



TREATMENT MENU

Dainfern, Fourways, Gauteng
011 469 0376 | info@spiralaloe.co.za

Lourensford Wine Estate, Somerset West,
Western Cape
021 847 8000 | lourensford@spiralaloe.co.za

www.spiralaloe.co.za

GROOMING

FACE

Face wax	R 250
Eyebrow shape	R 70
Eyebrow tint	R 60
Eyelash tint	R 60
Eyebrow & Eyelash tint	R 100
Lip wax	R 60
Chin wax	R 65
Ear wax	R 50
Nose wax	R 50
Classic Eyelash Extentions	R 550
Dramatic Eyelash Extentions	R 650

BODY

Half arm wax	R 140
Full arm wax	R 195
Underarm wax	R 80
Chest wax	R 195
Back wax	R 310
Half leg wax	R 185
¾ leg wax	R 250
Full leg wax	R 260
Bikini wax	R 130
Full bikini wax	R 250
Hollywood wax	R 295
Brazilian wax	R 215
Toe wax	R 50

CUSTOMISED FACIALS

Hot Retone Facial
(Thermal Depp Cleanse) 60 MINS
R 600

Intensive Pearl Moisture
(Hydrating) Facial 60 MINS
R 700

24 Carat Goddess
(Rejuvenating) Facial 60 MINS
R 1500
90 MINS
R 2000

Resurfacing (Peel) Facial 20 MINS
R 550

Resurfacing Peel &
Micro-needling Facial 60 MINS
R 1200

BODY TREATMENTS

Midas Touch (Full Body Scrub) 60 MINS
R 600
(90 mins with Massage) 90 MINS
R 900

Full Body Massage 60 MINS
R 630
90 MINS
R 720

Relief & Relaxation
(Head, Neck & Back) 30 MINS
R 320
60 MINS
R 630

Hot Stone Massage 60 MINS
R 650
90 MINS
R 750

Sports Massage 30 MINS
R 380
45 MINS
R 520

Foot Massage 30 MINS
R 320

Back Facial 30 MINS
R 420

(Add Hots Stones to treatment) R 50

ALTERNATIVE MASSAGES

Tui Nai (Chinese) Massage 30 MINS
R 350
60 MINS
R 600

Acupressure Healing 60 MINS
R 550
90 MINS
R 750

Bone Setting
(Manipulation Movement) 120 MINS
R 220

Indian Head Massage 20 MINS
R 220

Reflexology 30 MINS
R 250

HANDS & FEET

Hand Massage R 250

Model Hands (Standard)
Manicure R 250

Gel Manicure R 300

Foot Massage R 50

Telling Toes (Standard)
Pedicure R 280

Gel Pedicure R 350

Gel Application
(No cuticle or hand work) R 240

Soak Off R 50



PACKAGES

ONE

Outdoor Yoga
Coffee and Muffins
Massage
Clay Pigeon Shooting
Lunch
Chocolate and Wine Pairing at the
Lourensford Cellars

TWO

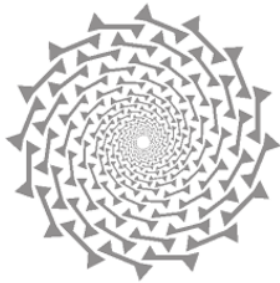
Guided Hike through Lourensford
Estate
Lunch
Massage or Facial
Beer Tasting at Abru Brewery

THREE

Coffee and Muffins
Clay Pigeon Shooting
Outdoor massage amongst the beauty
of Lourensford Estate
Beer Tasting at Abru Brewery

FOUR

Guided Hike through Lourensford
Estate
Lunch
Outdoor Yoga/Stretching
Massage
Chocolate and Wine Pairing



SPIRAL ALOE
Health & Wellness

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PRACTITIONERS

By Appointment

Please call to make a booking

Integrative medicine is healing-oriented medicine that takes account of the whole person (body, mind, and spirit), including all aspects of lifestyle. It emphasizes the therapeutic relationship and makes use of all appropriate therapies, both conventional and alternative.

Dr Lydia Altini (MBBCh)

Functional Medicine

Initial Consultation	90-120 MINS
	R 840
Follow Up	30 MINS
	R 480
Health Coaching 15 Min Intro Session 5 Sessions	FREE R1500
Tuesday - Friday	9H00-12H30

Laura Primic

Iridology

Consultation	60 MINS
	R 540
Tuesday - Friday	9H00-14H00

Dr Taryn Jacobs (M.Tech Hom)

Mother's Mentor; Homeopathy (Specialising in Women's Well-Being)

Initial Assessment	90-120 MINS
	R 650
Subsequent Appointments	60 MINS
	R 550
Thursday & Saturday	9H00-13H00

Sharon Steyn

Educational Psychologist & Addiction Counsellor

Consultation (Deductible from medical Aid)	60 MINS R 800
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Thursday 15H00-17H00

Janine Hayward

Emotional Healing & Recovery

Access Bars	60 MINS
	R 600
Matrix Re-imprinting with Emotional Freedom Technique	60 MINS R 600
	90 MINS R 900

Tuesday & Wednesday 14H00-17H00

Niklaas Thysen

Traditional Chinese Medicine

ALTERNATIVE MESSAGES

Tui Nai (Chinese) Massage	30 MINS
	R 350
	60 MINS
	R 600
Acupressure Healing	60 MINS
	R 550
	90 MINS
	R 750

Bone Setting (Manipulation Movement)	120 MINS R 220
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Indian Head Massage	20 MINS R 220
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Reflexology	30 MINS R 250
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Thursday 13H00-17H00

Friday 9H00-12H30