

GENTLEMAN'S TREAT**3 hours 15min R1400**

Improve your blood circulation with a Sauna session, Full Body Exfoliation will get rid of dead skin cells followed by a Hydro Tub. Complete the treat with Golfers Massage & Environ Hands-on Vitamin facial.

COUPLES REUNITE MIND, BODY & SOUL**2 hours R1200/couple**

Spoil a loved one and enjoy together a Sauna session, Swedish Massage & Hydro Tub.

ULTIMATE HAPPY FEET TREATMENT**2 hours****R560**

Enjoy a relaxing Pedicure, Mask, Reflexology & Paraffin Wax.



ASK YOUR THERAPIST ABOUT OUR ELITE ONE-YEAR MEMBERSHIP.



LILIAN TERRY INTERNATIONAL

General Information:

The Wilderness Hydro is open to the public.
Gift Vouchers can be purchased at reception and are valid for one month. Ask your therapist about our elite one-year membership.

Business Hours May - August

Monday to Saturday: 08:00 — 19:00 & Sunday: 09:00 — 15:00

September — April

Monday to Saturday: 08:00 — 20:00 & Sunday: 09:00 — 17:00

We are open on all Public Holidays except for the 25th of December & the 1st of January.
(24 December and 31 December: 08:00 — 17:00)

Payment

- " We accept Master & Visa Credit Cards & cash.
- * We do not accept Cheques, Diners Club and American Express cards.
- * 50% deposit is required on all treatments in excess of R300 in value. "50% deposit on all Hydro Packages is required to secure the booking.
- * Valid Gift Vouchers must be presented or the full treatment price will be charged.
- "NO vouchers will be refunded/exchanged for cash.

Cancellation Period

- " For late arrivals, treatment duration will be reduced.
- * Six hours advance notice is required for cancellations after which 50% of the value of the treatments will be charged.
- " Where a deposit has been paid, the booking will be rescheduled for a later date or a gift voucher will be issued.
- * All deposits are non-refundable unless cancelled 7 days in advance.

Terms & Conditions

- " Please bring comfortable open shoes & a bathing costume.
- * Female clients are not permitted to have any water treatments while menstruating for hygienic reasons.
- " Please remove contact lenses before each treatment.
- * Please shower/bath before treatments & leave jewelry in the locker or at home.
- " Allow sufficient time for digestion of food before you have a treatment.
- * Consumption of alcohol is strictly forbidden before treatment.
- * Please inform your therapist if you know or suspect that you are pregnant, have skin allergies or have any medical conditions e.g. high blood pressure.
- * Making use of the Sunbed facility will be on the client's own risk & the Hydro will not be held responsible for any damages caused.
- * All cell phones must be switched off when entering the Hydro premises.
- * We are not liable for damages or injuries or loss of personal possessions." No children under the age of 16 years will be allowed to have treatments unless accompanied by their parents or legal guardian.
- * Children under the age of 10 years are not allowed to enter the Hydro premises.

Wilderness Hydro

The Wilderness Hotel Resort & Spa



Dedicated to your Wellbeing

massages
•
manicures
•
pedicures
•
facials
•
waxing
•
body treatments
•
hydro therapies
•
total wellness

Tel: 044 877 1299 Fax 086 521 5069
Hotel room extension 1004

P.O. Box 122, Wilderness, 6560
Email: info@wildernesshydro.co.za
Website: www.wildernesshydro.co.za



* Note that prices may change – Please confirm prices when making a booking.

MASSAGE THERAPY

Scalp Massage (for dry/oily scalp with Lillian Terry Oil)	20min	R110
Foot Massage/Hand Massage	20min	R130
Indian Head Massage	30min	R260
Leg Massage	30min	R280
Reflexology for the feet	30min	R260
Reflexology for the feet (includes scrub)	45min	R360
Back, Neck & Shoulder Massage	30min	R260
Back, Neck & Shoulder Massage	45min	R370
Back, Neck, Shoulder & Foot Massage	50min	R390
Golfers Massage (back, neck, shoulders & legs)	60min	R580
Swedish Full Body Massage	60min	R550
Deep Tissue Massage	60min	R550
Lymphdrainage Massage	60min	R550
Hot Stone Back, Neck & Shoulder Massage	30min	R360
Hot Stone Full Body Massage	60min	R580

