



THE  
*Mandy*  
SPA

## THE MARLY MASSAGES

### Therapeutic Massage

*A full-body massage including scalp and feet, designed for complete relaxation.  
Choose an ointment tailored to your needs to enhance  
therapeutic benefits.*

60min | R 1 100.00

90min | R 1 550.00

### Deep Tissue Massage

*Targets deeper layers of muscle and connective tissue to relieve chronic  
tension, ease stiffness, and promote recovery.*

60min | R 1 300.00

90min | R 1 650.00

### Magnesium Massage

*A restorative massage enhanced with magnesium-infused balms to reduce  
muscle tension, relieve fatigue, and support relaxation.*

60min | R 1 300.00

90min | R 1 650.00

### Nurturing Massage

*A gentle massage designed for mothers-to-be, focusing on areas needing the  
most care during pregnancy.*

*Includes a soothing and warm foot pressure point treatment.*

60min | R 1 350.00

90min | R 1 700.00

### Muscle Renewal (Sports) Massage

*A targeted treatment for active bodies to restore, relax, and revive muscles.  
Oil Infused with CBD.*

90min | R 1 850.00

### Bellabaci Massage

*A specialised cupping massage to stimulate circulation, release tension,  
improve lymphatic flow, reduce cellulite, and detoxify the body.*

60min | R 1 300.00

90min | R 1 650.00

## THE MARLY MESSAGES CONTINUED...

### Gua Sha Lymph Massage

*A soothing treatment using Gua Sha tools to relieve tension, improve lymphatic flow, and enhance circulation.*

60min | R 1 350.00

90min | R 1 700.00

### Indian Head Massage

*A calming massage for the head, neck, and shoulders to relieve stress, improve circulation, and promote mental clarity.*

30min | R 750.00

45min | R 850.00

### Revitalising Foot Ritual

*A soothing foot soak followed by a gentle scrub to remove dead skin, concluded by with a rejuvenating foot massage to restore softness and relieve tension.*

45min | R 850.00

### Upper Body Bliss

*Back, neck, shoulder, and scalp massage.  
Reducing tension and stress through touch.*

45min | R 950.00

### ADD-ONS

Warm Oil	R 250
CBD	R 350
Himalayan Stones	R 350
Magnesium	R 350
Bellabaci Cups	R 350
Gua Sha	R 400
Back Scrub	R 450

## **QMS FACIALS**

### **Express Facial**

*A quick yet effective treatment featuring a deep cleanse, exfoliation, and hydration for instantly radiant skin.*

30min | R 700.00

### **Pure Youth Facial**

*A gentle yet powerful facial designed for younger skin. Helps clear impurities, control excess oil, prevent breakouts, and maintain balanced hydration.*

45min | R 990.00

### **Collagen Reset Facial**

*A rejuvenating treatment that restores balance, replenishes moisture, and revitalises dull or tired skin.*

*Includes a mask tailored to your specific needs for enhanced results.*

60min | R1 500.00

### **Collagen Repair Facial**

*Strengthens your skins' protective layer, reduces inflammation, and delivers deep hydration. Incorporates lymphatic massage techniques and reparative formulas to calm redness, boost resilience, and promote detoxification.*

75 min | R1 750.00

### **Collagen Contour Facial**

*A luxurious anti-ageing treatment that restores definition and firmness.*

*Combines advanced collagen formulas, lifting massage techniques, and contouring masks, ideal for mature skin. Provides relaxation and relief, especially around the jaw and neck.*

75min | R1 950.00

### **Collagen Restore Facial**

*A luxury anti-aging facial designed to restore firmness, volume and radiant hydration. This signature treatment features an intensive collage mask, and a sculpt defining massage to lift and contour. Improves skin elasticity by boosting collagen and elastin, and provides relaxation and relief, around the jaw and neck.*

90min | R3 100.00

### **QMS Facial ADD-ONS**

Collagen Stem Cell Mask <i>Advanced repair treatment for regeneration and anti-ageing.</i>	15min	R 750.00
Activator Mask <i>Boosts hydration and restores radiance.</i>	15min	R 550.00
Collagen Lip Mask <i>Smooths fine lines, plumps, and deeply hydrates lips.</i>	15min	R 450.00
Bright Eye Revive <i>Targets puffiness, dark circles, and signs of fatigue.</i>	15min	R 450.00

