

# TREATMENT MENU

## SPIRAL ALOE

### FACIALS

#### DEEP CLEANSE | R600

Remove impurities. Moisturise. Relieve stress.

#### HYDRATING | R700

Moisturise. Refresh. Soften.

### SKIN BOOSTERS

#### SKIN BOOSTERS

Increases hydration. Smooths skin. Increases collagen production. Suitable for most skin types.

### MICRONEEDLING

#### REJUVENATING FACE | R2200

Full face, Neck & Decollate area

#### FULL FACE | R1200

Full face area

#### NECK AREA | R500

Lift and tightening of neck area

#### DECOLLATE AREA | R500

Lift and tightening of decollate area

#### STRETCH MARKS | FROM R500

Price charged per area

#### SCARS | FROM R350

Price charged per area

#### HAIR RESTORATION | R600

Full head

\* Courses available x4

### PEELS

#### RESURFACING PEEL | R550

Standard application

#### ACNE PEEL | R550

Gel paint application

### PIGMENTATION PEELS

#### VITAMIN C PEEL | R600

Buff and remove

#### GLUTHA PEEL | R700

Gel paint application

#### COMPLEXION PEEL | R800

No cuticle or hand work

### PEELS & MICRONEEDLING

#### GOLD STANDARD COMBO | R2500\*

Buff and remove

#### ACNE COMBO | R1750\*

Reduce fine lines & wrinkles. Reduces acne scarring. Reduce pigmentation.

### PIGMENTATION

#### GLUTHA COMBO | R1900\*

Detoxification, lymphatic system boost, body contouring, and skin tightening.

#### COMPLEXION COMBO | R2000\*

Detoxification, lymphatic system boost, body contouring, and skin tightening.

# TREATMENT MENU

## SPIRAL ALOE

### DELUXE COMBOS

#### **GOLD DELUXE | R4000\***

Cold Standard Peel. Microneedling.  
I.V Nutrition Therapy

#### **GLUTHA DELUXE | R3500\***

Glutha Peel. Microneedling.  
I.V Nutrition Therapy

#### **COMPLEXION DELUXE | R3500\***

Complexion Peel. Microneedling.  
I.V Nutrition Therapy

\* Courses available x4

### I.V NUTRITION THERPAY

#### **IMMUNE BOOSTING | R1000**

Full face area

#### **BRIGHTENING | R1500**

Lift and tightening of neck area

#### **B12 SHOT | R500**

Lift and tightening of decollate area

### BODY

#### **FULL BODY SCRUB | R600 & R900**

Exfoliate. Moisturise. Soften.

#### **FULL BODY MASSAGE | R630 & R720**

Reduce stress & tension. Improve circulation.  
Boost immune system.

#### **HEAD, NECK & BACK | R320 & R450**

Target areas of tension and stress for relaxation.

#### **HOT STONE | R660 & R750**

Encourages blood flow in the body relieving  
chronic pain, reducing stress and tension

#### **SPORTS MASSAGE | R380 & R520**

Flushes away toxins which increases joint  
mobility and flexibility, promoting tension relief.

### HANDS & FEET

#### **STANDARD MANICURE | R250**

Standard application

#### **GEL MANICURE | R300**

Gel paint application

#### **STANDARD PEDICURE | R280**

Standard application

#### **GEL PEDICURE | R390**

Gel paint application

#### **GEL APPLICATION | R240**

No cuticle or hand work

#### **SOAK OFF & APPLICATION | R50**

Buff and remove

# TREATMENT MENU

SPIRAL ALOE

## GROOMING

### FACE

FACE WAX | R250

EYEBROW SHAPE | R70

EYEBROW TINT | R60

EYELASH TINT | R60

EYEBROW & EYELASH TINT | R100

LIP WAX | R60

CHIN WAX | R65

EAR WAX | R50

NOSE WAX | R50

### BODY

HALF ARM WAX | R140

FULL ARM WAX | R195

UNDERARM WAX | R80

CHEST WAX | R195

BACK WAX | R310

HALF LEG WAX | R185

¾ LEG WAX | R250

FULL LEG WAX | R260

BIKINI WAX | R130

FULL BIKINI WAX | R250

HOLLYWOOD WAX | R295

BRAZILIAN WAX | R215

TOE WAX | R50

Fall in love with  
taking care of  
yourself.  
Mind Body Spirit.

# TREATMENT MENU

## SPIRAL ALOE

### MEDICAL WELLNESS

#### HEALTH COACH CONSULT | R600

Medical wellness is an approach to delivering health care that considers multiple influences on a person's health and consequently multiple modalities for treating and preventing disease as well as promoting optimal well-being.

#### GENETIC TESTING

Genetic testing helps to reveal changes (mutations) in your genes that may cause illness or disease. The knowledge of these changes can aid in the possible prevention of potentially negative outcomes, which ultimately encourages a healthier way of living.

#### IV NUTRITION THERAPY

Vitamin, mineral and amino acid absorption that boosts the immune system, relieves chronic pain, rehydrates the skin and reduces pigmentation.

#### MEDICAL FOODS

Colostrum is a nutrient-rich blended food drink that supports a healthy gut and stimulates the growth of good bacteria which strengthens immunity overall immunity.

### WEIGHT MANAGEMENT

#### SLENDER WONDER

Slender Wonder is a kilojoule-based Medical Weight Loss Programme administered through a network of accredited Doctors.

#### KETOGENIC DIET

Slender Wonder is a kilojoule-based Medical Weight Loss Programme administered through a network of accredited Doctors.

### EXECU-CARE

#### ENGAGEMENT | R1500

Consultation  
Biometric Screening  
Report & Feedback

\*Includes body treatment with initial consultation

#### ADDITIONAL: BODY WELLNESS

Treatments: For stress relief and relaxation

Stress & Fatigue  
Medical Weight Management & Detox  
Pigmentation & Acne Scarring  
Rejuvenation (Face & Body)

### INSTITUTE

#### WELLNESS DIALOGUE CIRCLES

The Wellness Dialogues give participants the opportunity to engage on matters of the dimensions of wellness that contribute to overall well-being promoting awareness of self and benefitting relationships within external environment.

#### CORPORATE FACILITATIONS

The use of dialogue and facilitation works to process trainers, build teams, and shape leaders on topics of leadership, health and wellness.

#### HEALTHY LIVING RETREATS

Retreats provide peace away from daily routine and the opportunity to reconnect with parts of the self that have otherwise been neglected by bringing them back into focus.