

## Slimming

### HAWKINS SLIMMING SESSIONS

30 MIN X 1 SESSION.....R150      30 MIN X 10 SESSIONS.....R1200

Faradic slimming treatments is a spot reduction of sagging tissues of the arm, tummy & buttocks. Its for breaking down the appearance of cellulite. It can also reduce pain like muscular problems or back pain, acts as a detox adding the body to remove toxins and impurities by controlling the lymph flow. This treatment when done on a regular basis will result in centimeter loss and toned muscles.

### VIBRO TORNADO SLIMMING MACHINE

10 MIN X 1 SESSION.....R40      10 MIN X 10 SESSIONS.....R360

- Improves Lymph Drainage
- Reduces Cellulite
- Reduces stiff muscles & aches
- Reduces Cholesterol & Neutral Fat
- Reduces excess fat & assists weight loss
- Reduces Stress, Burn Out & Depression

## Tanning

### SUNBED

10 MIN X 1 SESSION.....R25      10 MIN X 10 SESSIONS.....R200

### TAN-CAN

7 MIN X 1 SESSION.....R30      7 MIN X 10 SESSIONS.....R260

## Spa Facilities

### SAUNA

15 MIN.....R40      30 MIN.....R80

A heated room allows the body to relax in a dry hot environment and through perspiration, rids the body of all toxins. This experience can be enjoyed by one or two clients at a time.

### Your Appointment

We recommend that you arrive at the Spa Reception at least 10 - 15 minutes prior to scheduled appointment.

Upon arrival you will be asked to complete a client card. Should you have any health issues, please advise us at the time of booking so we can ensure your chosen treatment is suitable.

### Payment

We gladly accept cash, debit/credit cards & direct deposits into our bank account. UNFORTUNATELY WE DO NOT ACCEPT CHEQUES.

50% Deposit required on date of appointment for packages or at least in the next 2 days after booking made. Should you cancel your appointment within the 48 hour window you will be charged the 50% of the treatments booked, which was already paid for, on or within the 2 days after the booking was made. Please note that we do not accept cancellations by e-mail or SMS.

### Personal Items

We regret that Phomola Day Spa cannot be held liable for any theft, damage, loss or misfortune that may occur with any valuables.

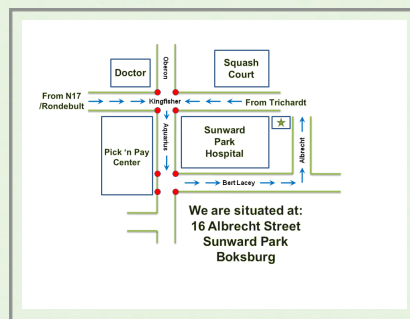
### Products

Products purchased are non-refundable and will only be exchanged if in their original packaging and wrapping.

### Trading Hours

We are open Tuesdays to Thursdays from 8:00 until 18:00, Fridays from 8:00 until 17:00 and Saturdays from 8:00 until 14:00.

### MAP TO OUR PREMISES



### BANK DETAILS

PHOMOLA DAY SPA, FNB, SUNWARD PARK  
ACC NO: 6217 391 0483 \* BRANCH CODE: 201-209



**Phomola Day Spa**  
Beauty . Health . Slimming

16 Albrecht Street, Sunward Park, Boksburg  
Tel: (011) 896-2665 / (011) 913-8502 \* Fax: 086 671 9088 \* Cell: 072 663 9324

## Massages

REFLEXOLOGY.....R185  
A pressure point massage on the feet, to relieve stress and tension, restore energy & improve circulation throughout the body.

VACUFLEX REFLEXOLOGY.....R210  
The Vacuflex system combines a vacuum boot therapy, together with a normal reflexology treatment which addresses the acupuncture meridians. This dynamic treatment gives you the combined benefit of a full reflexology treatment, plus the stimulation of all the major meridians in a session of forty five minutes.

INDIAN HEAD.....R185  
An ancient massage applied to scalp & neck, to calm and revive body & mind and to help relieve stress & tension.

SWEDISH BACK, NECK & SHOULDER (15 MIN).....R110

SWEDISH BACK, NECK & SHOULDER (30 MIN).....R210

SWEDISH :FULL BODY.....R315  
Manipulation of Tissue with deep specialized movements to promote muscle relaxation, improve circulation & to relieve muscle aches & spasms.

AROMATHERAPY BACK, NECK & SHOULDER.....R210

AROMATHERAPY :FULL BODY.....R330  
Specific Aroma oils used in massage according to the clients needs to help relax body & mind and to promote body functioning

HOT STONE BACK, NECK & SHOULDER.....R270

HOT STONE :FULL BODY.....R450  
A deep relaxing massage by using hot stones to relieve stress, muscle stiffness & muscle spasms. Not suitable for persons with either High Blood Pressure or Pregnant Women.

