

## Massage Collection

**Reflexology:**  
45 min Massage **R 730**  
A gentle pressure on specific points along your feet to help ease stress & helps your body to function better

**Swedish:**  
60 min Massage **R 960**  
90 min Massage **R1 170**  
Concentrates on the uppermost layer of muscles and aims to relieve muscle tension.

**Aromatherapy:**  
60 min Massage **R1 100**  
90 min Massage **R1 350**  
Specifically blended essential oils for problem areas & to enhance the benefits of the massage.

**Hot Stone:**  
60 min Massage **R1 200**  
90 min Massage **R1 400**  
Heated stones are used to help relax tired muscles.

**Candle:**  
60 min Massage **R1 250**  
90 min Massage **R1 430**  
Designed to target all the senses, packed with essential oils, and natural fragrances using warm, melted wax which is applied to relax the body and soul.

**Lavashell:**  
60 min Massage **R1 250**  
90 min Massage **R1 450**  
Deeply relaxing, eliminates fatigue & stress, nourishes vitality & helps remove accumulated residues and toxins.

**CBD Sports:**  
60 min Massage **R1 300**  
90 min Massage **R1 480**  
Relieves chronic tension in muscles that lie far below the body's surface.

**Himalayan Signature:**  
90 min Massage **R1 500**  
Unique combination of aromatherapy, himalayan salt stones & facial massage.

**Mother-to-be:**  
45 min Head, Neck & Shoulder Massage **R 850**  
75 min Full Body Massage **R1 250**  
Gentle & soothing massage tailored specifically for the mother-to-be.

**Body Treatments:**  
30 min Skin Glow Body Exfoliation **R 520**  
60 min Body Glow Wrap **R1 060**  
75 min Babor Detoxifying Algae Wrap **R1 550**  
60 min QMS Anti-Cellulite Contouring **R1 400**

## Hair Removal

Lip / Chin / Brow **R 200**  
Underarms / Sides of Face **R 220**  
Full Face **R 450**  
Standard Bikini / Half Arm **R 410**  
Half Leg / Full Arm / Half Chest **R 410**  
3/4 Leg **R 450**  
Full Leg **R 490**  
Brazilian **R 480**  
Hollywood **R 560**  
Back / Chest **R 500**

We offer a complete range of waxing services. Please consult with your therapist to identify your specific needs and desired results.

## Hydro Therapy

30 min Rasul Treatment (per person) **R 520**  
30 min Couples Rasul Treatment (per couple) **R 970**  
  
45 min Private Hot Tub (per person) **R 450**  
45 min Couples Private Hot Tub (per couple) **R 770**

## Hand & Foot Collection

60 min Houghton Luxury Manicure **R 560**  
60 min Houghton Luxury Manicure with Gel **R 630**  
  
60 min Houghton Luxury Pedicure **R 640**  
60 min Houghton Luxury Pedicure with Gel **R 740**  
  
75 Min Signature Manicure **R 690**  
75 Min Signature Manicure with Gel **R 760**  
  
75 Min Signature Pedicure **R 770**  
75 Min Signature Pedicure with Gel **R 840**  
  
Gel Application Only **R 370**  
Gel Soak Off Only **R 110**  
Acrylic Soak Off Only **R 170**  
  
Add on: Summer Heel Foot Treatment **R 320**

**Operating Hours:**  
Mon - Sun 09:00 - 20:00

**No under 18's permitted**  
Complimentary spa facilities with every treatment booked to the value of R1 250 or more.



### Contact us:

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**www.houghtonspa.com**

## Facials:

**60min Signature BABOR Skinovage Facial**  
A SKINOVAGE treatment based on restoring skin health. The moisturising treatment delivers intensive long lasting hydration to the skin.

R1 060

**90min BABOR Lift Fusion Anti-Ageing Facial**  
A luxurious anti-wrinkle expert facial consisting of rich textures that are absorbed into the skin to target fine lines and wrinkles, redefine facial contours and relax facial muscles for the ultimate skin indulging experience.

R2 260

**90min Dr Babor Retinol Renewal Facial**  
Babor's newest addition to its biomedical skincare range . Perfect for even skin, less pigmentation marks & visibly smoother skin.

R1 700

**60min QMS Sensitive Skin Repair Facial**  
Clears impurities, calms inflammation, and regenerates the basic functions of the skin.

