



# RELAX & REVIVE

## THE WHITE ORCHID DAY SPA

Indulge in our relaxing spa treatments and rejuvenate your mind, body and soul.

### FACIAL MENU

#### NIMUE DEEP CLEANSE & PEEL

Nimue treatments are designed for clients who are new to peels or who want a gentle glycolic experience.

Nimue lunch time facial	30 min - E550.00
Deep cleanse only	60 min - E650.00
Gentleman's facial	60 min - E650.00
Deep cleanse & 15% peel	60 min - E680.00
Deep cleanse & TCA peel	60 min - E780.00
Deep cleanse & sheet mask	60 min - E700.00
Deep cleanse & mask & peel	60 min - E780.00

#### NIMUE DEEP ADVANCED REJUVENATION

Nimue advanced treatments are for clients who would like to treat specific conditions.

SRC treatment & mask	60 min - E780.00
Thermal detox mask	60 min - E780.00
Soothing facial peel & mask	90 min - E850.00
Booster facial with 3 peels	60 min - E850.00
Booster facial with 3 peels & collagen mask	90 min - E900.00

#### NIMUE SPECIALISED REJUVENATION

Nimue specialised treatments are for clients who would like to treat sun damage and anti aging.

RP 35% peel & collagen mask	90 min - E950.00
RP 50% peel & collagen mask	90 min - E950.00

#### LAMELLE CHEMICAL PEELS

Lamelle chemical peels are designed for clients who want a stronger treatment or who have had chemical peels and treating specific conditions.

#### ESSENTIAL FACIALS

Essential deep cleanse only 60 min - E650.00

#### ANTI AGING FACIALS

Essential lacti-firm 30/10	60 min - E750.00
Essential lacti-firm 90/10	60 min - E850.00
Alpha peel 20%	60 min - E750.00
Alpha peel 30%	60 min - E750.00
Beta peel 20% & retinol	60 min - E850.00
Beta peel 20% & retinol & TCA	60 min - E950.00

#### HYPERPIGMENTATION FACIALS

Beta peel 15%	60 min - E800.00
Beta peel 20%	60 min - E850.00
Beta peel 30%	60 min - E950.00

#### ACNE & CONGESTION

Beta peel plus 15%	60 min - E800.00
Beta peel plus 20%	60 min - E850.00



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## ANTI AGING FACIAL MENU

### **NAP & GLOW FACIAL** 90 min - E850.00

The ultimate relaxation facial to get you feeling rested and rejuvenated. Using Radio Frequency along with the hydro jelly mask and a lovely relaxing massage. This treatment will leave your skin feeling hydrated, soothe and glowing.

### **HYDRA BUBBLE FACIAL** 60 min - E 850.00 90 min - E1200.00

This is a skincare treatment that involves a combination of exfoliation, extractions and hydration. It uses a device that delivers a mixture of oxygen and specialised serums to the skin. The treatment aims to deeply cleanse the pores, remove dead skin cells and infuse the skin with nutrients and hydration, leaving the skin feeling refreshed and rejuvenated.

### **RADIO FREQUENCY** 30 min - E650.00 60 min - E850.00

This is a non-invasive treatment to heat up the deeper layers of the skin, stimulating collagen and elastin production. This helps tighten and firm the skin and help reduce fine lines.

### **CARBOXY CO2 FACIAL** 60 min - E1200.00

This facial is also known as a carbon dioxide facial or carboxytherapy. It is a non-invasive cosmetic treatment where carbon dioxide is infused into the skin. This process stimulates blood circulation, improves the skin elasticity and promote collagen production. The results are a smoother, more youthful-looking skin and is used to treat fine lines and wrinkles.

### **RADIO FRACTIONAL MICRONEEDLING**

Needles E250.00 60 min - E1200.00  
90 min - E1500.00

Radio fractional microneedling is a combination treatment that incorporates both microneedling and radio frequency (RF) energy. It involves the use of a device that contain gold plated needles from 1mm to 3mm, which create micro-injuries in the skin. This procedure also delivers radio frequency energy into the deeper layers of the skin at the same time through these micro-channels.

