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## NITANI WELLNESS CENTRE TREATMENTS

### Facials

Enjoy a specialized & personalised Dermalogica skin treatment, tailored to suit your skin's needs. Dermalogica uses only the finest ingredients available. All products are non-comedogenic, contain no irritating artificial colours or fragrance and no drying S.D alcohol.

Standard facial 45 min R350 P304 \$70

*The treatment is customized at every level by the skin-care therapist, based on the individual's needs.*

Multi-Vitamin power treatment 60 min R420 P365 \$84

*This treatment offers the latest in vitamin repair and hydroxy acid exfoliation, to fight against premature aging- putting back what stress and pollution takes out.*

Medicated cleaning treatment 60 min R420 P365 \$84

*This treatment is the ultimate in acne management as it targets current blemishes while helping to prevent future breakout activity.*

Skin brightening treatment 60 min R1,250 P1,087 \$250

*This treatment balances areas of uneven pigmentation, by helping to regulate melanin production. Combining regular professional visits with a scrupulous home regimen that includes sun protection - the results can be staggering.*

Environmental control treatment 60 min R470 P409 \$94

*Even the most environmentally sensitized skins will benefit from this incredibly soothing & nourishing skin protecting treatment.*

Power regeneration treatment 75 min R650 P565 \$130

*This treatment is ideal for skin conditions affected by premature aging. Every step delivers potent, skin repairing vitamins to help repair damaged skin. The treatment includes a relaxing scalp and foot massage.*

Purifying back treatment 60 min R450 P391 \$90

### Massage Treatments

Rhythmic movements used to soothe your senses, relieve your stress & tension and relax your mind.

Back & neck	30 min	R350	P304	\$70
Back & neck	45 min	R450	P391	\$90
Foot & Leg massage	45 min	R450	P391	\$90
Face & Head	45 min	R400	P348	\$80
Full body massage	60 min	R500	P435	\$100
	90 min	R600	P522	\$120

## **Aromatherapy Treatments**

Aromatherapy works on a holistic level addressing the body, mind & soul using a blend of essential oils chosen by your therapist & yourself targeting your specific needs. The massage, using these oils, helps the body become relaxed and energized.

Back & Neck	45 min	R450	P391	\$90
Full body massage	90 min	R650	P565	\$130

## **Reflexology**

A therapeutic treatment performed on the feet. By working on the reflexes connected to the various parts of the body, the therapist can diagnose problem areas and imbalances. When these reflexes are stimulated you tell the body where the problems are and the self healing process can begin.

Using specific pressure techniques on the reflex areas of the feet, it corresponds to all the glands, organs & parts of the body while improving nerve & blood supply, relieving stress & tension and helping to achieve homeostatis (maintaining the balance of the body)

Reflexology	45 min	R400	P348	\$80
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## **Manicures & Pedicures**

A revitalizing and nourishing treatment for your hands, feet and nails. Removing all hang nails, ridges and dead cuticles.

Manicure	45 min	R150	P130	\$30
Paraffin Wax Manicure	60 min	R200	P174	\$40
Pedicure	45 min	R200	P174	\$40
Paraffin Wax Pedicure	60 min	R250	P217	\$50

*\* Hot paraffin treatments have been used for years by doctors and physical therapists to soothe the pain of arthritis, bursitis, tendonitis and swollen feet. The paraffin coating causes an increase in blood circulation and the opening of skin pores. Acting as a mini sauna, moisturizers are absorbed into the skin more effectively.*

## **Waxing**

Full leg		R200	P174	\$40
Half leg		R170	P148	\$34
Three quarter leg		R150	P130	\$30
Lip wax		R 60	P52	\$12
Brow wax		R 60	P52	\$12
Chin wax		R 60	P52	\$12
Under arm wax		R 80	P70	\$14
Arm wax		R 100	P87	\$20
Bikini wax	option 1	R 150	P130	\$30
Bikini wax	option 2	R 250	P217	\$50

## **Tinting**

Tinting of the eyelashes or eyebrows with a choice of brown, black or blue-black to enhance your natural beauty. Tints last for approximately 4 weeks.

Eyelash tinting		R80	P70	\$16
Eyebrow tinting		R50	P43	\$10