

SPA TREATMENTS

MASSAGES

SWEDISH FULL BODY MASSAGE | 60 min - R 720 / 90 min - R 850

A massage that relies on techniques like stroking, kneading, and tapping the body to relax the muscles, release tension, and improve blood flow.

HOT STONE MASSAGE | 60 min - R 750 / 90 min - R 880

The massage therapist places hot stones on specific points on your body and may also hold the stones while giving the massage to melt away tension and increase blood circulation

AROMATHERAPY MASSAGE | 60 min - R 750 / 90 min - R 880

A relaxing, stress relieving massage that uses different essential oils curated for the clients specific needs, leaving you feeling rejuvenated and refreshed.

DEEP TISSUE MASSAGE | 60 min - R 800 / 90 min - R 900

A slow stroke and firm pressure massage targeting deeper layers of muscle tissue to relieve pressure, promote blood circulation and flexibility.

BACK, NECK AND SHOULDER MASSAGE | 30 min - R 480

Release muscle tension and stress with this rejuvenating 30min back massage, targeting tensed areas on the back.

HOYOHoyo TRIBAL MASSAGE | 60 min - R 800 / 90 min - R 900

A deep tissue and stress-relieving treatment that utilizes wooden sticks in conjunction with hand movements to stretch tight muscles and alleviate tension, leaving you purified and renewed.

PREGNANCY MASSAGE | 60 min - R 780

A soothing, relaxing and caring touch specially made to relieve tension and fatigue that comes with the change in the body during pregnancy.

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HANDS AND FEET

FOOT MASSAGE | 30 min - R 320

Helps relieve tension and increases blood flow.

HAND MASSAGE | 30 min - R 300

Relieves tension and stress, improves blood flow and aids in flexibility.

GEL OVERLAY HANDS | 30 min - R 260

GEL OVERLAY FEET | 30 min - R 260

DELUXE PEDICURE WITH GEL | 60 min - R 540

MEN'S DELUXE PEDICURE | 60 min - R 480

FOOT RITUAL | 30 min - R 380

This treatment includes a relaxing Foot soak, foot file to remove dead skin cells on the heel and a foot scrub using kaolin infused scrub.

MEN'S BUFF & SHINE | 30 min - R 320

MEN'S EXPRESS MANICURE | 30 min - R 350

FACIALS

ALOE FACIAL | 45 min - R 600

A professional skincare treatment designed to replenish and revitalize the skin by deeply moisturizing it. It's particularly beneficial for dry, dehydrated, or dull skin, helping to restore moisture, improve elasticity, and enhance overall skin health using our Aloe facial range

DEEP CLEANSE FACIAL | 60 min - R 720

This treatment is aimed to clean off toxins and excess oil, unclogging pores, removing dead skin cells and debris clogging your skin. Moisturizing, to deeply hydrate, rejuvenate, and replenish your skin's vital moisture.

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COUPLES ROMANTIC PACKAGE

90 MIN HOT STONE FULL BODY MASSAGE & FOOT RITUAL

(Includes Bottle of Sparkling Wine) | R 2500 per couple
The perfect wine down for couples wanting an escape to relax and recoup. It includes a hot stone massage to melt away all stress and tension and accompanied by a nice foot ritual embedded in a bed of flower petals and romantic setup with sparkling wine to enjoy during the treatment.

45 MIN COUPLES BACK, NECK AND SHOULDER MASSAGE & 30 MIN ALOE DEEP CLEANSE FACIAL

(Includes Bottle of Sparkling Wine) | R 2200 per couple

KIDDIES PAMPER

BACK, NECK AND SHOULDER MASSAGE & EXPRESS FACIAL

45 min - R 700

A perfect time out for kiddies with this curated pamper package which they can either choose between a back, neck and shoulder massage and facial or deluxe manicure and pedicure

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BODY TREATMENTS

FULL BODY SCRUB | R 480

Revive your skin with this treatment which helps in skin cell turnover. Using a blend of kaolin in our body scrub and mud wrap will aid in alleviating tired and sore muscles and a smoother feeling on the skin.

BACK EXFOLIATION, STEAMING & EXTRACT | R 400

Say goodbye to clogged skin with this back treatment that'll help open up pores and moisturize skin and minimize acne breakouts

Bookings

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bodybarstudio.co.za

Working hours

Mondays to Saturdays: 09h00 – 18h00
Sundays: 09h00 – 16h00

Cancellation

4 Hours advance notice is required for cancellations and rescheduling. If this is not adhered to 50% of the treatment fee will be charged.