



BODY BLISS

Day Spa

Spa operating hours are Monday to Sunday from 8am to 5pm.

Body Bliss Treatments

Absolute Body Bliss 110min R 750 5 Points
Relaxing massage with a classic facial & scalp massage

Body Bliss Taster 70min R 480 3 Points
Relaxing back massage combined with a basic facial, neck & scalp massage

Facial Therapy

Basic Facial 60min R 390 3 Points
Classic Facial 80min R 490 3 Points
Specialised Facial 90min R 590 4 Points

Hands & Feet

Spa Manicure 45min R 220 2 Points
Spa Pedicure 60min R 300 2 Points
French Paint 15min R 75 1 Point
Normal Paint 15min R 60 1 Point

Massages

Full Body Massage 60min R 450 3 Points
Back, Neck & Shoulder 25min R 250 2 Points
Back, Neck & Shoulder 45min R 390 3 Points
Foot or Hand Massage 25min R 230 2 Points
Hot Stone Therapy & Steam 60min R 570 4 Points
Indian Head Massage 25min R 230 2 Points

Body Therapy

Detox Body Wrap & Massage 105min R 740 5 Points
Foil wrap with mud treatment includes massage and scalp treatment

Salt Glow & Massage 90min R 600 4 Points
Salt body exfoliation and massage

Steam Room Sessions

Per Session 30min R 75 1 Point
Hydro bath (Single) 30min R 100 1 Point
Hydro bath (Couple) 30min R 175 2 Points

Tinting & Hair Removal

Eyebrow Shape 15min R 75 1 Point
Eyelash Tint 20min R 100 1 Point
Eyebrow Tint 15min R 75 1 Point
Full Leg Wax 45min R 210 2 Points
Half Leg Wax 30min R 150 1 Point
Bikini or Under Arm Wax 30min R 150 1 Point
Lip or Chin Wax 15min R 75 1 Point

Mens Corner

Mens Facial 45min R 290 2 Points
Sports Facial 60min R 390 3 Points
Sports Pedicure 60min R 300 2 Points
Sports Full Body Massage 60min R 450 3 Points

Prices are subject to change

Body Bliss Packages

Ultimate Bliss 185min R 1190 7 Points
Steam session, detox body wrap, foot massage, hot stone therapy massage and a classic facial

Revitalise 165min R 1050 7 Points
Steam session, salt wrap, scalp massage, massage and a basic facial

Soothes 45min R 290 2 Points
Steam session, back & shoulder massage

De-stress 80min R 530 4 Points
Steam session, massage and a facial

Unwind 70min R 480 3 Points
Steam session, back, neck & shoulder massage and a foot massage

Happy Feet 80min R 320 2 Points
Steam session and a spa pedicure

Junior Bliss Packages

Mini Hand Massage 25min R 120 1 Point

Playful Mani 30min R 150 1 Point

Toe Tickling Feet Fun 25min R 120 1 Point

Playful Pedi 30min R 170 1 Point

Junior Head, Neck and Shoulder Massage 20min R 120 1 Point

Junior Bliss treatments are designed specifically for children aged between 5 - 16years!

Parental supervision is required for the duration of the treatment.

Above rates display normal salon rates. Members of The Holiday Club™ get automatic discounts as per below*

Classic Members:	5%	Exclusive Members:	10%
Select Members:	5%	Prestige Members:	15%
Advantage Members:	10%	Optimum Members:	15%

To make a Points booking please call: 0861 THC RES / 0861 842 737

*Please note that The Holiday Club™ discounts are off the cash rates only, not Points.



Contact Details
 Cayley Lodge (Drakensberg)
 036 468 1255
 cayleyspa@bodybliss.co.za
 www.bodybliss.co.za



BODY BLISS

Day Spa

Spa operating hours are Monday to Sunday from 8am to 5pm.

