
MASSAGE TREATMENTS

49 The Avenue Signature Treatment Vodka Massage

A first in Johannesburg! ... Amazing results have been discovered from the Vodka Massage. Using this unique potion will boost your circulation and help eliminate toxins from your body

49 The Avenue Signature Vodka Massage begins with a “washing of the feet ritual” using a **Hot Vodka** Compress. A full body massage follows, using a delicate mixture of Vodka & Arctic Birch. **Premium Vodka** is poured into a shot glass adding Lemon Essential Oil to base oil creating an indulgent and nourishing mixture which is then gently smoothed onto the body. Finally applied to the back and left to soak in, before showering off. Treatment lasts 60 minutes

	30 Minutes	45 Minutes	60 Minutes	90 Minutes
VODKA MASSAGE			R500	R650
SWEDISH MASSAGE	R300	R400	R500	R650
AROMATHERAPY	-	-	R500	R650
EXECUTIVE HOT STONE	-	-	R500	R650
DEEP TISSUE MASSAGE	R300	R400	R500	R650
INDIAN HEAD MASSAGE	R300	-	-	-
PRE NATAL MASSAGE	-	-	R500	-
SOY CANDLE WAX MASSAGE	-	R400	R500	R650
FOOT REFLEXOLOGY	-	R400	-	-
EXECUTIVE MASSAGE THERAPY	R300	R400	R500	R650

Executive Massage Therapy

At **49 The Avenue Health & Wellness Centre**... the Executive Massage Therapy gives you the opportunity to customise your own experience. With the help of our qualified trained therapists, you can design your own treatment to suit yourself !

Our goal is to tailor-make your treatment based on the initial consultation information as well as on-the-minute feedback during the massage, to insure your comfort & satisfaction.

The luxurious en-suite, air-conditioned treatment rooms, along with your own particular choice of appropriate scents, soft soothing music, nature sounds or silence will be made available especially for you.

We use only the finest quality oils & lotions. The therapists at **49 The Avenue Health & Wellness Centre** are attentive & mindful during the overall session in order to gain maximum benefit for you.

The Executive Massage Therapy is effective, relaxing & energizing– so that you, our special guest can enjoy to your heart's content !

BODY TREATMENTS

Body Scrubs

SALT SCRUB AND MASSAGE

Full body exfoliation eliminates dead skin cells and increases circulation.
For optimal results an invigorating full body massage is highly recommended.

120 Minutes R1 000

Body Wraps

CSPA DETOX WRAP

This enhancing cocoon treatment assists in restoring balance & detoxifying the body using Peppermint and Rosemary essential oils

60 Minutes R550

REFINING & SLIMMING WRAP

Re-mineralising and stimulating the body to eliminate toxins by using specific ingredients to shape the body.

60 Minutes R550

Bath Rituals

DETOX HEALTH BATH

Detoxifying and re-mineralising bath for athletes or anyone wishing to improve overall wellbeing.

30 Minutes R300

HYDRATING BATH

Soak in this moisturising bath to replenish dehydrated skin.

30 Minutes R300

FACE CARE TREATMENTS

Lamelle

LAMELLE AGE CORRECTION AND PREVENTION TREATMENT **60 Minutes** **R550-R650**

A unique resurfacing professional treatment containing blends of lactic acid and 10% DMAE for gentle resurfacing and skin tightening. Improves fine lines, wrinkles and hydrates the skin

LAMELLE PIGMENTATION CORRECTION TREATMENT **30 Minutes** **R450-R1200**

This specialised treatment removes excess pigmentation using a superficial peel. Specifically intended for treating epidermal pigmentation and sun spots.

LAMELLE ACNE CORRECTION TREATMENT **60 Minutes** **R350-R550**

This formulated treatment will reduce congestion, lesions and blemishes, as well as scarring post acne.

Thalgo

Thalgo uses the riches of the sea, allowing you to benefit from the powerful healing, revitalising and re-balancing properties vital for health and well being. Thalgo facials offer spectacular results in purifying, hydrating, and firming the skin.

THALGO CLASSIC FACIAL **60 Minutes** **R550**

The perfect facial with an instant infusion of marine active ingredients, tailored to your skin type. During this relaxing cleansing ritual, a hydrating mask is applied. While the mask acts on the skin, a soothing massage is performed. Once the mask is removed, Thalgo moisturizer and eye cream best suited to your skin is applied. After this pick-me-up, you will feel refreshed and relaxed, your skin will be glowing.

THALGO MMA (MICRONIZED MARINE ALGAE) FACIAL **60 Minutes** **R550**

Intensive treatment for oily & combination skin. Deep cleansing and purifying properties promotes clearer & tighter skin surface, reducing visible pores.

THALGO OCEA MENS TREATMENT **60 Minutes** **R800**

Detoxifying and revitalising the skin shows visible results in reducing fine lines and improving hydration levels. Gives your skin a fresh and clean feeling.

