



# TREATMENT MENU



# WELCOME TO THE LAZYy GRAPEe DAY SPA

The Lazy Grape Day Spa is an intimate day spa, set in a country-like atmosphere, where we use quality spa products and give attentive service.

We are located in Benoni, and offer a haven away from the hustle and bustle of everyday life.

From the moment you arrive at The Lazy Grape Day Spa, until the moment you depart, you are guaranteed to receive warm and friendly service from our professional spa team.

Whether you are joining us for one treatment, a day, or a weekend of indulgence, let us take your mind off your worries, and enjoy some “*Me time*”. Bring a partner, a friend or a group of friends.







# MASSAGE COLLECTION

## De- Stress Massage

Medium pressure massage using Swedish Massage Techniques .

**R230.00** - 30 minute Back, Neck & Shoulder Massage

**R430.00** - 60 Minute Full Body Massage

## Aromatherapy Massage

Gentle massage using specially blended essential oils to bring a sense of calm and well being.

**R280.00** - 30 minute Back, Neck & Shoulder Massage

**R480.00** - 60 Minute Full Body Massage

## Hot Stone Massage

This massage uses water heated Basalt stones placed on specific areas of the body to ease stress and melt any tension away. Your therapist will hold heated stones as they massage your body using Swedish massage techniques.

**R280.00** - 30 minute Back, Neck & Shoulder Massage

**R480.00** - 60 Minute Full Body Massage

## Candle Massage

The molten wax of an aromatic soy candle to ease tension and leave you feeling relaxed.  
Various Fragrances available.

**R280.00** - 30 minute Back, Neck & Shoulder Massage

**R480.00** - 60 Minute Full Body Massage

## Deep Tissue Massage

Deep tissue massage involves applying firm pressure and slow strokes to reach deeper layers of muscle and fascia. It is used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.

**R300.00** - 30 Minute Back, Neck & Shoulder Massage

**R550.00** - 60 Minute Full Body Massage



# MASSAGE COLLECTION

## Head, Neck & Shoulder Massage

Massage of the scalp, neck and shoulders using Indian Head Massage techniques, Shiatsu pressure points and aromatic oils.

**R230.00** – 30 minutes

## Pregnancy Massage

A massage that focuses on the special needs of the mother-to-be. It enhances the function of muscles and joints, improves circulation and relieves mental and physical fatigue.

**R280.00** – 30 minute Back, Neck & Shoulder Massage

**R430.00** – 60 Minute Full Body Massage

## Sports Massage

Used to help prevent injuries, to prepare the body for athletic activity and maintain it in optimal condition, and to help athletes recover from workouts and injuries. Sports massage has three basic forms: pre-event massage, post-event massage, and maintenance massage.

**R300.00** – 30 minute Back, Neck & Shoulder Massage

**R550.00** – 60 Minute Full Body Massage

## Reflexology Foot Massage

Includes an aromatic foot soak and exfoliation.

A combination of Classic Foot Massage & Reflexology points are used.

**R250.00** – 30 minutes

## Lazy Grape Signature Massage

This 75 minute massage includes a back & foot exfoliation, as well as an Aromatic Scalp Massage. The whole body is massaged with a specially blended aromatherapy oil. We customize the massage by finding out your areas of tension and focus on those areas.

**R500.00** – 75 minutes





# BODY COLLECTION

## Sugar Glow

Remove dead skin and improve circulation using a Sugar Scrub to reveal smooth, silky skin.  
Includes an application of body butter

30 minutes - **R200.00**

## Kalahari Salt Glow

Remove dead skin and improve circulation using Matsimela Kalahari Salt Scrub to reveal smooth, silky skin. Includes an application of body butter

30 minutes - **R200.00**

## Body Wraps

Various Body Wraps Available: Nourish, Muscle Ease, or Detox.

Includes Full body exfoliation, application of chosen body wrap, a relaxing scalp massage and a full body application of Body Butter

60 minutes - from **R400.00**

## Bath Treatments

Soak your stress away!

Whether you need to relax, detox or de-stress we have a bath treatment available for you.