Body Bliss Treatments

Signature Treatments

Absolute Body Bliss <i>Relaxing massage with a classic facial & scalp massage</i>	110min	R 750	5 Points
Body Bliss Taster <i>Relaxing back massage combined with a basic facial, neck & scalp massage</i>	70min	R 480	3 Points

Facial Therapy

Basic Facial	60min	R 390	3 Points
Classic Facial	80min	R 490	3 Points
Specialised Facial	90min	R 590	4 Points

Hands & Feet

Spa Manicure	45min	R 220	2 Points
Spa Pedicure	60min	R 300	2 Points
French Paint	15min	R 75	1 Point
Normal Paint	15min	R 60	1 Point

Mens Corner

Mens Facial	45min	R 290	2 Points
Sports Facial	60min	R 390	3 Points
Sports Pedicure	60min	R 300	2 Points
Sports Full Body Massage	60min	R 450	3 Points

Massages

Full Body Massage	60min	R 450	3 Points
Back, Neck & Shoulder	25min	R 250	2 Points
Back, Neck & Shoulder	45min	R 390	3 Points
Foot or Hand Massage	25min	R 230	2 Points
Hot Stone Therapy & Steam	60min	R 570	4 Points
Indian Head Massage	25min	R 230	2 Points

Tinting & Hair Removal

Eyebrow Shape	15min	R 75	1 Point
Eyelash Tint	20min	R 100	1 Point
Eyebrow Tint	15min	R 75	1 Point
Full Leg Wax	45min	R 210	2 Points
Half Leg Wax	30min	R 150	1 Point
Bikini or Under Arm Wax	30min	R 150	1 Point
Lip or Chin Wax	15min	R 75	1 Point



Above rates display normal salon rates. Members of The Holiday Club™ get automatic discounts as per below*

Classic Members:	5%	Exclusive Members:	10%
Select Members:	5%	Prestige Members:	15%
Advantage Members:	10%	Optimum Members:	15%

To make a Points booking please call: 0861 THC RES / 0861 842 737

*Please note that The Holiday Club™ discounts are off the cash rates only, not Points.



DIKHOLOLO

Contact Details

Dikhololo (North West)
012 277 9000
dikhololospa@bodybliss.co.za
www.bodybliss.co.za

Prices are subject to change



BODY BLISS

Day Spa

Spa operating hours are Monday to Sunday from 8am to 5pm.

Body Bliss Treatments

Absolute Body Bliss 110min R 750 5 Points
Relaxing massage with a classic facial & scalp massage

Body Bliss Taster 70min R 480 3 Points
Relaxing back massage combined with a basic facial, neck & scalp massage

Facial Therapy

Basic Facial 60min R 390 3 Points
Classic Facial 80min R 490 3 Points
Specialised Facial 90min R 590 4 Points

Hands & Feet

Spa Manicure 45min R 220 2 Points
Spa Pedicure 60min R 300 2 Points
French Paint 15min R 75 1 Point
Normal Paint 15min R 60 1 Point

Massages

Full Body Massage 60min R 450 3 Points
Back, Neck & Shoulder 25min R 250 2 Points
Back, Neck & Shoulder 45min R 390 3 Points
Foot or Hand Massage 25min R 230 2 Points
Hot Stone Therapy & Steam 60min R 570 4 Points
Indian Head Massage 25min R 230 2 Points

Body Therapy

Detox Body Wrap & Massage 105min R 740 5 Points
Foil wrap with mud treatment includes massage and scalp treatment

Salt Glow & Massage 90min R 600 4 Points
Salt body exfoliation and massage

Steam Room Sessions

Per Session 30min R 75 1 Point

Tinting & Hair Removal

Eyebrow Shape 15min R 75 1 Point
Eyelash Tint 20min R 100 1 Point
Eyebrow Tint 15min R 75 1 Point
Full Leg Wax 45min R 210 2 Points
Half Leg Wax 30min R 150 1 Point
Bikini or Under Arm Wax 30min R 150 1 Point
Lip or Chin Wax 15min R 75 1 Point

Mens Corner

Mens Facial 45min R 290 2 Points
Sports Facial 60min R 390 3 Points
Sports Pedicure 60min R 300 2 Points
Sports Full Body Massage 60min R 450 3 Points

Prices are subject to change

Body Bliss Packages

Ultimate Bliss 185min R 1190 7 Points
Steam session, detox body wrap, foot massage, hot stone therapy massage and a classic facial

Revitalise 165min R 1050 7 Points
Steam session, salt wrap, scalp massage, massage and a basic facial

Soothes 45min R 290 2 Points
Steam session, back & shoulder massage

De-stress 80min R 530 4 Points
Steam session, massage and a facial

Unwind 70min R 480 3 Points
Steam session, back, neck & shoulder massage and a foot massage

Happy Feet 80min R 320 2 Points
Steam session and a spa pedicure

Junior Bliss Packages

Mini Hand Massage 25min R 120 1 Point

Playful Mani 30min R 150 1 Point

Toe Tickling Feet Fun 25min R 120 1 Point

Playful Pedi 30min R 170 1 Point

Junior Head, Neck and Shoulder Massage 20min R 120 1 Point

Junior Bliss treatments are designed specifically for children aged between 5 - 16 years!