The radio frequency heats the skin, stimulating collagen and elastin production, which helps to tighten and firm the skin. This treatment can improve the appearance of wrinkles, fine lines, scars and stretch marks.

### **IPL PHOTO REJUVENATION LASER**

p/area - E120.00 60 min - E1200.00

IPL (Intense pulse light) photo rejuvenation is a non-invasive cosmetic procedure that uses broad-spectrum light to target sun damage, pigmentation, acne and uneven skin texture.

It works by delivering pulses of light energy into the skin, which is absorbed by the pigment in the targeted areas, causing the pigment to break down and fade over time.

IPL can also stimulate collagen production, which can improve the skin texture, firmness and overall appearance.

IPL can be used on the face, neck, body and hands.



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### SPA NAIL PACKAGES

#### COUPLES / GROUP FRIENDS ESCAPE

Side by side, this ceremonious treatment is a memorable experience to enhance that special moment for couples or a group of friends. The Spa manicure or pedicure of your choice is followed by a relaxing head, neck and shoulder massage in the comfort of the spa lounge. Please book groups in advance. **Catering can be arranged as an add on.**

Eswatini Luxury Spa Manicure	90 min - E550.00
Eswatini Luxury Spa Pedicure	90 min - E650.00
Add Jelly pedi experience	30 min - E200.00
Add Pedi hot stone massage	30 min - E200.00

#### SOLE & HAND SOOTHER 90 min - E950.00

Recover from a day of hiking or a busy day in the office. Restore your "sole" with our deluxe foot treatment that includes an invigorating spa foot scrub, warm paraffin foot wrap, stress relieving neck massage and energising foot massage, followed by a moisturising hand balm massage. You are left to relax in the room for 10 min while you enjoy the peace and quiet. Your therapist will bring you a cup of hot herbal tea or a glass of cold water.

#### ADDITIONAL

Soak off	30 min - E60.00
Soak off from another product	60 min - E150.00
Tips New set	90 min - E600.00
French set	90 min - E650.00

## SPA MANICURES & PEDICURES

### SPA MANICURES

Express Manicure	45 min - E280.00
Spa Manicure (no varnish)	45 min - E300.00
Spa Manicure with varnish	60 min - E340.00
Spa French Manicure	75 min - E400.00
Spa Paraffin Manicure	75 min - E480.00
Gel Manicure	60 min - E420.00
Gel French Manicure	75 min - E500.00

### SPA PEDICURES

Express Pedicure	45 min - E350.00
Spa Pedicure (no varnish)	60 min - E380.00
Spa Pedicure with varnish	60 min - E400.00
Spa Paraffin Pedicure	75 min - E530.00
Gel Pedicure	60 min - E480.00
Gel French Pedicure	75 min - E530.00
Pedi Heel Treat (no varnish)	60 min - E550.00
Pedi Heel Treat with varnish	60 min - E570.00
Pedi Heel Treat with Gel	60 min - E650.00
Jelly Pedi experience add on	30 min - E200.00
Hot stone massage add on	30 min - E200.00

# BEAUTY TREATMENTS

## WAXING

Lip / Eyebrows / Chin	30 min - E 150.00
Eyebrows & Lip	30 min - E280.00
Underarms	30 min - E230.00
Bikini Line	30 min - E300.00
Brazilian	60 min - E400.00
Hollywood	60 min - E450.00
Half Arms	30 min - E350.00
Full Arms	30 min - E450.00
Half Legs	30 min - E380.00
Full Legs	45 min - E480.00
Back Wax	60 min - E450.00

## BROW TREATMENTS

Eyebrow Wax	30 min - E150.00
Eyebrow Wax & Tint	30 min - E300.00
Eyebrow Tint	30 min - E180.00