30 minutes - **R350.00**

## Back Cleanse & Relax

A "Facial" for the back. Cleanse, Tone, Exfoliation & Purifying Mask followed by a warm oil  
Back, Neck & Shoulder Massage

45 minutes - **R350.00**

# RELAXATION FACIALS

## **Matsimela Express Aloe Relaxation Facial - 30 minutes**

Cleanse, Tone, Exfoliate, Facial Massage, Mask, Moisturize

**R250.00**

## **Matsimela Classic Aloe Relaxation Facial - 45 minutes**

Cleanse, tone, exfoliate, mask, hand massage,  
facial massage and moisturize and scalp massage

**R350.00**

## **Dermaplex Intensive Relaxation Facial - 60 minutes**

Cleanse, tone, exfoliate, facial massage, skin specific mask, relaxing hand & foot massage,  
moisturize & scalp massage. Includes a complimentary brow wax or tint

**R450.00**

## **Dermaplex Deep Cleanse Facial - 45 minutes**

Cleanse, tone, exfoliate, extractions, facial massage, purifying mask, hand massage, moisturizer

**R400.00**







# BEAUTY COLLECTION

## Waxing & Tinting

Brow / Lip / Chin	R65.00 each
Brow Tint	R65.00
Lash Tint	R75.00
Brow & Lash Tint Combo	R120.00
1/2 Arm Wax	R120.00
Full Arm Wax	R180.00
1/2 Leg Wax	R 150.00
3/4 Leg Wax	R1 75.00
Full Leg Wax	R 200.00
Underarm Wax	R 80.00
Basic Bikini Wax	R100.00
*Brazilian Wax	R150.00
*Hollywood Wax	R 200.00
Back Wax	From R150.00
Chest Wax	From R150.00

*\*By Appointment Only*

## Caribbean Tan

Get that sun-kissed glow without the harmful effects of the sun.

Spray Tan **R300.00**

Spray Tan with exfoliation **R400.00**

Course of 3 Spray Tans **R750.00**

# HAND COLLECTION

## Express Manicure

Soak, Exfoliate, Cuticle work & Filing of nails, Nail Varnish of your choice & application of hand cream

**R150.00**

## Spa Manicure

Soak, Exfoliate, Cuticle work & Filing of Nails, Hand massage, Nail Varnish of your choice & Cuticle Oil

**R180.00**

## Lazy Grape Signature Manicure

Aroma Soak, Exfoliate, Cuticle work & Filing of Nails, Hand Mask, Warm Shea Butter massage of the Hands & Arms, Nail Varnish of your choice & Cuticle Oil

**R230.00**

## Gel Polish Manicure

Soak, Exfoliate, Cuticle work & Filing of Nails, Hand massage, Gel Polish of your choice & Cuticle Oil

**R230.00**

## Hand Treatment

Soak, Exfoliate, Hand Mask, Hand & Arm Massage

**R200.00**

## Manicure Upgrades

Paraffin Dip

**R75.00**

Hand Mask

**R50.00**

Kindly inform us if you currently have gel or acrylic on your nails that needs to be removed as this does require additional time and a fee of **R70.00**





# FOOT COLLECTION

## Express Pedicure

Soak, Exfoliate, Cuticle work & Filing of nails, Nail Varnish of your choice & application of foot balm  
**R180.00**

## Spa Pedicure

Soak, Exfoliate, Filing of feet, Cuticle work & Filing of nails, Foot Massage, Nail Varnish of your choice & Cuticle oil  
**R230.00**

## Lazy Grape Signature Pedicure

Soak, Exfoliate, Filing of feet, Cuticle work & Filing of nails, Foot Mask, Warm Shea Butter Foot & Calf Massage, Nail Varnish of your choice & Cuticle oil .  
**R280.00**

## Gel Polish Pedicure

Soak, Exfoliate, Filing of feet, Cuticle work & Filing of nails, Foot Massage, Nail Varnish & Cuticle oil  
**R280.00**

## Foot Treatment

Soak, Exfoliate, Foot Mask, Foot & Leg Massage  
**R230.00**

## Pedicure Upgrades

Paraffin Dip  
**R75.00**

Human-Kind Foot Peel  
**R100.00**

Foot Mask  
**R50.00**

Kindly inform us if you currently have gel or acrylic on your nails that needs to be removed as this does require additional time and a fee of **R70.00**



# BROW COLLECTION

## Microblading

Microblading is a semi-permanent technique used to create the illusion of fuller brows.  
Book a Free consultation to find out more.

