



## Treatments

|   | 30 min | 45 min | 60 min | 90 min |
|---|--------|--------|--------|--------|
| <b>Traditional Thai massage</b>   |        |        |        |        |
| Thai massage uses gentle pressure and stretching techniques to relax the whole body                                     | R300   | R350   | R400   | R550   |
| <b>Thai oil massage</b>   |        |        |        |        |
| Thai oil massage combines traditional Thai massage, pressure points & stretching, with firm massage strokes.            | R330   | R380   | R430   | R580   |
| <b>Aroma Therapy massage</b>  |        |        |        |        |
| Aromatherapy massage combines the power of essential oils with massage therapy, benefitting both the mind and the body. | R350   | R400   | R450   | R600   |
| <b>Sport massage</b>  |        |        |        |        |
| Deep tissue massage that helps aid unwanted muscle tension, reduce post exercise fatigue, and prevent future injuries   | R400   | R450   | R500   | R650   |
| <b>Back, neck &amp; shoulder massage</b>  |        |        |        |        |
| Focus's purely on the back, neck, and shoulder areas to relieve tension and promote relaxation.                         | R280   | R330   | R380   |        |
| <b>Leg massage</b>  |        |        |        |        |
| Focuses purely on the legs, relieving tension and promoting relaxation.   | R280   | R330   | R380   |        |
| <b>Foot massage</b>   |        |        |        |        |
| Focus's purely on the feet, relieving tension and promote relaxation.   | R280   | R330   | R380   |        |

Call: +27 62 048 2486 | Visit: [www.blueoceanspa.co.za](http://www.blueoceanspa.co.za) | Email: [info@blueoceanspa.co.za](mailto:info@blueoceanspa.co.za)  
Shop 5, Milnerton Mall, 2 Loxton Road, Milnerton, Cape Town