

# GrannyMouse Spa

## Treatment Menu

*“Allow us to relax your body, still your mind, rekindle your senses and revive your energy”  
We will make you feel at home”*

### Matis Skin Enhancers

*Begin with the Matis signature welcome massage to the décolleté, shoulders, neck and scalp, helping you to unwind and enjoy sheer facial indulgence.*

#### **Discovery Treatment** 60min **R 350.00**

An introductory facial for Matis new – comers. The indulgent products used will assist in purifying, soothing, hydrating or brightening your skin. What a path to discovery!

#### **Eye Contour Treatment** 60min **R 400.00**

A treatment especially designed to restore youthfulness to the eye area and diminish the signs of ageing.

#### **Absolute Purity Deep Cleanse Treatment** 60min **R 375.00**

A complete and thorough deep cleansing treatment, recommended for all congested skins. It cleanses, purifies, detoxifies and refines the skin.

#### **Remineralising Treatment** 75 min **R 400.00**

This skincare treatment is centered on the concept of ‘mineral beauty’ and is enriched with trace elements from pearl extract to replenish the skin and offer it all the elements it needs.

#### **Face Print Enhancer Treatments** 60 min **R 650.00**

These specialized radiance treatments are ideal for creating a translucent youthful appearance while moisturising, purifying, soothing ,brightening and energizing the skin.

#### **Energy Booster Treatment** 75 min **R 400.00**

An anti-pollution treatment, containing skillfully combined ingredients with vitamins and minerals, which revives a dull complexion and de-stresses the skin. Ideal for seasonal changes.

#### **Men’s Facial Treatments**

Designed specifically to target men’s skin needs.

Men’s radiance revealing treatment 75 min **R 320.00**

Men’s anti-ageing treatment 75 min **R 320.00**

#### **High Frequency**

Include in a treatment **R 50.00**

Cleanse, tone , hi-frequency and moisturize **R 80.00**

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## Healing Touch Massage Treatments

*Human touch therapy is known as a powerful aid to assist in healing, restoring and balancing the body. Massage increases blood circulation and aids in the removal of toxins to create an overall sense of well-being.*

Swedish Full Body	60 min	<b>R 390.00</b>
Swedish Back, Neck and Shoulders	30 min	<b>R 215.00</b>
Deep Tissue Full Body	60 min	<b>R 430.00</b>
Deep Tissue Back, Neck and Shoulders	30 min	<b>R 230.00</b>
Aromatherapy Full Body	60 min	<b>R 420.00</b>
Aromatherapy Back, Neck and Shoulders	30 min	<b>R 220.00</b>
Pregnancy Massage Full Body	60 min	<b>R 430.00</b>
Hot stone Full Body	60 min	<b>R 430.00</b>
Hot Stone Back, Neck and Shoulder	30 min	<b>R 230.00</b>
Indian Head Massage	30 min	<b>R 215.00</b>
Back of Body Massage	60 min	<b>R 350.00</b>

## Skin Nourishing Body Wraps and Exfoliations

*Treat your body to the ancient ritual of body exfoliation coupled to modern day touch, followed by a nourishing embalming wrap that soothes, rejuvenates and relaxes your body, mind and soul.*

Full Body Exfoliation	30 min	<b>R 235.00</b>
Full Body 'Lillian Terry' wrap tailored to your individual needs, choose from 'Muscle Rescue' Body Wrap or 'Detox' Body Wrap or 'Serenity' Body Wrap and 'Vitality' Body Wrap	60 min	<b>R 480.00</b>
Nourishing full body Honey Scrub & Wrap	60 min	<b>R 520.00</b>

## Hydro River Bath Therapy

*Hydrotherapy has long been acknowledged to have numerous healing properties and benefits in promoting overall body wellness. The powerful jets of water target the relief of muscular tension, joint pain, arthritic conditions and stress relief, by energising and rejuvenating body tissue.*

Single hydro bath session	30 min	<b>R 215.00</b>
Couples hydro bath session	30 min	<b>R 300.00</b>

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## Hair Removal

*Our therapists are professionally trained to gently remove unwanted facial and body hair.*

