mia foot print</i>	<i>Mini pedicure</i>	<i>20 min</i>	<i>R 180</i>
<i>Mini me Massage</i>	<i>Back Neck and Shoulder massage</i>	<i>20 min</i>	<i>R 200</i>
<i>Mini me facial</i>	<i>facial</i>	<i>45 min</i>	<i>R 300</i>

## Waxing

facial

Name of treatment	Treatment time	Price
<i>Lip</i>	<i>15 min</i>	<i>R 80</i>
<i>Chin</i>	<i>15 min</i>	<i>R 80</i>
<i>Brow wax &amp; shape</i>	<i>15 min</i>	<i>R 100</i>
<i>Brow wax &amp; lip</i>	<i>30 min</i>	<i>R 150</i>
<i>Under arm</i>	<i>15 min</i>	<i>R 150</i>
<i>Standard Bikini</i>	<i>20 min</i>	<i>R 150</i>
<i>Full Bikini</i>	<i>45 min</i>	<i>R 300</i>
<i>Half Leg</i>	<i>30 min</i>	<i>R 210</i>
<i>Full Leg</i>	<i>45 min</i>	<i>R 280</i>
<i>Chest/Back</i>	<i>45 min</i>	<i>R 400</i>





## **SPA POLICIES:**

### **What if I'm late or want to cancel my appointment:**

24 hours advance notice is required for cancellation, after which 50% of the treatment cost will be charged. We will however assist in rescheduling your appointment where possible. In case of late arrivals, in fair consideration to all our clients, treatment duration will be reduced accordingly, unless we can accommodate the late arrival within the spa schedule.

### **Allergies/ illness**

Please be sure to inform your therapist of any know allergies, current illnesses that may affect your treatment as well as pregnancy.

### **Gratuities:**

Gratuities should reflect your level of satisfaction with our services and your personal providers; therefore, all gratuities are left solely at your discretion.

**Prices are subject to change without prior notice.**

### **Operating hours:**

**07h00 – 16h00pm**

### **Contact information:**

**Tel: +27(0)43 841 1152**

**E-mail: [spa@miarestate.co.za](mailto:spa@miarestate.co.za) / [miarestate@miarestate.co.za](mailto:miarestate@miarestate.co.za)**