ANTI-CELLULITE: FULL BODY.....R330

DETOXIFYING: FULL BODY.....R330

**ENQUIRE ABOUT OUR LATEST MESSAGES**



## Body Wraps

**CELLULITE WRAP**.....R400  
-A highly effective treatment that has been specifically designed to reduce stubborn fatty deposits by increasing circulation in cellulite areas

**DETOXIFYING WRAP**.....R400  
-This balancing body wrap restores a healthier state of well being by activating the lymphatic system thereby promoting detoxification and reducing fluid retention

**MUSCLE EASE WRAP**.....R400  
-A restful treatment to release tension and stiffness from tired or over exerted muscles promoting relaxation and wellness

**SERENITY WRAP**.....R400  
-An exquisite treat that promotes inner calm and becomes your peaceful sanctuary. It is designed to free up the mind and eases the stresses and strains of an emotionally demanding lifestyle.

**VITALITY WRAP**.....R400  
-A stimulating and anti aging body wrap to boost immune function and natural energy level bringing many physical and emotional benefits to the client

## Facials

**ANESI INDUCTION O<sub>2</sub> FACIAL (NORMAL/COMBINATION SKIN)**.....R345  
Without oxygen, our skin is unable to react to the skincare rituals she is treated with. Make it 10 times more receptive with this treatment. Moisturized, oxygenated and repaired, your skin discovers luminosity, freshness and softness.

**ANESI HARMONIE FACIAL (SENSITIVE SKIN)**.....R520  
For sensitive or sensitized skins' delight, this exclusive specific care program returns the harmony, comfort and softness they long for. The formulas include delicate high tolerance natural ingredients that fulfill the needs of this skin type.

**ANESI DERMO CONTROL FACIAL (VERY OILY SKIN)**.....R455  
An exclusive treatment developed for oily skins. Educates, balances and purifies the skin respecting its nature. The result is clear, fresh, matt, imperfection-free skin.

**ANESI INFINI JEUNESSE FACIAL (ANTI-AGEING) & PARAFANGO BACK TREATMENT**.....R780  
Anti-ageing treatment for all skin types, aimed at boosting cellular activity and erasing the signs of time. An original protocol, which includes a 100% natural professional mask and a unique youth concentrate.

**ANESI INFINI VELOURS FACIAL (DRY SKIN) & PARAFANGO BACK TREATMENT**.....R630

**LUMINESCENCE WHITENING PEEL**.....R500

**INFINI JEUNESSE GEL EXFOLIANT PEEL**.....R470

**OXYGENATING DERMO PEEL**.....R470

**ACNE PEEL**.....R420

**REGIMA FACIAL**.....R380

**REGIMA PEEL**.....R450

**REGIMA PEEL X 5 SESSIONS**.....R2000

**BACK DEEP CLEANSE**.....R400

**MINI DEEP CLEANSE**.....R220  
Cleanse, steam & scrub, removal of comedones & papules with specialised machine & balancing moisturiser

**MINI FACIAL**.....R180

## Nails

**FULL SET ACRYLIC**.....R300

**FULL SET GEL**.....R270

**ACRYLIC OVERLAY**.....R240

**GEL OVERLAY**.....R200

**ACRYLIC TOE OVERLAY**.....R180

**GEL TOE OVERLAY**.....R150

**SOAK OFF**.....R50

**NAIL ART**.....R10 PER NAIL

**CHILD (NAIL POLISH & NAIL ART) - 1 HOUR**.....R150

## Tinting

**EYELASH TINT**.....R50

**EYEBROW TINT**.....R45

**EYELASH & EYEBROW TINT**.....R90

**EYELASH, EYEBROW TINT & EYEBROW WAX**.....R130

## Make-up

**MAKE-UP**.....R200

**MAKE-UP WITH TRIAL**.....R300

## Hands & Feet

**MANICURE**.....R160

**FRENCH MANICURE**.....R185

**PEDICURE**.....R180

**FRENCH PEDICURE**.....R220

**NAIL PAINT**.....R65

**FRENCH NAIL PAINT**.....R80

**PARAFFIN MASK**.....R70

## Waxing

### LADIES:

**BRAZILIAN**.....R135

**EYEBROW**.....R55

**LIP**.....R50

**CHIN**.....R50

**EYEBROW, LIP & CHIN**.....R135

**FACE INCL CHEEK & FOREHEAD**.....R160

**UNDERARM**.....R65

**BIKINI**.....R90

**HALF ARM**.....R90

**FULL ARM**.....R125

**HALF LEG**.....R100

**FULL LEG**.....R165

**FULL LEG & BIKINI**.....R240

**FULL LEG & UNDERARM**.....R215

**HALF LEG & BIKINI**.....R180

**3/4 LEG WAX**.....R115

### MEN:

**CHEST**.....R185

**BACK**.....R200

**FULL LEG**.....R190

**FULL ARM**.....R135