FEET

Re-Varnish OPI	30min	R90
Mini-Pedicure (excluding colour varnish & massage)	30min	R160
Pedicure	60min	R270
French Pedicure	75min	R280
Pedi-Reflex	90min	R420
Paraffin Wax Pedicure	90min	R340
Paraffin Wax Dip	30min	R110

BODY TREATMENTS

Full Body Exfoliation	25min	R300
Mud Wrap	50min	R450
Full Body Exfoliation with Body Clay Wrap	60min	R550

HANDS

Re-Varnish OPI	30 min	R90
Mini-Manicure (excluding colour varnish & massage)	30min	R160
Manicure	60min	R250
French Manicure OPI	75min	R260
Paraffin Wax Manicure	90min	R330
Paraffin Wax Dip	30min	R110

EYES

Eyebrow Pluck/Wax	R70
Eyebrow Tint	R70
Eyelash Tint	R70
Eyebrow & Eyelash Tint	R100

FACIAL TREATMENTS

ENVIRON

Environ Hands-On Mini facial	30min	R300
Environ Hands-On Vitamin Therapy	60min	R420
Environ Deep Cleansing Vitamin Therapy	90min	R500

WAXING

Lip Wax/Eyebrow wax/Chin wax	R70
Facial wax	R150
Under Arm Wax	R100
Arm Wax	R150
Bikini Wax	R110
G-String Wax	R130
Brazilian Wax	R200
Hollywood Wax	R250
Half Leg Wax (below the knee)	R150
Three-quarter Leg Wax (above the knee.)	R170
Full Leg Wax	R200
Back or Chest wax	R200

HYDRO THERAPIES

Sauna room per person	30min	R150
Luxurious Citrus Bath	30min	R120
Rasual Pamper per person	45min	R380

SUNBED

Sun Bed Session	30min	R35
Sun Bed Session - 10 sessions- (valid for 3 months)		R250

PACKAGES

REJUVENATE & DE-STRESS DELIGHT **2 hour 15min** **R1,000**

Your delight will start off in our RASUAL CHAMBER with a self-exfoliation & Clay bodywrap ritual, followed by mist spraying over your whole body and steam to rejuvenate you. A Swedish massage followed by an Indian Head massage will relax and take you on a stress-free journey.

STRESS BUSTER DELUX **1 hour 30min** **R650**

Our well-known signature relaxation massage combo has been extended for your pure enjoyment. Back neck & shoulder massage, Indian Head with foot massage.

STRESS BUSTER **1 hour** **R550**

Combination of a Back, Neck & Shoulder Massage, Foot Massage & Indian Head Massage.

HALF DAY GET AWAY **3 hours** **R1,300**

Kick start to a new you. Improve your blood circulation with a Sauna session, Full Body Exfoliation & Hydro Tub. An Indian Head Massage, Back Neck & Shoulder Massage & Reflexology will leave you feeling as good as new!

HYDRO BREAKAWAY **5 hours** **R2,000**

The Ultimate Treat. Start with a Sauna session followed by a Full Body Exfoliation, Swedish Full Body Massage, Indian Head Massage, Hydro Tub, Environ Hands-on Vitamin facial & Pedicure or Manicure.

QUICK FIX **1 hour 30 min** **R820**

Start with a Full Body Exfoliation to remove dead skin cells followed by an Indian Head Massage to ease tension & Reflexology for the feet.

ANTI-STRESS **2 hours 15 min** **R1,100**

Start with a Rejuvenating Full Body Exfoliation followed by a Hydro Bath. An Anti-stress Back & Foot Massage as well as an Indian Head Massage will help to ease tension.

HOT STONE INDULGENCE **2 hours 30 min** **R1,400**

Full Body Hot Stone Massage, Mini-facial, Reflexology & Indian Head Massage.

THINK BODY & THINK BEAUTY **3 hours** **R1,340**

Spoil yourself with a Environ Hands-on Vitamin facial, Pedicure, Reflexology & Back massage



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