Arm Wax	R 85.00
Bikini Wax	R 85.00
Brazilian Wax	R 160.00
Chin Wax	R 35.00
Upperlip	R 35.00
Eyebrow Wax	R 45.00
Full Face Wax	R 85.00
Full Leg Wax	R 160.00
Half Leg Wax	R 120.00
Underarm Wax	R 55.00

## Tinting

Eyelash tinting	R 45.00
Eyebrow tinting	R 35.00
Eyelash and eyebrow tinting	R 70.00

## Hand and Foot Rituals

*Sheer indulgence for hands and feet.*

Deluxe Manicure	45 min	R 200.00
Deluxe Pedicure	60 min	R 270.00
Paraffin Manicure	60 min	R 245.00
Paraffin Pedicure	75 min	R 320.00
Re-Varnish	15 min	R 55.00
Relaxing foot Massage	30 min	R 170.00
French Manicure	60 min	R 230.00
French Pedicure	60 min	R 300.00
Nourishing Honey Manicure	60 min	R 300.00
Nourishing Honey Pedicure	60 min	R 300.00

## Teen Treats

*Introduce your teenager to the benefits of our Spa facial, targeting teenage skin and finishing off with our hand and feet treatments created especially for the young.*

Matis Express Mini Facial	30 min	R 240.00
Mini Manicure	30 min	R 140.00
Mini Pedicure	45 min	R 200.00
Re-Varnish	15 min	R 55.00

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## Granny Mouse Signature Packages

*Indulge in total serenity, relaxation and rejuvenation with our half and full day packages, created especially for you.*

### Granny Mouse's Half Day Soother

Enjoy a Full Body Exfoliation, Relaxing Hydro Bath, Back, Neck and Shoulder Massage, Matis Discovery Facial suited to your skin type plus a soothing Hand and Foot Massage.

3 hours

**R 950.00**

### Granny Mouse's Full Day Re-Awakening Package

Take time out to rediscover yourself and reconnect with this specialised full day package comprising :

Full Body Exfoliation, De-stressing Hydro Bath, Full Body Hot Stone Massage, Deluxe Manicure, Deluxe Pedicure, plus Matis Remineralising Facial.

Light Lunch and Refreshments included.

5 hours 30mins

**R1 550.00**

### Pick 'n Mix Menu

Enjoy creating your own menu

Select any 3 treatments

1 hour 30mins

**R 450.00**

Select any 4 treatments

2 hours

**R 550.00**

Hydro Bath, Matis Express Mini Facial, Hand and Foot Massage,

Indian Head Massage, Back, Neck and Shoulder

Massage or Full Body Exfoliation

### Mommy Mouse's Meander (Expectant Mom's)

Spoil yourself and your baby to this gentle, safe and soothing package:

Full Body Exfoliation, Nourishing Body Wrap, Gentle Back, Neck and

Shoulder Massage, Matis Discovery Facial suited to your skin type, plus

A Deluxe Pedicure

3 hours 30 mins

**R 1250.00**

### Bridal Queen Bouquet (For the Bride)

Your special day to remember and to cherish. Privilege yourself to our Bridal Queen Bouquet Package. Champagne included.

Body glow exfoliation

Back, Neck and Shoulder massage

French Pedicure

Matis Discovery Facial

3 hours

**R 990.00**

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## **Bridal Pamper Package (Bride and Bridesmaids)**

Spoil yourself and your bridesmaids to this creation

Back of body massage

Grooming manicure

Grooming pedicure

2 hours

**R 500.00**

*(Cost per person)*

## **Honeymoon Harmony**

Share romantic moments with your loved one in the privacy of our couple's Room. Champagne included.

Couples Hydro Bath Session

Back of Body Couples Massage

Foot Massage

Discovery Facial

2 hours 45mins

**R1 500.00**

*(Cost per couple)*

## **Make Up Solutions (Bobbi Brown)**

With our highly skilled make-up artist let us transform you on your magical day using our professional make-up in our Spa setting.

Bridal Make-up including trial

**R 650.00**

Special Occasions Make-up

**R 300.00**

## **Spa Guest Notes**

Treatment times:

Please arrive 10 minutes prior to your appointment time to avoid forfeiting treatment time. Treatment times are inclusive of changing and consultation with your therapist.

## **Cancellation policy:**

To cancel please give us 24hours notice.