



Relax | Replenish | Reinvigorate

BACK TO BASICS MESSAGES

BLISSFULLY BASIC

African Head Massage 30 minutes	R290
Relaxation Neck, Shoulder and Back Massage* 30 minutes	R350
Relaxation Leg and Foot Massage 30 minutes	R350
Relaxation Full Body Massage* 60 minutes	R550

***ADD-ON:** Hot Stones | 15 minutes **R45**
Available at select Mbalì Spas only

A BLESSING TO BE A BLESSING

Blissfully Basic Full Body Massage 90 minutes	R650
<i>A percentage of this massage goes to our chosen NPO: African Blessings</i>	

Tel: 012 808 5169 | **Email:** admin@monateng.co.za

Bookings: At Reception

Operating Hours:

Wednesday & Saturday: 09h00 – 17h00

Address: Portion 49 of the Farm, Paardefontein
Wallmansthal, Pretoria



TERMS AND CONDITIONS

- * To book, visit or call Mbali Spa Reception*
- * Your treatment time will only be confirmed upon receipt of payment*
- * Treatment times on this menu are only guidelines, every treatment time depends from person to person*
- * Please shower before a massage treatment*
- * Please arrive ten minutes before your treatment*
- * Please wear a bathing suit*

CANCELLATION POLICY

Cancellations must be done no later than four hours before your appointment. Failure to do so will result in the guest being liable for full payment.

CONTRA-INDICATIONS FOR MASSAGE

High / Low Blood Pressure | Cancer | Epilepsy | Osteoporosis | Slipped Discs | Varicose Veins (Full Body) | Fever / Infections or Disease | Recent Operations Affecting the Treatment Area | Pregnancy



MONATENG SAFARI LODGE

Mbali Day Spa Locations:

Crystal Springs Mountain Lodge, Little Eden, Sudwala Lodge, Mount Amanzi, Ngwenya Lodge and Mabalingwe Nature Reserve