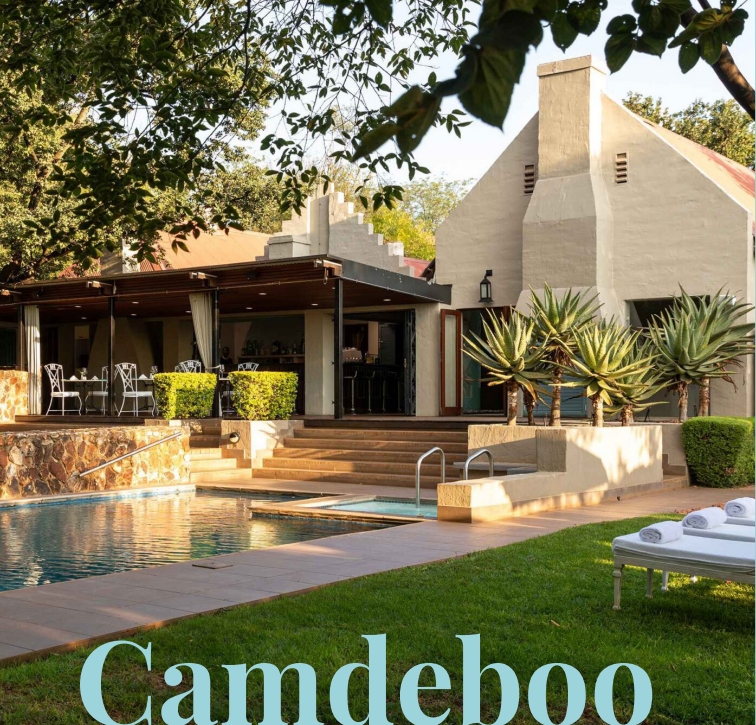




treatment *menu*





Camdeboo Day Spa

—taster menu

blkmlk back / neck and shoulder massage

*This treatment is specifically focused on the back, neck & shoulders using our in-house brand, **blkmlk** body butter, helping to relieve any sore muscles, tension, aches and pain using light to medium pressure whilst melting away any muscle tension using kneading and stroking techniques.*

RAND

640

MIN

30

Soothing scalp and face massage

This treatment consists of a combination of pressure points, stroking and rotation techniques to melt away your cares to a state of total relaxation. The ideal treatment for the relief of tension and headaches, migraines and eye strain.

640

30

blkmlk moisture hand ritual

*Warm your hands and your heart with our **blkmlk** moisture hand ritual. A soothing, relaxing and extremely moisturising treatment for the overworked hands. Leave them feeling soft and smooth - no painting.*

410

30

blkmlk moisture foot ritual

*Warm your feet and soothe your sole with our **blkmlk** moisture foot ritual. A super hydrating and destressing treatment for tired feet. Leave them feeling relaxed and rested - no painting.*

410

30

File / buff and paint

No time for a full manicure or pedicure? Then the Buff and Go is the perfect recipe for a make-believe manicure or pedicure to create that healthy 'I look after myself' look. Light nail and cuticle maintenance with a quick moisture application then buffed to a shine.

230

20

**BOOK
NOW**

grooming

	RAND	MIN
Brow / chin wax	220	15
Underarm wax	320	30
Chest or back wax	320	30
Full arm wax	410	30
Half arm wax	320	30
Full leg wax	710	60
¾ leg wax	570	45
Half leg wax	410	30
Hollywood wax	710	60
Brazilian wax	630	45
Bikini wax	300	30
Lip wax	300	15
Eyelash or brow tint	220	30
Lash and brow tint	230	45
Eyebrow shaping	260	15

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HOTELS

facials

	RAND	MIN
Facial on the run	940	40
BABOR facial	1250	60
BABOR brightening and glow facial	1960	60
BABOR advanced facial	2400	90
BABOR men's facial	1250	60

BOOK
NOW

massage

RAND

MIN

Signature blkmlk massage

This unique treatment uses a special Soy Oil based candle that heats the oil to a warm temperature that can then be poured onto the skin and massaged in using light to medium pressure kneading and stroking away muscle tension.

1560

90

blkmlk back, neck and shoulder massage

*This treatment is specifically focused on the back, neck & shoulders using our in-house brand, **blkmlk** body butter, helping to relieve any sore muscles, tension, aches and pain using light to medium pressure whilst melting away any muscle tension using kneading and stroking techniques.*

720

45

blkmlk full body massage

*This relaxing Swedish massage is a full body treatment from neck to toe using our in-house brand, **blkmlk** body butter, using light to medium pressure relieving any tension, sore muscles, aches and pains whilst techniques like stroking, kneading, and tapping the body are used to relax the muscles and improve blood flow.*

1150

60

blkmlk hot stones full body massage

Helps relieve muscle tension and pain. Using warm heated stones with light to medium pressure this can penetrate to the belly of the muscle to ease muscle tension and pain as well as increase blood circulation. This massage is a combination of using both hands and heated stones for best results.