## EYELASH TREATMENTS

Eye Lash Tint 30 min	30 min - E180.00
Eye Lash Perm & Tint	30 min - E450.00

## IPL LASER HAIR REMOVAL

### FACE LASER

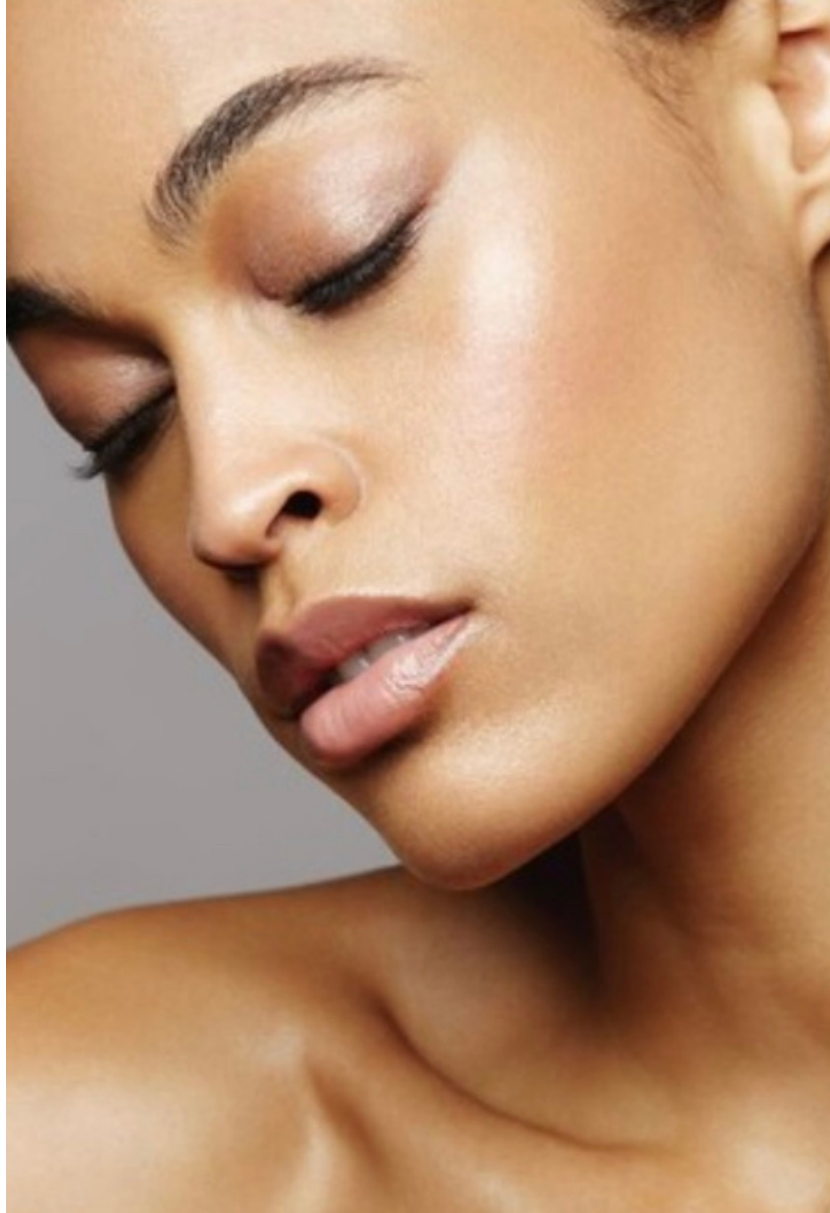
	ONE	SIX
Upper Lip / Eyebrows	E300.00	E1200.00
Upper Lip & Chin	E450.00	E1920.00
Chin & Jawline	E450.00	E1920.00
Sideburns	E450.00	E1920.00
Full Face	E950.00	E4560.00

### BIKINI LASER

	ONE	SIX
Bikini Top & Sides	E650.00	E2880.00
Brazilian	E850.00	E4080.00
Hollywood	E950.00	E4560.00

### BODY LASER

	ONE	SIX
Full legs Female	E2500.00	E10560.00
Full legs & Bikini	E2800.00	E13440.00
Full legs & Hollywood	E3000.00	E14000.00



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## THE WHITE ORCHID DAY SPA BODY MENU

### LASER LIPOLYSIS

This body sculpting treatment is used to improve the body's silhouette and help reduce cellulite and firm up the skin. Using Diode pads to heat the skin and vacuum radio frequency, cavitation with ultra sound and multi polar radio frequency to firm the skin.

