



# BODY BLISS

Day Spa

Spa operating hours are Monday to Sunday from 8am to 5pm.

## Body Bliss Treatments

### Signature Treatments

Absolute Body Bliss 110min R 680  
*Relaxing massage with a classic facial & scalp massage*

Body Bliss Taster 70min R 430  
*Relaxing back massage combined with a basic facial, neck & scalp massage*

### Facial Therapy

Basic Facial 60min R 390  
 Classic Facial 80min R 490  
 Specialised Facial 90min R 590

### Hands & Feet

Spa Manicure 45min R 190  
 Spa Pedicure 60min R 280  
 French Paint 15min R 60  
 Normal Paint 15min R 50

### Massages

Full Body Massage 60min R 450  
 Back, Neck & Shoulder 25min R 250  
 Back, Neck & Shoulder 45min R 380  
 Hot Stone Therapy & Steam 80min R 580  
 Indian Head Massage 25min R 220

### Body Therapy

Detox Body Wrap & Massage 105min R 740  
*Foil wrap with mud treatment includes massage and scalp treatment*

Salt Glow & Massage 90min R 590  
*Salt body exfoliation and massage*

### Steam Room Sessions

Per Session 30min R 60

### Tinting & Hair Removal

Eyebrow Shape 10min R 60  
 Eyelash Tint 15min R 60  
 Eyebrow Tint 10min R 60  
 Full Leg Wax 45min R 180  
 Half Leg Wax 30min R 150  
 Bikini or Under Arm Wax 20min R 90  
 Lip or Chin Wax 10min R 60

### Mens Corner

Mens Facial 45min R 290  
 Sports Facial 60min R 390  
 Sports Pedicure 60min R 280  
 Sports Full Body Massage 60min R 450

Prices are subject to change

## Body Bliss Packages

**Ultimate Bliss** 185min R 1190  
 Steam session, detox body wrap, foot massage, hot stone therapy massage And a classic facial

**Soothes** 45min R 290  
 Steam session, back & shoulder massage

**Revitalise** 165min R 970  
 Steam session, salt wrap, scalp massage, Massage and a basic facial

**De-stress** 80min R 450  
 Steam session, massage and a facial

**Unwind** 70min R 400  
 Steam session, back, neck & shoulder massage and a foot massage

**Happy Feet** 80min R 320  
 Steam Session and a Spa Pedicure

## Junior Bliss Packages

**Mini Hand Massage** 25min R100

**Playful Mani** 30min R150

**Toe Tickling Feet Fun** 25min R120

**Playful Pedi** 30min R170

**Junior Head, Neck and Shoulder Massage** 20min R100

*Junior Bliss treatments are designed specifically for children aged between 5-16years!*

*Parental supervision is required for the duration of the treatment.*



### Contact Details

Cayley Lodge (Drakensberg)  
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[www.bodybliss.co.za](http://www.bodybliss.co.za)