THALGO COLD MARINE SOOTHING TREATMENT **60 Minutes** **R900**

This specialised treatment is specifically formulated to soothe and soften sensitive skin. This will boost blood circulation leaving your skin oxygenated, refreshed and brightened.

THALGO HYDRA-MOISTURISING TREATMENT

60 Minutes

R900

For dehydrated skin: Specialised Seve Marine filled ingredients replenishes dehydrated & tight skin feeling refreshed & soft. Hydrates skin during the treatment as well as restores minerals for prolonged effect.

THALGO HYALURONIC FILLER FACIAL

90 Minutes

R1 600

Distinctive zone to zone anti- ageing treatment uses marine hyaluronic acid molecules for a plumping, wrinkle-filling effect for controlled youth fullness and astounding results. Provides support for epidermis through hydro-static abilities.

THALGO SILICIUM SUPER-LIFT FACIAL

90 Minutes

R 1900

This unique treatment uses marine hyaluronic acid molecules & marine silicium for optimum effectiveness and immediate results. The anti-wrinkle and massage technique fills wrinkles and lifts features.

49 The Avenue Executive Combo Packages

FOR THE ULTIMATE...CUSTOMISE YOUR OWN 1 HOUR SPECIAL TREATMENT BY CHOOSING A VARIETY OF THE FOLLOWING:

1 Hour R550

- Classic 30 Minute Thalgo Facial
- Standard 30 Minute Lamelle Facial
- Body Scrub 30 Minute
- Bath Ritual 30 Minute
- Select any 30 minute Massage
- Select any Grooming treatments of your choice

Packages

For The Gents

GENTLEMAN'S PARADISE	2 Hours	R800
60 Minutes Sports Massage 30 Minutes Gent's Executive foot treatment 30 Minutes Gent's facial		
MEN'S ESCAPE	2 Hours 30 Minutes	R1 200
60 Minutes 49 The Avenue Signature Vodka massage 60 Minutes Thalgo Treatment 30 Minutes Hydrating Bath		
BACHELOR'S PAD	2 Hours 45 Minutes	R1 500
30 Minutes Full Body Scrub 45 Minutes Body Wrap 30 Minutes Gent's Deep Cleansing facial 60 Minutes Sports or Swedish massage		

For The Ladies

TWINKLE TOES & FANCY FINGERS	2 Hours 40 Minutes	R750
75 Minutes Executive foot treatment with Gelish 15 Minutes Paraffin Dip 75 Minutes Executive hand treatment with Gelish 15 Minutes Paraffin Dip		
FOREVER YOUNG	2 Hours 10 Minutes	R1 200
40 Minutes Lacti-Firm facial 30 Minutes Full Body Scrub 60 Minutes Aromatherapy or Hot Stone massage		
EXECUTIVES DREAM	3 Hours 30 Minutes	R1 400
30 Minutes Full Body Scrub		

60 Minutes Reviving and Slimming Wrap
60 Minutes Swedish or Hot Stone massage
60 Minutes Express Spa manicure & pedicure

GROOMING AND NAIL SERVICES

Feet

Executive Medi-Heal foot treatment	60 Minutes	R220
Traditional foot treatment	60 Minutes	R170
Express foot treatment	30 Minutes	R110

Hands

Executive Medi-Hand treatment	60 Minutes	R210
Traditional hand treatment	60 Minutes	R160
Express hand treatment	30 Minutes	R100

Extra Perfection

French paint	15 Minutes	R25
Paraffin wax	15 Minutes	R55
Re-varnish	30 Minutes	R65

Primed Perfection

Soak off	15 Minutes	R30
Nail repair	15 Minutes	R45
Gelish	30 Minutes	R150
Fills	60 Minutes	R220
Acrylic overlay	60 Minutes	R290
French or colour Acrylic overlay	75 Minutes	R320
Full set Acrylic and tips	90 Minutes	R340

Hair Removal

Ladies

Brow	15 Minutes	R60
Upper Lip	15 Minutes	R60
Chin	15 Minutes	R60
Ear or nose	15 Minutes	R60
Full arm	30 Minutes	R150
Half arm	15 Minutes	R80
Full Leg	60 Minutes	R190
¾ leg	45 Minutes	R170
½ leg	30 Minutes	R150
Hollywood	60 Minutes	R190
Brazilian	45 Minutes	R170
Bikini	30 Minutes	R150

Gents

Brow	15 Minutes	R60
Ear or Nose	15 Minutes	R60
Full Leg	60 Minutes	R190
½ Leg	30 Minutes	R150
Full Arm	30 Minutes	R80
Chest	45 Minutes	R120
Back	45 Minutes	R120

Tinting

Lash Tint
Brow Tint

30 Minutes
15 Minutes

R70
R70