

Price List

P A M P E R H A V E N

SWEDISH MASSAGE



A light pressure, gentle massage that helps to alleviate muscle tension, aches and pains and also promotes relaxation.

60 minutes \$40

90 minutes \$60

BNS \$25

BAMBOO MASSAGE



Holistic treatment which utilizes heated bamboo canes. It has many healing properties and leaves you feeling relaxed and energized.

60 minutes \$45

90 minutes \$70

RUNGU MASSAGE



A deep pressure sports massage that targets deeply situated muscles. Best suited for highly active individuals with the aim of relieving muscle aches, pains and tensions using traditional African rungu sticks.

60 minutes \$55

90 minutes \$80

BNS \$35



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DEEP TISSUE MASSAGE

A deeper pressure massage that targets deeper layers of muscle and the surrounding tissues. May be used to treat chronic pain and / or sports injuries.

60 minutes \$50
90 minutes \$75
BNS \$35



HOT STONE MASSAGE

Incorporates the use of basalt hot stones to promote relaxation of the muscles and joints in the body to ease both pain and spasms.

60 minutes \$55
90 minutes \$80
BNS \$30



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PRE NATAL MASSAGE

A light pressure massage for expectant mothers that helps to relieve symptoms that come with pregnancy such as stress, anxiety, muscle pains and back aches . It also improves the outcome of labor

60 minutes \$50



BABY MASSAGE

A massage for children between the ages of 5 to 12 years. It encourages muscles and bones to strengthen, promotes relaxation and improves sleep and also helps to relieve wind constipation and stress hormones

30 minutes \$20



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REFLEXOLOGY

A stress and tension relieving type of therapy of therapy that uses gentle pressure on specific points along your hands and feet, designed to target pressure points with lymphatic drainage benefits.

30 minutes \$30



INDIAN HEAD MASSAGE

A type of massage that originates from India. It is a treatment that focuses on pressure points along the head, neck and shoulders promoting healing and relaxing as well freeing you from your daily stress.

30 minutes \$25



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AROMATHERAPY

A holistic healing treatment using moderate pressure and the use of essential oils medically proven to enhance a healthy body, mind, and spirit.

60 minutes \$50



LAVA SHELL MASSAGE

A light to medium pressure massage using heated palm-sized clam shells infused with minerals to deliver a relaxing experience and nourishment to the skin.

60 minutes \$55
BNS \$35



ADD ONS

Pain Relief
Stress Relief
Energizing

\$10



BNS - Back Neck Shoulder

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WOOD THERAPY

A slimming treatment that utilizes ice therapy and wooden tools to break down fat and cellulite in a specific area.

Full body \$120 but can be divided into sections



BODY POLISHING

Polishing Body Scrub **\$40**

Polishing Back Scrub **\$25**

Coffee Rehydration Scrub **\$50**

Body Scrub and Swedish Massage Combo **\$75**

Back Facial **\$30**



A purifying treatment that involves cleansing, exfoliating and extractions that targets back acne, pimples and pigmentation. It is specifically designed to nourish and repair the skin on your back.



Leg and Foot Scrub **\$10**

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SAUNA TREATMENTS



Basic sauna 30 minutes
\$35

Face and full body
exfoliation scrub **\$50**



Includes a face & full body exfoliation
and a destressing steam bath.

Luxury Sauna Massage
\$90

Indulge in a rejuvenating steam bath
session followed by a full body
relaxation massage using specially
formulated essential oils.



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HOT TUB TREATMENTS

Milk and honey soak **\$60**

Rose milk soak **\$60**

(includes body scrub)

Indoor pool for two **ONLY \$50**



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PAMPER HAVEN

FACIAL TREATMENTS



Full Dermalogica \$60

60 minute treatment which includes skin consultation, cleansing & toning, exfoliation, a hydrating/ alginate mask, moisturizing & sunscreen protection



Mini Dermalogica \$45

Same as above, excluding alginate/ hydrating mask



I-SPA TREATMENTS

Pamper Haven Signature Facial \$45

45 minute treatment which includes skin consultation, cleansing, exfoliation, peel off mask and moisturizer



Mini Signature Facial \$25

30 minute treatment which includes all above except the peel off mask

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Age Reversal \$60

60 minute treatment which includes cleansing, exfoliation, toning, masque, moisturizing & sunscreen all with anti aging agents

Anti Acne Facial \$60

60 minute treatment which includes cleansing, chemical exfoliation, toning, masque, moisturizing & sunscreen.



Anti Pigmentation \$60

60 minute treatment which includes cleansing, enzyme pro as an exfoliator, toning, massage & a mask

Chemical Peel \$60

75 minute treatment which includes cleansing, exfoliator, peel & alginate mask



Derma-planning \$60

A 60 minute treatment which includes cleansing, exfoliating, toning & a hydrojelly mask. It also includes the use of a sterilized blade to remove fluff off the top layer of skin



Algae Peel \$60

A peel that contains bio active ingredients that visibly remove the top layer of skin over a period of time to reveal healthy glowing skin.

