



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

Body Bliss Treatments

Facial Therapy

Basic Facial	60min	R 500	4 Points
Classic Facial	80min	R 630	5 Points
Specialised Facial	90min	R 700	5 Points

Hands & Feet

Spa Manicure	45min	R 280	2 Points
Spa Pedicure	60min	R 370	3 Points
Gel Nails	60min	R 320	3 Points
Gel Nails with Soak Off	90min	R 480	4 Points
French Paint	20min	R 100	1 Point
Normal Paint	15min	R 90	1 Point

Massages

Full Body Massage	60min	R 540	4 Points
Back, Neck & Shoulder	25min	R 275	2 Points
Back, Neck & Shoulder	45min	R 450	3 Points
Hand or Foot Massage	25min	R 260	2 Points
Hot Stone Therapy	60min	R 600	4 Points
Indian Head Massage	25min	R 270	2 Points

Steam Room Sessions

Per Session	30min	R 100	1 Point
Hydro bath (Single)	30min	R 125	1 Point
Hydro bath (Couples)	30min	R 200	2 Points

Tinting & Hair Removal

Eyebrow Shape / Tint	15min	R 90	1 Point
Eyelash Tint	20min	R 120	1 Point
Full Leg Wax	45min	R 250	2 Points
Half Leg / Under Arm Wax	30min	R 175	2 Points
Bikini Wax	30min	R 190	2 Points
Chin / Lip Wax	15min	R 95	1 Point

Men's Corner

Men's Facial	45min	R 400	3 Points
Sports Facial	60min	R 500	4 Points
Sports Pedicure	60min	R 370	3 Points
Sports Full Body Massage	60min	R 540	4 Points

Poolside Treatments

Full Body Massage	50min	R 390	3 Points
Back Massage	20min	R 170	2 Points
Hand or Foot Massage	20min	R 170	2 Points
Back & Foot Massage	30min	R 230	2 Points

Prices are subject to change

Signature Treatments

Absolute Body Bliss <i>Relaxing massage with a classic facial & scalp massage</i>	110min	R 980	7 Points
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Body Bliss Taster <i>Relaxing back massage combined with a basic facial, neck & scalp massage</i>	70min	R 650	5 Points
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Body Bliss Packages

Ultimate Bliss <i>Steam session, detox body wrap, foot massage, hot stone therapy massage & a classic facial</i>	185min	R 1400	10 Points
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Revitalise <i>Steam session, salt wrap, scalp massage, body massage and a basic facial</i>	165min	R 1180	8 Points
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Soothes <i>Steam session, back & shoulder massage</i>	45min	R 340	3 Points
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De-stress <i>Steam session, massage and a facial</i>	80min	R 630	5 Points
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Unwind <i>Steam session, back, neck & shoulder massage and a foot massage</i>	70min	R 550	4 Points
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Happy Feet <i>Steam session and a spa pedicure</i>	80min	R 400	3 Points
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Junior Bliss Packages

Mini Hand Massage	25min	R 160	2 Points
Playful Mani	30min	R 180	2 Points
Toe Tickling Feet Fun	25min	R 160	2 Points
Playful Pedi	30min	R 180	2 Points
Junior Head, Neck & Shoulder Massage	20min	R 150	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 spa 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



Spa Etiquette and Policies

- Booking in advance is recommended.
- Kindly arrive at least 15 minutes prior to your scheduled treatment/s to allow time for you to change. If you are new to our Spa you will also be required to complete our Pre-Consultation form.
- Right of admission is reserved. We reserve the right to deny access to any person we deem to be acting in an inappropriate or unsafe manner.
- Guests younger than 16 years must be accompanied by an adult for the duration of the treatment.
- Junior Bliss treatments (where available) are designed specifically for children aged between 5 -16 years.
- Ensure cellular/mobile phones are switched off during treatments.
- Swimming costume must be worn when using the sauna, steam room or jacuzzi (where these facilities are available).
- All prices are subject to change without prior notice.
- Products purchased are not refundable.
- Treatments and the use of Body Bliss Day Spa facilities are at the client's own risk. Body Bliss Day Spa will not be held liable for any adverse reactions during or after treatment, or any other injury suffered on the premises.
- Body Bliss Day Spa will not be held liable for the loss or damage to any property of the client. Personal items should be safely stored in private units or the lockers provided.

