



# NIBELA

LAKE LODGE



Part of the  DREAM HOTELS & RESORTS family

# LAKESIDE BUSH SPA

All treatments are accompanied by sparkling wine

## FACIALS

The perfect fusion of nature and science, Skinlogic gives you powerful fruit-base formulas to nourish and restore the skin.

Deep Cleansing **45 min R400**  
Balancing Facial **60 min R605**

## MANICURE

Express Mani **30 min R270**  
Spalicious Deluxe Mani **60 min R385**  
File & Polish **20 min R135**  
Paraffin Wax Mani **20 min R255**

## PEDICURE

Express Pedi & Silky Soft Foot Peel **60 min R535**  
Spalicious Deluxe Pedi **60 min R385**  
File & Polish **20 min R135**  
Paraffin Wax Pedi **20 min R255**

## UNIVERSAL MASSAGES

A choice of speciality essential oils aid in relaxation, improves circulation and promotes the healing of wounds accompanied by heated basalt stones

Back, Neck & Shoulder **30 min R430**  
Full Body Massage **60 min R720**  
(add a scrub or mask) **10 min R110**

## SWEDISH MASSAGE

Choose between a 100% natural candle or body balm, this massage medium leaves the skin soft, subtle and radiant.

Back, Neck & Shoulder **30 min R480**  
Full Body Massage **60 min R780**  
Foot & Leg Massage **30 min R430**  
(add a scrub or mask) **10 min R110**

## **REFLEXOLOGY**

Stimulation of points on the foot to enhance organ health and unblock meridians to increase blood flow and assist restoration of homeostasis within the entire body.

**45 min R515**

## **BODY COCOON**

A heavenly full body pamper with exfoliation and envelopment by body mask then finish by body butter or spritz. Choose between a detoxifying or anti stress cocoon.

**60 min R630**

## **INDIAN HEAD MASSAGE**

Focusing on the chakras on your head- your entire body will feel relaxed and stimulated.

**30 min R400**

## **DEEP TISSUE MASSAGE**

Using the healing power of Arnica to repair damaged muscle fibres and the pain relieving qualities of mint to reduce pain and muscle fatigue. Working deeply into the muscle to release tension points.

Back & Neck **30 min R510**

Full Body **60 min R745**

## **NIBELA SPECIALITY**

A back scrub and mask followed by relaxing massage, leaves you feeling rejuvenated and relaxed

**45 min R605**

## **ANTI STRESS MASSAGE**

A full exfoliation to ease tension in muscles and energize the body, followed by a relaxing massage.

**90 min R840**

## **BODY BUFF**

A luxurious and intensive scrub, as the creamy scrub comes in contact with your skin you will feel a relaxing warm sensation. Your skin will be regenerated and re-mineralised.

**30 min R375**

## **KIDS PACKAGES 3 - 13 YRS**

Mini Facial **30 min R175**

Mini Mani or Pedi **30 min R175**

Mini Massage **30 min R175**

## CELLULITE TREATMENTS

### Cellulite Thigh Treatment

A selection of well balanced, scrubs,oils,gels and creams used in a special way to reduce the signs of cellulite. This treatment is combined with a 10min Indian head massage **60min R495**

### Cellulite Arm Treatment

A selection of well balanced, scrubs,oils,gels and creams used in a special way to reduce the signs of cellulite. This treatment is combined with a 10min Indian head massage **60min R495**

### Cellulite Combined Treatment

A selection of well balanced, scrubs,oils,gels and creams used in a special way to reduce the signs of cellulite. This treatment is combined with a 10min Indian head massage **1hr 45min R895**

## SPA PACKAGES

### Lunyawo Speciality

Treat yourself to a Delux pedi ,parrafin wax and foot and leg massage  
**2hrs R590**

### St Lucia Package

A 30min back, neck and shoulder massage followed by a deluxe manicure and pedicure **2hr 30min R900**

### Deluxe Mommy To Be (depending on trimester)

Express pedi, Indian head massage, deep cleansing facial  
**1.45hrs R970**

### Deluxe Mommy To Be

Express pedi, deep cleansing facial **80min R620**

## HEALTH CONSIDERATIONS

Should you suffer from high blood pressure, any allergies, are pregnant or suffer from any other medical conditions, please notify our therapist when making your reservation

## CANCELLATION POLICY

Cancellations should be made at least 2 hours prior to your scheduled appointment - should you fail to do so, you will be liable for the full treatment cost

## T's & C's

- All prices are subject to change without prior notice due to currency fluctuation, fuel prices and/or unforeseen economic circumstances.