R990

**90min QMS Collagen Renewal Facial**  
Wellbeing treatment and QMS signature 70% natural soluble collagens. Skin is left firmer with more volume; fine lines are reduced, and texture is improved.

R1 600

**75min QMS Oxygen Recharge Facial**  
Promotes cell renewal with 95% pure oxygen. Breathes new life into the skin, with advanced techniques developed to stimulate skin cell regeneration on a deeper level.

R1 300

**60min Lamelle Lacti-firm Peel**  
Skin-firming and revitalizing experience that reveals your skins natural glow without any downtime. This gentle yet effective exfoliation smooths fine lines, revitalizes dull skin and addresses pigmentation issues, leaving you with a plumped, hydrated and radiant complexion.

R 970

**75min Lamelle Alpha/Beta Peel with Mask**  
Glycolic acid, a powerful AHA, deeply penetrates to treat sun damage. A slight tingling fades quickly, with your therapist ensuring comfort. Mild redness may appear but soon reveals a smooth, radiant glow. No downtime—just follow aftercare for the best results.

R1 200

**30min Lamelle Restistore Peel**  
A next-level peel for deep skin renewal with minimal downtime. Applied in two steps, it includes a prep solution and a restoration solution that stays on for 6–12 hours. There's little to no tingling, mild sensitivity on day one, and gentle flaking around days 2–5. By day 5–7, expect plumper, hydrated, and refreshed skin—just follow your therapist's aftercare and enjoy the glow!

R1 150

## Packages:

**90 min Splendor Package**  
30 min Babor Booster Facial  
30 min Back, Neck & Shoulder Massage  
30 min Express Mani/Pedi

R1 350  
*(per person)*

**90 min Decadence Package**  
30 min Rasul Treatment  
60 min Swedish Massage

R1 450  
*(per person)*

**2 hour Body Bliss Package**  
75 min Body Glow Wrap  
60 min Aromatherapy Massage

R1 990  
*(per person)*

**3 hour Classic Comfort Package**  
60 min Classic Facial  
60 min Swedish Massage  
60 min Houghton Luxury Mani or Pedi

R2 590  
*(per person)*

**2,5 hour Mother to Be Package**  
30 min Babor Booster Facial  
75 min Mother to Be Massage  
30 min Express Mani or Pedi

R1 950  
*(per person)*

**3.5 hour Signature Package**  
30 min Rasul Treatment  
90 min Signature Massage  
90 min Signature Mani or Pedi

R2 600  
*(per person)*

**4.5 hour Extravagance Package**  
90 min Lift Infusion Anti-Ageing Facial  
60 min Aromatherapy Massage  
120min Houghton Luxury Mani & Pedi

R4 100  
*(per person)*

**90 mins Couples Ceremony**  
30 min Rasul Treatment  
60 min Aromatherapy Massage

R3 200  
*(per couple)*

**2 hour Houghton Harmony Couples Package**  
30min Rasul Treatment  
60min Candle Massage  
30min Foot Massage

R4 300  
*(per couple)*

**2.5 hour Opulence Couples Package**  
30min Private time in Hot Tub  
30min Rasul Treatment  
60min Aromatherapy Massage  
30min Lift infusion Booster Facial  
Bottle of Bubbly | Couples Suite

R4 530  
*(per couple)*

## Facial Add-Ons

15 min QMS Oxygen Boost R 370  
QMS Advanced Eye Lift Mask R 390  
15min QMS Neck Tightening Treatment R 320  
QMS Active Hydrate Mask R 320

BABOR HSR Anti-Ageing Sheet Mask R 320  
BABOR Ampule Concentrates R 320

## Treatment Add-Ons

30 min Back, Neck & Shoulder Massage R 630  
45 min Back, Neck & Shoulder Massage R 780  
30 min Foot Massage R 630  
30 min Dermaplaning R 480  
30 min Lamelle Hydrating & Calming Facial R 530  
30 min BABOR Booster Facial R 530  
30 min BABOR Lift Infusion Express Facial R 700  
30 min QMS Educational Facial R 700

## Complimentary Facilities:

- Sauna
- Steamroom
- Outdoor Zen Pool
- Indoor Heated Pool

Complimentary spa facilities with every treatment booked to the value of R1 200 or more.

For use of the spa facilities only, with no additional treatments, a surcharge of R 650 will apply.