Cancellations and Late Arrival

Body Bliss Day Spa reserves the right to charge in full for appointments cancelled with less than 24 hours' notice and no-shows. Should cancellation/rescheduling not be made in time, the full treatment fee will apply. Late arrival will result in a reduction of treatment time whilst the full treatment fee will apply.

The services offered are not a substitute for medical care. Any information provided by the therapist is for educational purposes only and not diagnostically prescriptive in nature.

Consent to Treatment of Minor (if under 18 years of age, parent/guardian must consent): The parent/guardian of a minor will be required to sign consent prior to treatment, authorising the Body Bliss therapist to administer massage, bodywork or somatic techniques to their child or dependent, as agreed at time of treatment.



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

Body Bliss Treatments

Facial Therapy

Basic Facial	60min	R 500	4 Points
Classic Facial	80min	R 630	5 Points
Specialised Facial	90min	R 700	5 Points

Hands & Feet

Spa Manicure	45min	R 280	2 Points
Spa Pedicure	60min	R 370	3 Points
Gel Nails	60min	R 320	3 Points
Gel Nails with Soak Off	90min	R 480	4 Points
French Paint	20min	R 100	1 Point
Normal Paint	15min	R 90	1 Point

Massages

Full Body Massage	60min	R 540	4 Points
Back, Neck & Shoulder	25min	R 275	2 Points
Back, Neck & Shoulder	45min	R 450	3 Points
Hand or Foot Massage	25min	R 260	2 Points
Hot Stone Therapy	60min	R 600	4 Points
Indian Head Massage	25min	R 270	2 Points

Steam Room Sessions

Per Session	30min	R 100	1 Point
Hydro bath (Single)	30min	R 125	1 Point
Hydro bath (Couples)	30min	R 200	2 Points

Tinting & Hair Removal

Eyebrow Shape / Tint	15min	R 90	1 Point
Eyelash Tint	20min	R 120	1 Point
Full Leg Wax	45min	R 250	2 Points
Half Leg / Under Arm Wax	30min	R 175	2 Points
Bikini Wax	30min	R 190	2 Points
Chin / Lip Wax	15min	R 95	1 Point

Men's Corner

Men's Facial	45min	R 400	3 Points
Sports Facial	60min	R 500	4 Points
Sports Pedicure	60min	R 370	3 Points
Sports Full Body Massage	60min	R 540	4 Points

Poolside Treatments

Full Body Massage	50min	R 390	3 Points
Back Massage	20min	R 170	2 Points
Hand or Foot Massage	20min	R 170	2 Points
Back & Foot Massage	30min	R 230	2 Points

Prices are subject to change

Signature Treatments

Absolute Body Bliss <i>Relaxing massage with a classic facial & scalp massage</i>	110min	R 980	7 Points
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Body Bliss Taster <i>Relaxing back massage combined with a basic facial, neck & scalp massage</i>	70min	R 650	5 Points
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Body Bliss Packages

Ultimate Bliss <i>Steam session, detox body wrap, foot massage, hot stone therapy massage & a classic facial</i>	185min	R 1400	10 Points
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Revitalise <i>Steam session, salt wrap, scalp massage, body massage and a basic facial</i>	165min	R 1180	8 Points
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Soothes <i>Steam session, back & shoulder massage</i>	45min	R 340	3 Points
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De-stress <i>Steam session, massage and a facial</i>	80min	R 630	5 Points
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Unwind <i>Steam session, back, neck & shoulder massage and a foot massage</i>	70min	R 550	4 Points
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Happy Feet <i>Steam session and a spa pedicure</i>	80min	R 400	3 Points
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Junior Bliss Packages

Mini Hand Massage	25min	R 160	2 Points
Playful Mani	30min	R 180	2 Points
Toe Tickling Feet Fun	25min	R 160	2 Points
Playful Pedi	30min	R 180	2 Points
Junior Head, Neck & Shoulder Massage	20min	R 150	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.