1330

75

blkmlk twice as nice massage

*This relaxing Swedish massage is a full body treatment for two, side-by-side in the same treatment room from neck to toe using our in-house brand, **blkmlk** body butter. Light to medium pressure is used, relieving any tension, sore muscles, aches and pains whilst techniques like stroking, kneading, and tapping the body are used to relax the muscles and improve blood flow. (Full body massage for 2).*

2020

60

blkmlk warrior deep tissue massage

This unique massage is administered with the help of a Rungu, a wooden throwing club or baton bearing special symbolism and significance in certain East African tribal cultures. The Rungu is especially associated with Masai male warriors who have traditionally used it in warfare and for hunting. The smooth texture, heavy feel and different surfaces are combined to offer a massage with deep friction, leaving you with thoroughly massaged and stimulated muscles.

1150

60

Preggy mom full body massage

*This relaxing preggymom massage is a full body treatment from neck to toe that uses our in-house brand, **blkmlk** body butter, using light to medium pressure relieving any muscle tension and swelling whilst techniques like stroking and kneading the body are used to relax the muscles and improve blood flow. From 12 weeks – 36 weeks.*

980

60

Aromatic reflex massage

The body is interconnected through many pathways. The ancient practice of reflex massage triggers precise pressure points on the feet to eliminate toxins and stimulate the body's circulation. Leave this treatment feeling like you are walking on air!

630

30

Add on: Soy candle

Add on: Hot stones

150

Add on: Aroma oil

Add on: Deep tissue

150

BOOK
NOW

hands & feet

Spa manicure

Trimming and shaping the nails, filing, cuticle care, an exfoliating hand scrub, a massage of the hand & application of nail polish or shine.

RAND

490

MIN

60

Spa gel manicure

Trimming and shaping the nails, filing, cuticle care, an exfoliating hand scrub, a massage of the hand & application of gel polish.

760

90

Spa pedicure

Soak, trimming and shaping the nails, filing, buffing of dry heels, cuticle care, an exfoliating foot scrub, a massage of the feet & application of nail polish or shine.

570

60

Spa gel pedicure

Soak, trimming and shaping the nails, filing, buffing of dry heels, cuticle care, an exfoliating foot scrub, a massage of the feet & application of gel polish.

820

90

Gel colour varnish

550

60

Gel soak off only

230

30

Add on: Mediheel treatment

The Callus Softening Tonic works only on the outer layer of the heel to remove hard skin and calluses from the feet.

450

30

Add on: Revarnish

220

20

Add on: Paraffin wax

Helping the skin to be more supple and soft. When applied to the skin, it adds moisture and continues to boost the moisture levels of the skin after the treatment is complete. It can also help open pores and remove dead skin cells. Makes the skin look fresher and feel smoother.

220

30

body treatment

blkmilk body scrub and polish

Using our in-house brand, **blkmilk** non-invasive cream scrub, to remove all dead skin cells, leaving your skin silky soft and polishing your body with our **blkmilk** body butter to further hydrate your skin.

740

30

mom's to be

blkmilk preggy mom full body massage

This relaxing preggy mom massage is a full body treatment from neck to toe that uses our in-house brand, **blkmilk** body butter, using light to medium pressure relieving any muscle tension or swelling. Techniques used include stroking and kneading the body to relax the muscles and improve blood flow. From 12 weeks – 36 weeks.

980

60

BOOK
NOW

IN-HOUSE SIGNATURE RANGE

blkmilk



OTHER RANGES

BABOR



Lilian Terry International



MEDIHEEL

HOURS OF OPERATION

Monday to Sunday
09h00 - 17h00

CONTACT US

Tel: +27 (0) 12 667 6464

WhatsApp: +27 (0) 60 746 5834

Email: spa@irenecountrylodge.co.za
camdeboodayspa.co.za

Address: Nellmapius Drive, Irene, Centurion

PLEASE NOTE

Kindly arrive 30 minutes prior to your treatment.
100% Cancellation fee will apply to cancellations made within
24 hours of your treatment.

Late arrivals will result in a shortened treatment as
treatments are allocated to time slots.

TERMS & CONDITIONS

All rates, unless otherwise stated, are inclusive of 15% value added tax and
are quoted in South African Rands.

Rates are valid until 31 August 2025.

Rates are subject to change without prior notice.

Camdeboo Day Spa welcomes guests from 16 years old.



SCAN FOR ALL OUR PACKAGE OPTIONS
ON OUR WEBSITE

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