**Please note:** This treatment must be combined with a nutritional eating plan and exercise plan.

#### LIPO LASER DIODE PADS (INFR RED PADS)

Face / Body Pads Treat p/area 30 min - E 450.00  
Face / Body Pads 6 x Treat p/area 30 min - E2500.00

#### BODY SCULPTING & TIGHTENING TREATMENT

Body Treatment p/area 60 min - E 700.00

Laser Lipolysis included with Lipo Diode pads

Treatment p/area 90 min - E 850.00

Laser Lipolysis included with Lipo Diode pads

Treatment p/area x 6 Treatments 90 min - E4550.00

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**FOR BOOKINGS**

WHAT'S APP 7633 3933

CALL 2404 3933

**WWW.THEWHITEORCHIDDAYSPA.ORG**



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### SPA PACKAGES

#### REVITALISING PACKAGE 180 min - E1500.00

Reveal a more vibrant, radiant complexion with our luxurious Signature Soothing Hydrating Facial. This moisturising facial is designed to alleviate stubborn dryness and calm irritated skin. A Hyaluronic serum and Hydrating mask to reduce moisture loss for a more supple-looking complexion. This facial restores hydration, infuses antioxidants to promote a more youthful appearance, and binds moisture with hyaluronic acid leaving the skin with a luxurious soft glow. Followed by the ultimate stress relieving ESWATINI SPA Hot Stone massage, which will melt away stress and tension and leaving you feeling refreshed and revitalised. You are left to relax in the room for 10 minutes while you enjoy the peace and quiet.

Your therapist will bring you a cup of hot herbal tea or a glass of cold water

Add Spa Manicure & Spa Pedicure	E700.00
Add Gel manicure & Gel Pedicure	E820.00
Add Jelly pedi experience	E200.00
Add Hot stone pedi massage	E200.00

### ADDITIONAL MASSAGES

Foot Scrub & Pressure points	30 min - E480.00
Foot Scrub & Pressure points	60 min - E550.00
Foot Scrub & Foot Massage	30 min - E450.00
Indian Head & Scalp Massage	30 min - E450.00

### SPA PACKAGES

#### SLEEP - WELL 90 min - E950.00

Our sleep-well massage encourages deep, restful sleep with a blend of lavender oils rubbed into your temples and hot towel compresses on the feet. After a soothing Aromatherapy massage, you are then cocooned with ESWATINI SPA aromatic oils. Your spa therapist envelopes your face with hot towel compresses and offers a gentle face and scalp massage to lull you to sleep. You are left to relax in the room for 10 minutes while you enjoy the peace and quiet. Your therapist will bring you cup of hot herbal tea or a glass of cold water.

#### BODY MELT 90 min - E950.00

Your restorative massage experience begins with an invigorating full body dry brush, followed by a deep massage with a muscle warming ESWATINI SPA essential oil blend. A heat application is applied on the back of your neck and shoulders to help melt away your tension. Your therapist will gently massage your feet and end off with hot towel compresses on your feet. You are left to relax in the room for 10 minutes while you enjoy the peace and quiet. Your therapist will bring you a cup of hot herbal tea or a glass of cold water.



## THE WHITE ORCHID DAY SPA MASSAGE MENU

### Back Massage | Full Body Massage

These services are designed to promote overall wellness and reduce stress, tension and muscle pain.

30 minutes E500.00 / 45 minutes E550.00  
60 minutes E600.00 / 90 minutes E800.00

### Hot Stone Massage

Massage that uses smooth, heated stones to deeply penetrate the muscles and release tension.

30 minutes E680.00 / 45 minutes E750.00  
60 minutes E780.00 / 90 minutes E970.00

### Aromatherapy Massage

Gentle massage that uses essential oils to promote relaxation and balance in the body and mind.

30 minutes E620.00 / 45 minutes E680.00  
60 minutes E700.00 / 90 minutes E870.00

### Pre / Post Natal Massage

Massage technique that uses long strokes, kneading, and circular movements to help relax and energize the body.

Back massage 60 minutes E700.00  
Full body massage 60 minutes E700.00

### Deep Tissue Massage

Massage technique that uses long strokes, kneading, and circular movements to help relax and energize the body.

30 minutes E650.00 / 45 minutes E700.00  
60 minutes E750.00 / 90 minutes E950.00

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