

Lalapanzi Spa Menu 2022

Massage treatments:

Swedish/Deep Tissue Full Body R1000 60 Minutes

This well-known treatment promotes complete relaxation.

Holistic Massage R1000 60 Minutes

Holistic therapeutic massage is a hands on therapy that affects the physical , emotional , mental and spiritual levels of the body.

Lymphatic Detox Massage R1000 60 Minutes

Revitalise your lymphatic system that becomes blocked due to thousands of toxins that we eat and breathe and absorb causing our metabolism to be sluggish, resulting in a variety of health issues including weight gain.

Advanced Sport Massage R1000 60 Minutes

A highly effective way to treat injuries in muscles, tendons, ligaments and connective tissues, as well as helping prevent problems by improving range of movement, symmetry, muscle balance and posture.

Sinus Massage R 300 10 - 15 Minutes

Alleviate nasal congestion and discharge, facial pain, fullness, pressure headaches, migraines and sinus pain. Helps to reduce or eliminate snoring problems. Note: Not available as a standalone massage and must be combined with another massage.

Couple Massages R2300 60 Minutes

This bonding experience relieves tension from your muscles, but also releases natural chemicals like oxytocin in the body. When you and your partner receive oxytocin — also called the ‘love hormone’ you will both experience increased happiness, calmness, and pleasure, both during the massage and after. All of the above massages are available as a couples massage.



*To avoid disappointment, please book a treatment 24 hours in advance.

Once booked a strict cancellation applies.

Call or email our lodge on 021 858 1982 / info@lalapanzilodge.co.za

Looking forward to hearing from you!