### 1st Session

**R1200.00**

### Touch up

**R500.00**

If any following touch-ups are required **R450.00**

Any touch ups on another artists work **R700.00**

### Annual Touch Up

**R750.00**

## Henna Brows

This is a form of tinting that uses Henna to stain the skin and the brow hairs. The stain on the skin can last from 5 to 14 days and the stain on the hair lasts from 4 to 6 weeks. This gives your brows a more defined and full look. Henna is organic and suitable for sensitive skin and eyes. This service includes brow mapping and a brow wax

**R250.00**

### Henna Lashes

**R150.00**

### Henna Brow & Lash Combo

**R350.00**





A vertical image on the left side of the page serves as a background for the text. It features a dark, textured wooden surface. In the foreground, there is a small wooden bowl filled with white bath salts, with a wooden spoon resting inside. To the right of the bowl, two white towels are neatly rolled up and placed on a wooden tray. A sprig of pink cherry blossoms is draped over the towels. In the background, three lit candles in a wooden holder provide a warm, ambient glow. More pink blossoms are visible in the upper right corner.

# SPA PACKAGES

## Lazy Grape Signature Package (3.5 hours)

Salt Glow, Bath Treatment of your choice, Full Body Aromatherapy Massage,  
Hand & Foot Treatment and Intensive Relaxation Facial

**R1300.00 per person**

## Champagne Package (3 hours)

Sugar Glow, De-Stress Full Body Massage, Classic Relaxation Facial, Spa Manicure & Spa Pedicure

**R1100.00 per person**

## Merlot Package (2 hours)

De-Stress Full Body Massage, Express Relaxation Facial & Foot Treatment

**R750.00 per person**

## Rosé Package (1.5 hours)

De-stress Back, Neck & Shoulder Massage, Express Pedicure & Express Relaxation Facial

**R550.00 per person**

## Mother-to-be Package (2.5 hours)

Full Body Pregnancy Massage, Classic Relaxation Facial and Spa Pedicure

**R800.00 per person**

## Lazy Grape Escape (1.5 hours)

De-stress Back, Neck & Shoulder Massage, Head, Neck & Shoulder Massage & Foot Treatment

**R600.00 per person**

## Couples Retreat

3 Course Dinner, Bed & Full English Breakfast, De-stress Back, Neck & Shoulder Massage

**R1900.00 per Couple (Superior/ Vineyard Suite)**

**R1700.00 per Couple (Deluxe Suite)**

*All Spa Packages include a welcome drink and muffin. Breakfast & Lunch available on request.  
Group bookings welcome.*



# SPA POLICIES

## Opening Hours:

Tuesdays to Friday – 08h30 – 17h00

Saturdays – 08h00 – 15h00

Sundays – 09h00 – 12h00

Mondays – CLOSED

- Booking in advance is recommended.
- Please arrive 15 minutes prior to your scheduled appointment to fill out a consultation form and enjoy your welcome drink.
- We kindly request punctuality. Late Arrival will result in a reduction in treatment time whilst the full treatment fee will apply.
- A 50% non-refundable deposit is required to secure your booking. If you do not arrive for your scheduled treatments your deposit will be forfeited.
- Please note that we have a 24 hour cancellation policy.
- Please inform us at the time of booking of any medical conditions that may affect your treatment.
- The Lazy Grape Spa is an adult facility, for persons age 16 and over.
- Bridal Packages, Girls Day Out Packages, Matric Farewell Packages, Bachelorette Parties, Kitchen Teas, Year End Functions, Baby showers & Customized Packages can be arranged. Group Bookings welcome.
- Spa Gift Vouchers available.