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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

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Contact Details

Kiara Lodge (Drakensberg)

058 256 1062

kiaraspa@bodybliss.co.za

www.bodybliss.co.za



Spa Etiquette and Policies

- Booking in advance is recommended.
- Kindly arrive at least 15 minutes prior to your scheduled treatment/s to allow time for you to change. If you are new to our Spa you will also be required to complete our Pre-Consultation form.
- Right of admission is reserved. We reserve the right to deny access to any person we deem to be acting in an inappropriate or unsafe manner.
- Guests younger than 16 years must be accompanied by an adult for the duration of the treatment.
- Junior Bliss treatments (where available) are designed specifically for children aged between 5 -16 years.
- Ensure cellular/mobile phones are switched off during treatments.
- Swimming costume must be worn when using the sauna, steam room or jacuzzi (where these facilities are available).
- All prices are subject to change without prior notice.
- Products purchased are not refundable.
- Treatments and the use of Body Bliss Day Spa facilities are at the client's own risk. Body Bliss Day Spa will not be held liable for any adverse reactions during or after treatment, or any other injury suffered on the premises.
- Body Bliss Day Spa will not be held liable for the loss or damage to any property of the client. Personal items should be safely stored in private units or the lockers provided.

Cancellations and Late Arrival

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Consent to Treatment of Minor (if under 18 years of age, parent/guardian must consent): The parent/guardian of a minor will be required to sign consent prior to treatment, authorising the Body Bliss therapist to administer massage, bodywork or somatic techniques to their child or dependent, as agreed at time of treatment.



BODY BLISS

Day Spa

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

Body Bliss Treatments

Facial Therapy

Basic Facial	60min	R 500	4 Points
Classic Facial	80min	R 630	5 Points
Specialised Facial	90min	R 700	5 Points

Hands & Feet

Spa Manicure	45min	R 280	2 Points
Spa Pedicure	60min	R 370	3 Points
Gel Nails	60min	R 320	3 Points
Gel Nails with Soak Off	90min	R 480	4 Points
French Paint	20min	R 100	1 Point
Normal Paint	15min	R 90	1 Point

Massages

Full Body Massage	60min	R 540	4 Points
Back, Neck & Shoulder	25min	R 275	2 Points
Back, Neck & Shoulder	45min	R 450	3 Points
Hand or Foot Massage	25min	R 260	2 Points
Hot Stone Therapy	60min	R 600	4 Points
Indian Head Massage	25min	R 270	2 Points

Hydro Therapy

Hydro bath (Single)	30min	R 125	1 Point
Hydro bath (Couples)	30min	R 200	2 Points

Tinting & Hair Removal

Eyebrow Shape / Tint	15min	R 90	1 Point
Eyelash Tint	20min	R 120	1 Point
Full Leg Wax	45min	R 250	2 Points
Half Leg / Under Arm Wax	30min	R 175	2 Points
Bikini Wax	30min	R 190	2 Points
Chin / Lip Wax	15min	R 95	1 Point

Men's Corner

Men's Facial	45min	R 400	3 Points
Sports Facial	60min	R 500	4 Points
Sports Pedicure	60min	R 370	3 Points
Sports Full Body Massage	60min	R 540	4 Points

Poolside Treatments

Full Body Massage	50min	R 390	3 Points
Back Massage	20min	R 170	2 Points
Hand or Foot Massage	20min	R 170	2 Points
Back & Foot Massage	30min	R 230	2 Points

Signature Treatments

Absolute Body Bliss <i>Relaxing massage with a classic facial & scalp massage</i>	110min	R 980	7 Points
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Body Bliss Taster <i>Relaxing back massage combined with a basic facial, neck & scalp massage</i>	70min	R 650	5 Points
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Junior Bliss Packages

Mini Hand Massage	25min	R 160	2 Points
Playful Mani	30min	R 180	2 Points
Toe Tickling Feet Fun	25min	R 160	2 Points
Playful Pedi	30min	R 180	2 Points
Junior Head, Neck & Shoulder Massage	20min	R 150	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 spa 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.

Prices are subject to change



DIKHOLOLO

Contact Details
Dikhololo (North West)
012 277 9084
dikhololospa@bodybliss.co.za
www.bodybliss.co.za



Spa Etiquette and Policies

- Booking in advance is recommended.
- Kindly arrive at least 15 minutes prior to your scheduled treatment/s to allow time for you to change. If you are new to our Spa you will also be required to complete our Pre-Consultation form.
- Right of admission is reserved. We reserve the right to deny access to any person we deem to be acting in an inappropriate or unsafe manner.
- Guests younger than 16 years must be accompanied by an adult for the duration of the treatment.
- Junior Bliss treatments (where available) are designed specifically for children aged between 5 -16 years.
- Ensure cellular/mobile phones are switched off during treatments.
- Swimming costume must be worn when using the sauna, steam room or jacuzzi (where these facilities are available).
- All prices are subject to change without prior notice.
- Products purchased are not refundable.
- Treatments and the use of Body Bliss Day Spa facilities are at the client's own risk. Body Bliss Day Spa will not be held liable for any adverse reactions during or after treatment, or any other injury suffered on the premises.
- Body Bliss Day Spa will not be held liable for the loss or damage to any property of the client. Personal items should be safely stored in private units or the lockers provided.

