



disa spa

PRICE

SPA TREATMENTS

Mood & Muscle Ease Jasmine Flower Massage

Jasmine means 'a gift from God' and it really is, this powerful oil is a mood enhancer, anti-depressant and muscle relaxant. This massage has more deep tissue and manipulative massage movements with stretching. Ideal after exercise to rid the body of lactic acid and ease tense muscles and highly stressed people that need realigning and relaxation.

30 min	R350
60 min	R600
90 min	R800
Couples	R1700

Hawaiian Coconut Reboot Massage

A flowing massage using Hawaiian coconut oil rich in proteins to rehydrate and repair the skin as well as offer the body a feeling of pure rejuvenation. The massages flowing movement and delightful scent will leave you floating and ending off in a reboot for your body equal to a few days holiday.

30 min	R350
60 min	R600
90 min	R800
Couples	R1700

Arnica & Mint Deep Tissue Massage

Using the power of arnica and peppermint oil to reduce the pain felt in the muscles this deeper massage, works firmly on the muscular system to drain lactic acid in the muscles as well as working out knots in the muscle fibres. Perfect for after exercise and to prevent and treat tension.

30 min	R350
60 min	R600
90 min	R800
Couples	R1700

African Marula Booster Massage

Marula oil contains 4 times more vitamin C than an orange. This massage works on your lymphatic system to help improve your immune system while infusing vitamin C into your skin with the use of this sweet and powerful oil.

30 min	R350
60 min	R600
90 min	R800
Couples	R1700

Disa Spa Hot stone massage

With a unique and specialised blend of oils to nourish and repair the skin in different ways, these specialised massages have a positive effect on mind and body. Leaving the skin protected, feeling soft, encouraging faster repair, relieving pain and tension from muscles as well as leaving you feeling at peace, relaxed, and naturally rejuvenated.

60 min	R825
90 min	R950

BODY TREATMENTS

Self-Heating Body Buff 30mins

A luxurious and intensive 30-minute full body scrub using our award-winning Mandarin & Sandalwood Self Heating Sugar Scrub. As the creamy scrub encounters your skin you will feel a relaxing warming sensation which is further enhanced by adding a little water which will deliver another burst of soothing heat. With this treatment your skin will be regenerated and re-mineralized with the increase in blood circulation and removal of dead skin cells. After showering off the scrub an application of Mandarin & Sandalwood Dry Body Spritz will be applied which will leave your skin glowing and nourished.

R385

Sweet Almond Oil Scrub 30mins

A vigorous exfoliation of the full body using aromatherapy infused Sweet almond oil, shea butter, sugar and/or Sea Salt. The aroma will carry your mind off to relaxation and rejuvenation whilst your body is exfoliated leaving a light trace of oil on the skin, resulting in nourished, repaired, and silky-smooth skin.

R385

Mandarin & Sandalwood Lifesaving Back Treatment 60mins

A lifesaving back treatment with a touch of real luxury. The treatment begins with a Mandarin & Sandalwood Self Heating Sugar Scrub that heats up as it contacts your skin, removes dead skin cells, and re-mineralizes your skin. One of our three kaolin creamy masks will be applied to the back and left to detox for any breakouts on your back as well as remineralise and hydrate an area often neglected. Whilst the mask is at work you will then receive a heavenly back of leg massage followed by a relaxing back massage, ending off with the Mandarin & Sandalwood Dry Body Spritz to nourish your skin.

R450

Anti-Stress Peppermint Body Blitz 120mins

A full body de-stress treatment for sore and tense muscles. Centella Extract works to ease the tension in the muscles and energize the body at the same time as well as soothe the skin. The treatment begins with a full body exfoliation to speed up blood circulation and remove dead skin cells followed by a 20-minute body wrap with the Peppermint Anti-Stress Body Mask. You can then choose to have the Mandarin & Sandalwood Dry Body Spritz applied to complete the treatment or continue with a one-hour full body massage.

R1030

Firming Fit Milk Chocolate Body Envelopment 120mins

A full body treatment that will improve collagen in the skin, re-mineralize and certainly release much needed endorphins! Atlantic Kelp is what causes the firming, tightening and repairing action in the skin. The treatment begins with a full body exfoliation to speed up blood circulation and remove dead skin cells followed by a 20-minute heated body wrap with the Chocolate Firming Body Mask. You can then choose an application of our Mandarin & Sandalwood Dry Body Spritz to complete your treatment or continue your journey with a one-hour full body draining and firming massage.

R1030

Detox Mandarin & Sandalwood Cocooning Retreat 120mins

At times in our lives, we need to detox and cleanse our bodies to feel renewed, this is the ultimate treatment to do just that with grapefruit seed extract to detoxify and act as a powerful antioxidant for your skin by combatting free radicals. The treatment begins with a full body exfoliation to speed up blood circulation and remove dead skin cells followed by a 20-minute heated body wrap with the Mandarin & Sandalwood Detox Body Mask. You can then choose an application of our Mandarin & Sandalwood Dry Body Spritz to complete your treatment or highly recommended is to continue your journey with a one-hour full body lymphatic drainage or detoxifying massage.

