

A close-up photograph of a hand holding several pink daisy-like flowers. The background is a soft, out-of-focus grey. The text 'GRANNY MOUSE COUNTRY HOUSE & SPA' is overlaid in white, serif, all-caps font, centered horizontally and partially covering the hand and flowers.

GRANNY MOUSE COUNTRY HOUSE & SPA

TREATMENT MENU

The logo for GrannyMouse Spa. It features the words 'GrannyMouse' in a small, green, sans-serif font above the word 'Spa' in a large, bold, green, serif font. A small green leaf-like graphic is to the right of 'Spa'.

GrannyMouse
Spa

spa@grannymouse.co.za

033 234 4071

www.grannymouse.co.za

FACIALS

30 MIN EXPRESS FACIAL

A quick condensed version of a traditional facial, designed to deliver noticeable results in a shorter amount of time, typically focusing on cleansing, exfoliation, hydration & relaxation.

R520

45 MIN VIT C TREATMENT

A treatment that cleanses, exfoliates, hydrates and moisturises your skin. This treatment can also address certain skin conditions with specific ingredients. This treatment can be used to brighten, repair and smooth the skin.

R800

60 MIN FACIAL

Phytic clay revitalising booster facial
Phytic clay anti aging gel facial

R850

BODY MASSAGES

30 MIN MASSAGES

Back neck shoulder	R540
Indian head	R420
Hand & foot	R420

45 MIN MASSAGES

Back of body	R700
Koi Koi	R620
Back, neck & shoulders	R650

GRANNY MOUSE SIGNATURE MASSAGE 90min

Luxury massage, with special essential oils combination of Calabash & hot stones. Deep relaxation, stress reduction, enhances blood circulation & eases muscle tension

R1200pp

PREGNANCY MASSAGE 60MIN

Terms & conditions apply	R850
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HOTSTONE MASSAGES

Heated stones, warm and relax muscles, could be used to relieve pain & tension

60 min Hotstone	R850
90 min Hotstone	R1140
60 min Deep tissue	R900
90 min Deep tissue	R1150

AROMATHERAPY MASSAGES

Use of essential oils to promote relaxation, reduce stress & improve overall well being

60 min Aromatherapy	R850
90 min Aromatherapy	R1030
60 min Swedish	R800
90 min Swedish	R1010

BODY EXFOLIATION

30 min	R620
Full body salt glow	
or	
Full body sugar scrub	

COUPLES TREATMENTS

90 min Full body massage incl head massage	R2000/couple
60 min Full body massage & express facial	R2300/couple
60 min Full body massage & deluxe pedicure	R2200/couple

HANDS & FEET

HANDS & FEET THERAPY

30 Min express manicure	R300
30 Min express pedicure	R310
60 Min deluxe manicure	R410
60 Min deluxe pedicure	R460
45 Min nail care & gel	R420
75 Min deluxe gel manicure	R540
75 Min deluxe gel pedicure	R580
30 Min soak off	R150
30 Min acrylic soak off	R180

WAXING

Lip / Chin / Brow	R120
Chest / Back	R280
Under arm / Side face	R250
Half leg	R280
Bikini / Arm	R200
Brazilian	R350
Hollywood	R380
Full leg	R340

TINTING

Tint lashes	R120
Tint brows	R110
Tint lash & brow	R200

SPA FACILITIES

Single hydro bath 30 min	R460
Couple hydro bath 30 min	R620
Jacuzzi per person 30 min	R120

SPA PACKAGES

FULL DAY RE-AWAKENING R3650 PP

Full body exfoliation
Shimmer hydro bath
Hotstone full body
Gel manicure
Gel pedicure
Kalahari phytic Clay revitalizing booster gel
Light lunch & refreshment included

PIX A MIX 3 1H30MIN R1200 PP
PIX A MIX 4 2HRS R1450 PP

Select 3 or 4 per your choice Pix a Mix
Shimmer hydro bath
Kalahari lipid rich treatment with facial
Hand & foot massage
Head & scalp including neck & shoulders
Hotstone back, neck & shoulders
Full body exfoliation

HONEYMOON HARMONY 2H30 R3500

Couples hydro bath session
Swedish full body massage each
Kalahari phytic clay revitalizing booster gel each
includes a glass of bubbles each

HALF DAY SOOTHER 3HRS R2060 PP

Full body exfoliation
30 Min back, neck & shoulder massage
Shimmer milk hydro bath
Kalahari phytic clay revitalizing booster gel
Hand & foot massage

BRIDAL QUEEN BOUQUET 3HRS R1700 PP

Full body exfoliation
Back, neck & shoulder massage
Deluxe gel manicure
Kalahari phytic clay revitalizing booster gel

IT'S YOUR BIRTHDAY R1550 PP

Gel overlay feet
Revitalizing booster gel 60 min
30 Min jacuzzi session
A glass of bubbles and a slice of cake

4 PERSONS PACKAGE R2800

60 Min full body massage

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JUNIOR SPA

FROM 5 TO 12 YEARS

NAIL TREATMENTS

30 Funky nails, hands & feet	R250
30 Min mini manicure	R230
30 Min mini pedicure	R230

MASSAGES

30 Min back of body	R350
Indian head & foot massage	R620

MOM & ME PACKAGE R1700

30 Min back of body massage
30 Pedicure
30 Min facial

PRINCESS PACKAGE 75MIN R670

15 Min foot massage
30 Min express facial
30 Min funky hands & feet

SPA ETIQUETTE

- Book in advance
- Please arrive 15 min before hand to complete consultation form and or 45 min earlier to make use of water facilities
- Please alert your Therapist as to any contra-indications
 - High blood pressure or heart conditions
 - Recent surgery
 - Muscle or joint injuries
 - Allergy to Iodine or product allergies
 - Pregnancy, epilepsy or diabetes
- In mutual respect, we kindly request punctuality
- Ensure all electronic devises are off
- Prices are subject to change at short notice
- No gratuities are included on any treatments, thus your discretion to add a gratuity is appreciated
- Any products bought at the Spa is not refundable
- Granny Mouse Country House & Spa, it's Management & Staff are not liable for any damage or loss, misfortune that may occur and the use of the Spa and it's facilities are of that of your own risk.