Cancellations and Late Arrival

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

Body Bliss Treatments

Facial Therapy

Basic Facial	60min	R 600	4 Points
Classic Facial	80min	R 750	5 Points
Specialised Facial	90min	R 850	6 Points

Hands & Feet

Spa Manicure	45min	R 320	3 Points
Spa Pedicure	60min	R 420	3 Points
French Paint	15min	R 100	1 Point
Normal Paint	15min	R 90	1 Point

Massages

Full Body Massage	60min	R 650	5 Points
Back, Neck & Shoulder	25min	R 330	3 Points
Back, Neck & Shoulder	45min	R 550	4 Points
Hand or Foot Massage	25min	R 320	3 Points
Hot Stone Massage	60min	R 720	5 Points
Indian Head Massage	25min	R 320	3 Points

Jacuzzi Room Sessions

Per Session	30min	R 120	1 Point
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Tinting & Hair Removal

Eyebrow Shape	15min	R 100	1 Point
Eyelash Tint	20min	R 120	1 Point
Eyebrow Tint	15min	R 100	1 Point
Full Leg Wax	45min	R 290	2 Points
Half Leg Wax	30min	R 210	2 Points
Under Arm Wax	30min	R 200	2 Points
Bikini Wax	30min	R 200	2 Points
Lip Wax	15min	R 100	1 Point
Chin Wax	15min	R 100	1 Point

Men's Corner

Men's Facial	45min	R 480	4 Points
Sports Facial	60min	R 600	4 Points
Sports Pedicure	60min	R 420	3 Points
Sports Full Body Massage	60min	R 650	5 Points

Poolside Treatments

Full Body Massage	50min	R 475	4 Points
Back Massage	20min	R 200	2 Points
Hand or Foot Massage	20min	R 200	2 Points
Back & Foot Massage	30min	R 300	2 Points

Prices are subject to change

Signature Treatments

Absolute Body Bliss <i>Relaxing massage with a classic facial & scalp massage</i>	110min	R 1100	8 Points
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Body Bliss Taster <i>Relaxing back massage combined with a basic facial, neck & scalp massage</i>	70min	R 780	6 Points
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Body Bliss Packages

Ultimate Bliss <i>Jacuzzi session, detox body wrap, foot massage, hot stone therapy massage & a classic facial</i>	185min	R 1600	11 Points
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Revitalise <i>Jacuzzi session, salt wrap, scalp massage, body massage and a basic facial</i>	165min	R 1380	10 Points
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Soothes <i>Jacuzzi session, back & shoulder massage</i>	45min	R 390	3 Points
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De-stress <i>Jacuzzi session, massage and a facial</i>	80min	R 750	5 Points
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Unwind <i>Jacuzzi session, back, neck & shoulder massage and a foot massage</i>	70min	R 650	5 Points
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Happy Feet <i>Jacuzzi session and a spa pedicure</i>	80min	R 460	4 Points
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Junior Bliss Packages

Mini Hand Massage	25min	R 180	2 Point
Playful Mani	30min	R 220	2 Points
Toe Tickling Feet Fun	25min	R 180	2 Points
Playful Pedi	30min	R 220	2 Points
Junior Head, Neck & Shoulder Massage	20min	R 170	2 Points

Junior Bliss treatments are designed specifically for children aged between 5 - 16 years. Parental supervision is required for the duration of the treatment.