R1030

Deluxe Self Heating Experience 60mins

Indulge in our most luxurious body-mind ritual yet as your skin is nourished, tension unravels, and relaxation envelops you head to toe. Your body will be exfoliated with a heating sugar scrub leaving your skin smooth and soft. A heating myrrh clay mask is applied to the feet and back to stimulate micro circulation to bring oxygen and nutrients to the tissues. The Mandarin & Sandalwood Detox Body Mask is then applied to the rest of the body while your therapist performs a deeply relaxing head massage. This treatment is finished off with the application of our Mandarin & Sandalwood Dry Body Spritz leaving the skin with a healthy glow.

R480

Cellulite/Light Legs Treatment 45mins

Spa-licious Cellulite treatment was developed after 5 years of intensive research and development on finding a solution to managing cellulite. First it is important to understand that cellulite is a skin disorder NOT a fat disorder so what we will correct is the skin problem of Dimpled skin that looks like an orange peel. This is not a weight loss or centimetre loss program. It works in three steps.

Step 1: An intensive exfoliation of the skin stimulating circulation and to prep the skin for deep penetration of key active ingredients.

Step 2: The use of hot and cold throughout the treatment to dilate and constrict blood vessels creating better lymph flow through the deeper layers of the skin causing intensive detoxification alongside the use of Sweet Fennel oil used during a vigorous massage designed to loosen the hardened fat cells and eliminate toxins.

Step 3: An Orange & Ivy contour cream is applied to the skin with active ingredients that firm the skin by 57% and activate lipolysis in the skin.

R480

Disa Spa Signature Treatment

Feel ON TOP OF THE WORLD with this 2.5-hour treatment. Especially recommended for highly stressed individuals in need of intense regeneration and recharging! Together with your qualified body therapist a treatment plan tailored to your needs will be delivered. Step one is a vigorous full body exfoliation that will re-mineralize and increase blood circulation followed by a 30-minute hot spa bath with your chosen Spalicious soak powder or bath oil to relax and unwind with 2 glasses of water to keep you hydrated and begin the intense detoxifying process. The hot bath increases heart rate, lowers blood pressure, and dilates blood vessels all an integral part of de stressing the body. Step three is a 15-minute kaolin body mask that best suits your specific needs applied to the body and wrapped up. Now the blood vessels constrict, blood pressure and heart rate normalize. For step four you will proceed to have a hot steam shower and finally step five, is a one-hour full body massage that leaves you recharged and rejuvenated. Please drink at least 6 glasses of water during this treatment.

R1500

ADVANCED SKIN TREATMENTS

Disa Spa Signature Treatment

D Studio PH Formula skin resurfacing pamper package.

R1450

MICRONEEDLING AESTHETIC SKIN TREATMENTS

(Collagen Induction Therapy)

Micro needling (for Dermal stimulation) This technique uses fine needles to pierce the skin in a controlled and precise pattern. These microscopic injuries stimulate the body's natural healing process resulting in increased collagen production, improving appearance of fine lines, hyperpigmentation and acne scarring.

Face	R1300
Course of 5 (Save R500)	R6500
Face and Neck	R1700
Course of 5 (Save R500)	R8000

DERMAPLANING SKIN TREATMENTS

Dermaplaning rejuvenates the skin by removing the outermost layer of dead skin cells and vellus hair. Reduces fine lines, wrinkles and acne scars while leaving the skin smooth, supple, and vibrant and, prepared for skin peels and active ingredient penetration.

PH Formula Treatment	R990
Add onto Facial	R330

PH FORMULA SKIN AESTHETICS

Developed as a dermatological skin resurfacing system, pHformula treats skin disorders like ageing, hyperpigmentation, acne, and chronic redness. pHformula is the first pharma- cosmeceutical treatment line which is the result of an innovative alliance between cosmeceutical and medical prescriptions.

A.G.E Resurfacing	R450 – R1100
M.E.L.A Resurfacing	R450 – R1250
C.R Resurfacing	R450 – R1200
Acne Skin Resurfacing	R450 – R1100

Add on specialised mask

Peptide peel off mask / SOS Repair mask / Hydra Jelly Mask / Advanced Peel Off Mask

Specialised add on:

Peptide peel off mask / SOS Repair mask / Hydra Jelly Mask / Advanced Peel Off Mask

Nano Needling	R350
Dermaplaning	R330

HAIR REMOVAL/WAXING

Brow	R130
Lip	R100
Chin	R90
Full face	R250
Full leg	R400
Half leg	R250
¾ leg	R300
Bikini	R200
G-String	R270
Brazilian	R400
Hollywood	R460
Under arm	R150
Back & shoulders	R450
Back/chest	R400
Half chest	R230

LASHES & BROW

ARTISTRY

Tinting:

Lashes	R130
Brow	R120

Henna:

Brow shape and colour	R340
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HANDS & FEET

Manicure	R350
Disa spa signature Manicure	R450
Pedicure	R370
Disa Spa Signature Pedicure	R500