

FACIALS

Express Facial: A cleansing facial that covers the basics. Your skin is cleansed, lightly exfoliated and gently massaged ending off with a veil of light moisturizer 30 mins | R300.00

Aromatic Facial: A soothing facial treatment using essential oils, to hydrate, balance and energize the skin. Includes exfoliation, steaming, mask, moisturizing and a relaxing massage 60 mins | R550.00

WAXING

¾ Leg wax - R185.00	Hollywood Wax R260.00
Half Leg Wax - R140.00	Brazilian Wax - R220.00
Under-arm Wax - R80.00	Bikini Wax - R120.00
Full Arm Wax - R150.00	Chest Wax - R220.00
Full Face Wax - R210.00	Back Wax - R250.00
Lip/Chin/Brow Wax R75.00	Full Leg Wax - R230.00



TINTING

Lash Tint - R65.00
Brow Tint - R55.00

LASHES

Cluster Full Set - R300.00
Cluster Fill - R150.00
Classic Full Set - R350.00
Classic Fill - R200.00
Volume Full Set - R450.00
Volume Fill - R300.00
Hyper Volume Full Set - R550.00
Hyper Volume Fill - R350.00



MINI PACKAGES

Atlantic Treat - Head, Hand and Foot Massage
30 mins | R250.00

Wink-Wink - Brow and Lash Tint
30 mins | R100.00

SPA PACKAGES

Atlantic King - Medi-Heel Pedicure, Indian Head Massage, Deep Tissue Back, Neck and Shoulder Massage and an Aromatic Facial
120 mins | R1350.00

Atlantic Queen - Spa Pedicure, Indian Head Massage, Aromatherapy Back, Neck and Shoulder Massage and an Aromatic Facial
150 mins | R1350.00

Debbie's Deluxe - Indian Head Massage, Atlantic Foot Massage, Back, Neck & Shoulder Massage
80 mins | R750.00

Atlantic Mermaid - (Girls 13-16 years old)
Express Manicure, Express Facial and Express Pedicure 80 mins | R600.00

Captain Atlantic - (Boys 13-16 years old)
Express Facial and Back, Neck and Shoulder Massage 60 mins | R570.00

Little Starfish - (6-12 years old),
Mini Manicure and Pedicure, Mini Back Massage and a Mini Facial (20 mins each)
60 mins | R350.00

COLLAGEN INDUCTION THERAPY

Micro needling face and neck to promote collagen synthesis and resurface and restructure the skin. Great for correcting lines and wrinkles, acne scarring and blemishes. R1000 per session
By appointment only: Thursday & Friday 9:30-1pm

ATLANTIC SPA

Our Spa Treatment Brochure
Where Relaxation Begins



**Address: 9 Winkle Way, Sunset Beach, 7441,
Cape Town, South Africa**

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Cell: +27 (0) 76 622 0622

Email: info@atlanticspa.co.za

Web: www.atlanticspa.co.za

FOOT CARE



Atlantic Foot Massage: A relaxing foot massage using Body Butters/Oils. Assists with poor circulation and relief of tired feet
25 mins | R230.00

Reflexology: Balancing of the body by using the application of pressure on reflex points on the soles of the feet 45 mins | R450.00

NAIL TREATMENT

Nails (Includes an Express Manicure/Pedicure)

Gel Extensions R350.00
Acrylic Extensions R400.00
Gel Overlay R230.00
Acrylic Overlay R320.00

Extras

Artwork Per Nail R15.00
Repair Per Nail R30.00
Soak Off R90.00



ATLANTIC SPA

YOU ARE BEAUTIFUL

YOU ARE STRONG

YOU ARE WORTH IT

HAND & FEET CARE

Her Mani and Pedi

Atlantic Manicure and Atlantic Pedicure with Gel Paint 105 mins | R670.00

His Mani and Pedi

Atlantic Manicure and Atlantic Pedicure (No Paint) 90 mins | R470.00

Express Manicure Includes nail shaping, cuticle care and nail buff 25 mins | R160.00

Atlantic Manicure

Includes a hand soak, nail shaping, cuticle care, buffing and paint 45 mins | R250.00

Spa Manicure Includes a hand soak, nail shaping, cuticle care, buffing, hand mask, a relaxing hand massage and paint
60 mins | R350.00

Express Pedicure

Includes nail shaping, cuticle care and nail buff
25 mins | R160.00

Atlantic Pedicure

Includes a foot soak, nail shaping, cuticle care, buffing and paint 45 mins | R260.00

Spa Pedicure

Includes a foot soak, nail shaping, cuticle care, buffing, foot filing and paint
60 mins | R350.00

Medi Heel Pedicure A unique treatment for dry and cracked feet. Includes Pedicure plus Medi-Heel treatment 60 mins | R400.00

BODY MASSAGE TREATMENT



Deep Tissue Massage

A deep-pressured massage in order to stimulate the circulation and respiratory system and help release 'built-up' tension in the body
Full Body 60 Mins | R590.00
Back, Neck & Shoulder 45 mins | R440.00
Back, Neck & Shoulder 30 mins | R350.00

Swedish Massage

A medium pressured massage, relieving muscle tension and increasing blood circulation
Full Body 60 Mins | R570.00
Back, Neck & Shoulder 45 mins | R420.00
Back, Neck & Shoulder 30 mins | R330.00

Aromatherapy Massage

A light-pressured massage using essential oils to enhance balance and harmony in the body
Full Body 60 Mins | R600.00
Back, Neck & Shoulder 45 mins | R450.00
Back, Neck & Shoulder 30 mins | R360.00

Indian Head Massage

Massaging particular pressure points on the neck, head and scalp to assist in relieving stress and tension 25 mins | R250.00

Lymphatic Drainage

Therapeutic massage treatment using light to medium pressure and long, gentle, rhythmic strokes to increase the flow of lymph and reduce toxins in your body
Full Body 60 Mins | R500.00
Back, Neck & Shoulder 45 mins | R430.00
Back, Neck & Shoulder 30 mins | R360.00