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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

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Contact Details

The Kingdom Resort (Pilanesberg)
079 087 6777
kingdomspa@bodybliss.co.za
www.bodybliss.co.za



Spa Etiquette and Policies

- Booking in advance is recommended.
- Kindly arrive at least 15 minutes prior to your scheduled treatment/s to allow time for you to change. If you are new to our Spa you will also be required to complete our Pre-Consultation form.
- Right of admission is reserved. We reserve the right to deny access to any person we deem to be acting in an inappropriate or unsafe manner.
- Guests younger than 16 years must be accompanied by an adult for the duration of the treatment.
- Junior Bliss treatments (where available) are designed specifically for children aged between 5 -16 years.
- Ensure cellular/mobile phones are switched off during treatments.
- Swimming costume must be worn when using the sauna, steam room or jacuzzi (where these facilities are available).
- All prices are subject to change without prior notice.
- Products purchased are not refundable.
- Treatments and the use of Body Bliss Day Spa facilities are at the client's own risk. Body Bliss Day Spa will not be held liable for any adverse reactions during or after treatment, or any other injury suffered on the premises.
- Body Bliss Day Spa will not be held liable for the loss or damage to any property of the client. Personal items should be safely stored in private units or the lockers provided.

Cancellations and Late Arrival

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BODY BLISS

Day Spa

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

Body Bliss Treatments

Facial Therapy

Basic Facial	60min	R 500	4 Points
Classic Facial	80min	R 630	5 Points
Specialised Facial	90min	R 700	5 Points

Hands & Feet

Spa Manicure	45min	R 280	2 Points
Spa Pedicure	60min	R 370	3 Points
Gel Nails	60min	R 320	3 Points
Gel Nails with Soak Off	90min	R 480	4 Points
French Paint	20min	R 100	1 Point
Normal Paint	15min	R 90	1 Point

Massages

Full Body Massage	60min	R 540	4 Points
Back, Neck & Shoulder	25min	R 275	2 Points
Back, Neck & Shoulder	45min	R 450	3 Points
Hand or Foot Massage	25min	R 260	2 Points
Hot Stone Therapy	60min	R 600	4 Points
Indian Head Massage	25min	R 270	2 Points

Tinting & Hair Removal

Eyebrow Shape / Tint	15min	R 90	1 Point
Eyelash Tint	20min	R 120	1 Point
Full Leg Wax	45min	R 250	2 Points
Half Leg / Under Arm Wax	30min	R 175	2 Points
Bikini Wax	30min	R 190	2 Points
Chin / Lip Wax	15min	R 95	1 Point

Men's Corner

Men's Facial	45min	R 400	3 Points
Sports Facial	60min	R 500	4 Points
Sports Pedicure	60min	R 370	3 Points
Sports Full Body Massage	60min	R 540	4 Points

Poolside Treatments

Full Body Massage	50min	R 390	3 Points
Back Massage	20min	R 170	2 Points
Hand or Foot Massage	20min	R 170	2 Points
Back & Foot Massage	30min	R 230	2 Points

Signature Treatments

Absolute Body Bliss <i>Relaxing massage with a classic facial & scalp massage</i>	110min	R 980	7 Points
Body Bliss Taster <i>Relaxing back massage combined with a basic facial, neck & scalp massage</i>	70min	R 650	5 Points

Junior Bliss Packages

Mini Hand Massage	25min	R 160	2 Points
Playful Mani	30min	R 180	2 Points
Toe Tickling Feet Fun	25min	R 160	2 Points
Playful Pedi	30min	R 180	2 Points
Junior Head, Neck & Shoulder Massage	20min	R 150	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.

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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

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Prices are subject to change

Hazyview Cabanas (Mpumalanga)
013 737 8041



hazyviewspa@bodybliss.co.za
www.bodybliss.co.za



Spa Etiquette and Policies

- Booking in advance is recommended.
- Kindly arrive at least 15 minutes prior to your scheduled treatment/s to allow time for you to change. If you are new to our Spa you will also be required to complete our Pre-Consultation form.
- Right of admission is reserved. We reserve the right to deny access to any person we deem to be acting in an inappropriate or unsafe manner.
- Guests younger than 16 years must be accompanied by an adult for the duration of the treatment.
- Junior Bliss treatments (where available) are designed specifically for children aged between 5 -16 years.
- Ensure cellular/mobile phones are switched off during treatments.
- Swimming costume must be worn when using the sauna, steam room or jacuzzi (where these facilities are available).
- All prices are subject to change without prior notice.
- Products purchased are not refundable.
- Treatments and the use of Body Bliss Day Spa facilities are at the client's own risk. Body Bliss Day Spa will not be held liable for any adverse reactions during or after treatment, or any other injury suffered on the premises.
- Body Bliss Day Spa will not be held liable for the loss or damage to any property of the client. Personal items should be safely stored in private units or the lockers provided.

Cancellations and Late Arrival

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