

# a Special Treat

## Just for you

### REJUVENATING FACE SKIN CARE

Active Pureness Basic Care Facial 30 min R180

This facial treats oily skin prone to acne using an active bi-phasic algae mask that soothes and purifies. Other options for different skin types also available.

Comfortzone Hydrating & Radiance Facial 45 min R300

Exfoliation & deep cleansing of the pores followed by a mask for deep hydration. For all skin types.

Pevonia Anti-Ageing Lift & Firm Facial 45 min R350

An ultra-luminous facial for firmer, tighter and more youthful appearance with brightening effects and instant visible lift

### MASSAGES

Healing Hands Infusion Back & Neck Massage 45 min R180

Long rhythmical Swedish movements that melts away stress and tension leaving you relaxed and blissful with the use of Bodycure Lavender & Sandalwood oil that hydrates, heals and balances.

Indian Head massage with essential oils 60 min R250

Ideal for individuals suffering from tension headaches and insomnia. Precise movements provide a state of deep relaxation. Includes Hair Wash & Dry

Restless Legs Massage 60 min R250

Stimulating and relieving massage for improved circulation & soothing sore muscles using essential oils & Sore Muscle Gel

### HANDS AND FEET CARE

Express Manicure or Pedicure with Nail Restore Mask Treatment 45 min R80

Hands Restoring & Rejuvenating Hydra Mask & Manicure 45 min R200

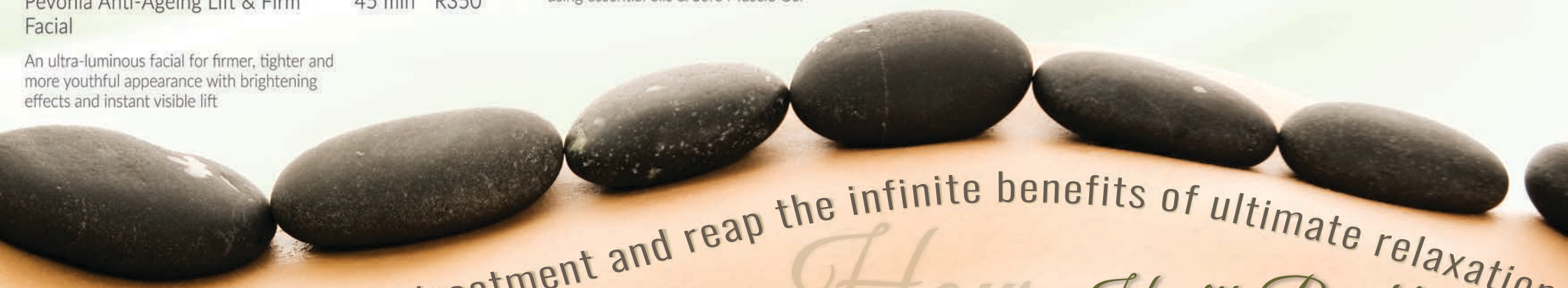
Happy Feet 30 min R110

Feet & Calves Massages, with soaking, exfoliation & filing of Feet

### HAIR

Hair Restore Treatment, Wash & Dry 30 min R250

Wella Restore Wash & Go 30 min R100



Indulge in a luxurious treatment and reap the infinite benefits of ultimate relaxation

1. Choose your special treatment/(s) and get approval of Lowveld Hospital's person in charge.
2. Send an sms/WhatsApp to 082 443 7805 with the words "INDULGE", your name and your ward and bed number OR Book your special treatment with your meal order OR Ask your nurse for assistance
3. A card machine will be available for payments
4. Ideally treatments should be booked a minimum of 5 hours in advance, but special arrangements can be made.
5. Therapists will be available between 9:00-17:00

### Health Benefits...

Slows your heart rate | Lowers your blood pressure  
 Slows your breathing rate | Reduces activity of stress hormones | Increases blood flow to major muscles  
 Reduces muscle tension and chronic pain | Improves concentration and overall mood | Lowers fatigue  
 Reduces or eliminates pain | Improves joint mobility  
 Improves circulation | Improves lymphatic drainage  
 Reduces muscular tension | Faster recovery rate