## MARLY HANDS & FEET

<b>Signature Manicure</b> <i>Nail care, scrub, massage &amp; polish.</i>	60min	R 850
<b>Essential Manicure</b> <i>Nail care &amp; polish.</i>	30min	R 550
<b>Ultimate Manicure</b> <i>Nail care, scrub, Himalayan stone massage, hand mask, &amp; polish / gel.</i>	90min	R 990
<b>Signature Pedicure</b> <i>Nail care, scrub, massage &amp; polish.</i>	60min	R 890
<b>Essential Pedicure</b> <i>Nail care &amp; polish.</i>	30min	R 550
<b>Ultimate Pedicure</b> <i>Nail care, scrub, Himalayan stone massage, foot mask &amp; polish / gel.</i>	90min	R 950
<b>Soak Off Gel</b> <i>Gel removal &amp; nail treatment.</i>	20min	R 300
<b>Quick Fix</b> <i>Repair of one / two chipped nails.</i>	20min	R 150
<b>Hands &amp; Feet Enhancements</b>		
<i>Bio-Sculpture Gel Polish</i>	20min	R 200
<i>Medi Heel Peel</i>	15min	R 250
<i>French Nails</i>	20min	R 200

## **BELLABACI SCRUBS & WRAPS**

### **Radiance Glow**

*A full-body exfoliation with natural, nutrient-rich products. Gently removes dull and dry skin whilst stimulating circulation and lymphatic flow, leaving your skin feeling deeply nourished with renewed radiance.*

30min | R 950.00

### **Radiance Glow & Cellulite Be Gone Wrap**

*Treatment includes full body exfoliation and removes dead skin cells. Increasing blood flow to prepare the body to increase the absorption of nutrients during the wrap. Leaves skin softer, and visibly brighter.*

60min | R 1 700.00

## WAXING

Brow   Lip   Chin   Nose	15min	R 250
Full Face	20min	R 450
Bikini	15min	R 390
Hollywood	20min	R 500
Half Leg	20min	R 400
Full Leg	45min	R 500
Half Arm	30min	R 350
Full Arm	45min	R 450
Underarm	20min	R 300
Chest	30min	R 450
Back	45min	R 550

## THREADING

Brow   Lip   Chin   Sides	20min	R 200
Full Face	30min	R 500

## DERMAPLAN

Cleanse, Tone & Dermaplan	30min	R 450
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## LASHES & BROWS

### Tints

Brow Tint	15min	R 250
Lash Tint	15min	R 250
Brow & Lash Tint	15min	R 390

### Lash and Brow Treatment

Brow Lamination <i>Shapes, smooths and sets brows for a more polished and full appearance.</i>	45min	R 500
Lash Lift <i>Curly and lifts your natural lashes for a wide-eyed look.</i>	45min	R 500
Brow and Lash Combo <i>Complete eye refresh.</i>	50min	R 850

## MARLY MINI MENU

*Ages 6-12 years old.*

Mini Mani <i>Soak, scrub &amp; polish.</i>	30min	R 350.00
Mini Pedi <i>Soak, scrub &amp; polish.</i>	30min	R 350.00
Mini Mani & Pedi <i>Soak, scrub &amp; polish.</i>	45min	R 600.00
Mini Massage <i>Soothing massage using our hydration &amp; relaxation Bellabaci ointment.</i>	45 min	R 650.00
Little Glow Facial <i>Cleansing &amp; relaxing facial using RITES children's range.</i>	30min	R 550.00

*Terms & Conditions.*

*Children under the age of 12 must be accompanied by an adult at all times.*



## TERMS & CONDITIONS

*All Prices Quoted Are Per Person, Per Treatment.  
Excluding specified couples treatments.*

### CANCELLATIONS

*Cancellations made less than 24 hours before your appointment will result in the deposit being forfeited. No-shows will result in a full charge.*

### ARRIVALS

*Please arrive 15 minutes prior to your scheduled booking.  
Late arrivals will have a shortened treatment to fit within the remaining time and will be charged in full.*

### DEPOSITS

*A 50% deposit is required to secure your reservation.  
The deposit must be paid within 24 hours of making the booking; otherwise, the reservation will not be confirmed. All deposits are non-refundable.*

### WELLBEING

*Our spa is a non-smoking environment. For your safety and comfort, we kindly request that you complete a pre-treatment consultation form. Please inform us of any allergies, medical conditions, illnesses, or injuries prior to your treatment.*

### AGE POLICY


*Guests under 12 years old must be accompanied by an adult at all times.  
The supervising adult will be required to sign a consent form.*

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