

Elemental

health and beauty



Elemental health and beauty invites you to escape to a place of peace and tranquility. Indulge yourself with our extensive range of professional health and beauty services. Our philosophy is to offer an individually tailored experience in a haven of relaxation, restoration and revitalization.

Business Hours:
Monday - Saturday: 9:00 -17:00

GIFT VOUCHERS AVAILABLE

Whatever the special occasion, an Elemental health and beauty gift voucher is the perfect gift idea.



MASSAGE

Enjoy massage techniques that will help you find harmony between body and mind.

Indian head massage R270

Relieves tension and improves circulation to head, neck and shoulders. An excellent combination with other body and facial therapies

Reflexology R270

An ancient therapy that balances the body by stimulating of pressure points on the feet. Relieves stress, promotes relaxation and increases circulation.

SWEDISH MASSAGE

Soothes and relaxes muscles and stimulates circulation by deep tissue massage. (A must before or after golf)

Full body swedish massage R480

Back, neck and shoulder massage R310

AROMATHERAPY MASSAGE

A massage therapy, but with highly concentrated plant oils, called essential oils, added to the massage oil

Full body aromatherapy massage R535

Back, neck and shoulder aromatherapy massage R380

CANDLE THERAPY MASSAGE

The Body Massage Candles provides superior moisturising for the skin, aromatherapeutic benefits and balancing of mind, body and soul.

Candle therapy full body massage R555

Candle therapy back massage R400

REIKI / ENERGY HEALING R535

Enter a calm and tranquil environment to begin your personal transformation towards healing your physical, emotional, mental and spiritual levels. Treatments are non-invasive, gentle yet very powerful intuitively individualised for each client. Treatments used in a session are: Reiki, energy healing, energy balancing, chakra clearing, and crystal healing etc. When we are relaxed and stress-free, we are able to restore our natural ability to heal.

BODY AND SKIN CARE

BACK TREATMENTS

Purifying back treatment (from) R585
Back Scrub R110

WAXING

Full Leg R260
1/2 Leg R210
3/4 Leg R230
Under arm R150
Bikini R160
Hollywood R275
Brazilian R210
Lip or Chin R75
Brow Shape R90

MANICURES

Express manicure R180
Manicure R250
Paraffin manicure R320
Gel polish R270
Gelish manicure R400
Tips - Acrylic/Gel - full set R385
Acrylic Overlays R355
PLUS: IBX Treatment R110
PLUS: Nail Art -per sticker (from) R10
PLUS: Soak off - Acrylic R150
PLUS: Soak off - Gel R90

PEDICURES

Express pedicure R180
Pedicure R290
Gel polish R270
Gelish pedicure R455
Mediheel pedicure R410
Mediheel + Gelish pedicure R585
Paraffin pedicure R415

TANNING TREATMENTS

SUNBED TREATMENTS

Single session R60
Course of 10 sessions R365

SPRAY TAN TREATMENTS

Single session R300
Course of 6 sessions R1500
Course of 10 sessions R2660

LAMELLE FACIAL SKIN CARE

Facials begin with a thorough consultation to assess your individual concerns and your skins requirements. Our professional skin care therapists will structure a facial to your specific requirements. Treatment prices will thus vary according to what each client requires after the consultation.

Express Facial (from) R320

It may be an express facial but it is the best thirty minute facial we can give you to leave your skin, refreshed and rejuvenated.

Basic Facial (from) R580

The various stages of this facial will be personalized according to the changing needs of your skin and will include a cleanse, exfoliation, massage, serum and masque.

Advanced Facial (from) R665

For the client who habitually uses dermalogica, this is the next level in skin care!

Corrective Peels (from) R715

Rehabilitate your skin with the skin rejuvenation facial peel.

Micro Needling (from) R950

Get rid of wrinkles and sagging skin, try micro needling! Micro needling is the latest cosmetic treatment for rejuvenating your skin by reversing the signs of ageing. This treatment is simple, effective and non-invasive.

Tinting

Lash tint R110
Brow tint R90
Lash and brow tint R185

PRODUCTS



All prices include VAT. All prices are subject to change without notice.

ELEMENTAL INDULGENCE

Treat yourself to one of our five luxurious health and beauty packages.

Earth: R730

Manicure, pedicure, back exfoliation and back massage.

Water: R770

Mini manicure, mini pedicure, lash and brow tint, brow shape, back massage.

Metal: R795

Indian head massage, reflexology
Swedish full body massage.

Wood: R950

Express facial, manicure, pedicure, back and scalp massage.

Fire: R1705

Facial peel, gelish manicure, gelish pedicure, full body massage

Cancellation Policy

24 hours advance notice for rescheduling or cancellation or you will be billed for your treatment.

Late arrivals will have their treatment shortened accordingly.

Bookings are essential

For general information, further enquiries or to make an appointment contact **Elemental Beauty on:**

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Atlantic Beach Golf Estate.
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