



Relax | Replenish | Reinvigorate

## BACK TO BASICS MESSAGES

### BLISSFULLY BASIC

African Head Massage   30 minutes	R150
Relaxation Neck, Shoulder and Back Massage*   30 minutes	R210
Relaxation Leg and Foot Massage   30 minutes	R210
Relaxation Full Body Massage*   60 minutes	R345

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

### HANDS & FEET

Basic Mani or Pedi   30 minutes	R150
<i>Exfoliate, file and massage – no paint</i>	
<b>*ADD-ON:</b> Paint	R65

### A BLESSING TO BE A BLESSING

Blissfully Basic Full Body Massage   90 minutes	R450
<i>A percentage of this massage goes to our chosen NPO: <b>African Blessings</b></i>	

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

**Bookings:** At the Kiosk

**Operating Hours:**

Tuesday & Saturday: 09h00 – 18h00



## TERMS AND CONDITIONS

- \* Please book at the Kiosk*
- \* 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*
- \* Regrettably we can not accommodate couple bookings due to the size of the Spa and COVID-19 regulations*

## 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, Mount Amanzi, Ngwenya Lodge and Mabalingwe Nature Reserve