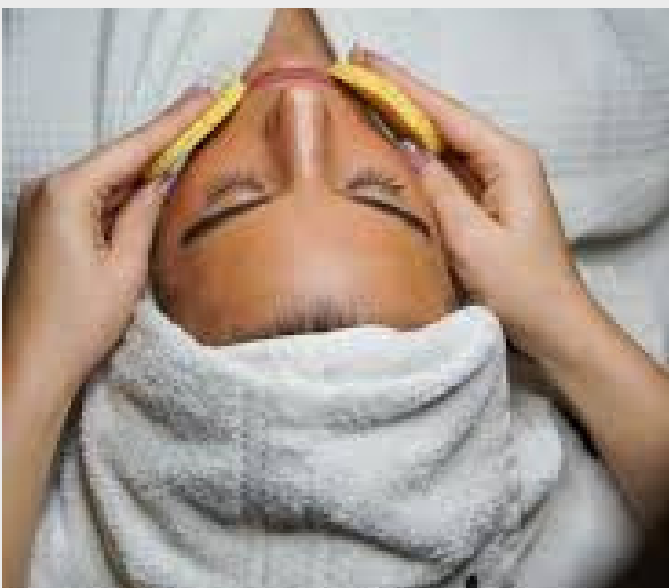
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Hydrodermabrasion **\$75**

Gentle yet effective facial treatment that provides a thorough exfoliation, a deep cleanse and an intense plump, resulting in instant anti-aging effects, better skin texture, and a radiant appearance.



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ADD ON

LED Mask **\$25**

Tumeric Mask **\$10**

Crystal Jelly Mask **\$10**

Hydrating Mask **\$10**

Collagen and Hyaluronic Acid
Eye Mask **\$10**



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NAILED IT

Acrylic Nails **\$25/\$35 with gel**

Sculptured nails **\$35/\$45 with gel**

French Tips **\$30**

Acrylic Overlay **\$25**

Stick Ons with gel **\$20**

Mood Changing **\$30**

Nail Dips **\$25**

Acrylic In Fills **\$20**

Acrylic Soak Off **\$10**

Gel Soak Off **\$5**

Gel Polish **\$15**

Ombre \$40

Gel X **\$30**



NAIL ART

\$1/\$5 per nail

Rhine Stones **\$2 each**

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MANICURE

Express Manicure **\$25 with gel/\$15**

Deluxe Manicure **\$35 with gel/\$30**

Ultra-Deluxe Manicure **\$40 with gel/\$35**

PEDICURE

Express Pedi **\$30 with gel / \$20**

Deluxe Pedi **\$45 with gel polish/\$35**

Ultra Deluxe Pedi **\$50 with gel polish/\$45**

Includes cuticle work, callous remover, rasping, exfoliation, hydrating foot mask, foot massage, paraffin wax

Jelly Pedi **\$35/ with paraffin wax \$45**

Foot Scrub **\$10**

ADD ON

Hotstone **\$10**

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SPA-RTY

KID'S PAMPER PARTY

Baby Massage **\$20**

Baby Pedi **\$15**

Baby mani **\$10**

Baby Facial **\$15**

Spa-rty Set-Up from **\$75**



ADULT PAMPER PARTY

Room Setup **\$50**

Jacuzzi **\$100**

Pamper Party Setup **\$75**



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WAXING

Eyebrow Wax **\$5**

Lip Wax **\$5**

Chin Wax **\$5**

Facial Wax **\$10**



Underarm Wax **\$10**

Stomach Wax **\$10**

Half Leg **\$20**

Bikini Line **\$20**

Full Arm **\$20**



Chest Wax **\$25**

Back Wax **\$25**

Full Leg Wax **\$30**

Brazilian Wax **\$25**



Male Brazilian **\$40**

Hollywood Wax **\$35**

Male Hollywood Wax **\$45**

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WAXING



Male Facial Grooming with
Ingrown Hair Treatment **\$30**

Underarm Ingrown Treatment **\$25**

Vaginal Ingrown Treatment
Includes waxing, scrubbing and
hydro jelly mask,
anti-ingrown oil



Brazilian **\$45**

Hollywood **\$55**

OTHER TREATMENTS

Yoni Steaming **\$20**

Eyebrow Tweezing **\$5**

Brow Henna **\$15**



PINKINI WAX

Pinkini Wax Hollywood **\$45**

Brazilian **\$35**

Standard Bikini **\$20**

Male Brazilian **\$40**

Male Hollywood **\$50**

Hollywood Vajifacial **\$65**

Brazilian Vajifacial **\$55**



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SWEETHEART PACKAGES

FOR HIM

Include a a full body massage and a deluxe pedicure **\$75**



FOR HIM DELUXE

Include Full Body Massage, Gentleman's Pedicure, Full Facial **\$150** (includes room setup)



FOR HER

Includes Back , Neck and Shoulder massage, Mini Facial, Mini Pedi **\$80**



FOR HER DELUXE

For Her Deluxe Treatments include Full body Massage , Mini Pedi, Mini Mani, Deluxe Facial. **\$150** (includes room setup)

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FOR HIM AND HER

For Him and Her Full Body
Massage, Mini Facial, mini Pedi
\$150

FOR HIM AND HER DELUXE

For Him and Her Deluxe Full Body
Massage, Mini Manicure, Mini
Pedi, Deluxe Facial...**\$300** (
includes room setup)