Parental supervision is required for the duration of the treatment.

Above rates display normal salon rates. Members of The Holiday Club™ get automatic discounts as per below*

Classic Members:	5%	Exclusive Members:	10%
Select Members:	5%	Prestige Members:	15%
Advantage Members:	10%	Optimum Members:	15%

To make a Points booking please call: 0861 THC RES / 0861 842 737

*Please note that The Holiday Club™ discounts are off the cash rates only, not Points.



Contact Details
 Hazyview Cabanas (Mpumalanga)
 013 737 8041
 hazyviewspa@bodybliss.co.za
 www.bodybliss.co.za



BODY BLISS

Day Spa

Spa operating hours are Monday to Sunday from 8am to 5pm.

Body Bliss Treatments

Absolute Body Bliss 110min R 750 5 Points
Relaxing massage with a classic facial & scalp massage

Body Bliss Taster 70min R 480 3 Points
Relaxing back massage combined with a basic facial, neck & scalp massage

Facial Therapy

Basic Facial 60min R 390 3 Points

Classic Facial 80min R 490 3 Points

Specialised Facial 90min R 590 4 Points

Hands & Feet

Spa Manicure 45min R 220 2 Points

Spa Pedicure 60min R 300 2 Points

French Paint 15min R 75 1 Point

Normal Paint 15min R 60 1 Point

Massages

Full Body Massage 60min R 450 3 Points

Back, Neck & Shoulder 25min R 250 2 Points

Back, Neck & Shoulder 45min R 390 3 Points

Foot or Hand Massage 25min R 230 2 Points

Hot Stone Therapy & Steam 60min R 570 4 Points

Indian Head Massage 25min R 230 2 Points

Body Therapy

Detox Body Wrap & Massage 105min R 740 5 Points
Foil wrap with mud treatment includes massage and scalp treatment

Salt Glow & Massage 90min R 600 4 Points
Salt body exfoliation and massage

Steam Room Sessions

Per Session 30min R 75 1 Point

Hydro bath (Single) 30min R 100 1 Point

Hydro bath (Couple) 30min R 175 2 Points

Tinting & Hair Removal

Eyebrow Shape 15min R 75 1 Point

Eyelash Tint 20min R 100 1 Point

Eyebrow Tint 15min R 75 1 Point

Full Leg Wax 45min R 210 2 Points

Half Leg Wax 30min R 150 1 Point

Bikini or Under Arm Wax 30min R 150 1 Point

Lip or Chin Wax 15min R 75 1 Point

Mens Corner

Mens Facial 45min R 290 2 Points

Sports Facial 60min R 390 3 Points

Sports Pedicure 60min R 300 2 Points

Sports Full Body Massage 60min R 450 3 Points

Prices are subject to change

Body Bliss Packages

Ultimate Bliss 185min R 1190 7 Points
Steam session, detox body wrap, foot massage, hot stone therapy massage and a classic facial

Revitalise 165min R 1050 7 Points
Steam session, salt wrap, scalp massage, massage and a basic facial

Soothes 45min R 290 2 Points
Steam session, back & shoulder massage

De-stress 80min R 530 4 Points
Steam session, massage and a facial

Unwind 70min R 480 3 Points
Steam session, back, neck & shoulder massage and a foot massage

Happy Feet 80min R 320 2 Points
Steam session and a spa pedicure

Junior Bliss Packages

Mini Hand Massage 25min R 120 1 Point

Playful Mani 30min R 150 1 Point

Toe Tickling Feet Fun 25min R 120 1 Point

Playful Pedi 30min R 170 1 Point

Junior Head, Neck and Shoulder Massage 20min R 120 1 Point

Junior Bliss treatments are designed specifically for children aged between 5 - 16 years!

Parental supervision is required for the duration of the treatment.

Above rates display normal salon rates. Members of The Holiday Club™ get automatic discounts as per below*

Classic Members: 5% Exclusive Members: 10%

Select Members: 5% Prestige Members: 15%

Advantage Members: 10% Optimum Members: 15%

To make a Points booking please call: 0861 THC RES / 0861 842 737

*Please note that The Holiday Club™ discounts are off the cash rates only, not Points.



Contact Details
 Kiara Lodge (Drakensberg)
 058 256 1062
 kiaraspa@bodybliss.co.za
 www.bodybliss.co.za



BODY BLISS

Day Spa

Spa operating hours are Monday to Sunday from 8am to 5pm.

Body Bliss Treatments

Absolute Body Bliss 110min R 900 6 Points
Relaxing massage with a classic facial & scalp massage

Body Bliss Taster 70min R 570 4 Points
Relaxing back massage combined with a basic facial, neck & scalp massage

Facial Therapy

Basic Facial 60min R 470 3 Points

Classic Facial 80min R 590 4 Points

Specialised Facial 90min R 700 5 Points

Hands & Feet

Spa Manicure 45min R 275 2 Points

Spa Pedicure 60min R 350 3 Points

French Paint 15min R 75 1 Point

Normal Paint 15min R 50 1 Point

Massages

Full Body Massage 60min R 540 4 Points

Back, Neck & Shoulder 25min R 300 2 Points

Back, Neck & Shoulder 45min R 470 3 Points

Foot or Hand Massage 25min R 275 2 Points

Hot Stone Therapy & Jacuzzi 60min R 675 4 Points

Indian Head Massage 25min R 275 2 Points

Body Therapy

Detox Body Wrap & Massage 105min R 890 6 Points
Foil wrap with mud treatment includes massage and scalp treatment

Salt Glow & Massage 90min R 710 5 Points
Salt body exfoliation and massage

Jacuzzi Room Sessions

Per Session 30min R 100 1 Point

Tinting & Hair Removal

Eyebrow Shape 15min R 90 1 Point

Eyelash Tint 20min R 120 1 Point

Eyebrow Tint 15min R 90 1 Point

Full Leg Wax 45min R 270 2 Points

Half Leg Wax 30min R 200 2 Points

Bikini or Under Arm Wax 30min R 180 2 Points

Lip or Chin Wax 15min R 90 1 Point

Mens Corner

Mens Facial 45min R 350 3 Points

Sports Facial 60min R 470 3 Points

Sports Pedicure 60min R 350 3 Points

Sports Full Body Massage 60min R 540 4 Points

Body Bliss Packages

Ultimate Bliss 185min R 1420 9 Points
Jacuzzi session, detox body wrap, foot massage, hot stone therapy massage and a classic facial

Revitalise 165min R 1250 8 Points
Jacuzzi session, salt wrap, scalp massage, massage and a basic facial

Soothes 45min R 350 3 Points
Jacuzzi session, back & shoulder massage

De-stress 80min R 630 4 Points
Jacuzzi session, massage and a facial

Unwind 70min R 570 4 Points
Jacuzzi session, back, neck & shoulder massage and a foot massage

Happy Feet 80min R 390 3 Points
Jacuzzi session and a spa pedicure

Junior Bliss Packages

Mini Hand Massage 25min R 150 1 Point

Playful Mani 30min R 190 2 Points

Toe Tickling Feet Fun 25min R 150 1 Point

Playful Pedi 30min R 210 2 Points

Junior Head, Neck and Shoulder Massage 20min R 150 1 Point

Junior Bliss treatments are designed specifically for children aged between 5 - 16years!

Parental supervision is required for the duration of the treatment.

Above rates display normal salon rates. Members of The Holiday Club™ get automatic discounts as per below*

Classic Members: 5% Exclusive Members: 10%

Select Members: 5% Prestige Members: 15%

Advantage Members: 10% Optimum Members: 15%

To make a Points booking please call: 0861 THC RES / 0861 842 737

*Please note that The Holiday Club™ discounts are off the cash rates only, not Points.



Contact Details

The Kingdom Resort (Pilanesberg)

079 087 6777

kingdomspa@bodybliss.co.za

www.bodybliss.co.za

Prices are subject to change