

Enjoy a unique therapy tailored to your individual needs. Be it a pick-me up, a pamper, or for stress relief, enjoy an organic facial, or a well deserved deep tissue massage for overworked muscles.

Deirdre uses certified Organic facial products, cold pressed oils with aromatherapy oils to give a treatment that is totally entered on you and your requirements. Treatments listed can be changed, added together or altered.

REIKI MASTER DEIRDRE SCOTT-ROGERSON



Massage Therapy

Treatments can take place in a therapy room at Temenos

Couples therapies also available at an additional charge of R30pp

Contact Deirdre for an appointment

Cell: 0721 580 521

Or you can email:

bellissimastud@gmail.com

Full body massage

A relaxing massage that invigorates the skin, increases your circulation and promotes lymph drainage, this massage includes a gentle foot massage and concludes with a facial and scalp massage.

approx 1 hour R350 approx 1½ hours R450

Sports/Deep tissue/Remedial massage

A very firm massage most suitable for sportsmen and women requiring deep tissue tension release. This massage is concentrated on 'most needed' areas e.g. legs and lower back, in an hour's treatment this may not necessarily be a 'full body' massage.

approx 1 hour R350 approx 1½ hours R450

Vibrational Toning Massage

A heavy duty vibrating hammer massager is used to deeply release muscle tension and the dreaded cellulite, finishing with a massage using special massage oil or organic body lotion.

approx 1½ hours 450

Exfoliating Massage

Your body is exfoliated with natural bristle brushes to invigorate the skin and gently remove dead cells, finishing with a massage to leave your skin smooth and tingling with health and vitality.

approx 1½hour R450

Shoulders, facial and scalp massage

Feel relaxed and revitalized after a gentle shoulder and upper back massage combined with a deeply relaxing facial and scalp massage.

approx 40mins R220

Hands, Feet, Face and Scalp Massage (for those not wishing to disrobe)

Enjoy a soothing hand massage, and a relaxing foot massage then a deeply relaxing facial and scalp massage.

approx 1 hour R350

Crystal Stone Massage

An unusual and uniquely different form of massage using large crystal stones of your choice. These stones are gently or firmly rubbed over your body enlivening or soothing as required. The feeling of the silky smooth crystals on your skin and the healing qualities of the stones themselves makes for a truly different massage experience.

approx 1 hour R350

Muscle Activation

A system of releasing, strengthening and activating your muscles to improve performance and to release pain and tension. Each of your main muscle blocks is tested, released via a series of pressure / trigger points and then retested so that you can see the improvement. Feel taller, stronger and more in control of your body.

approx 1 hour R300

Reiki Treatment

Reiki is a form of Japanese healing that is both powerful and gentle. It has been proven to reduce or eliminate pain, shorten healing time and reduce stress. Reiki is a non invasive therapy that involves a gentle laying on of hands.

approx 1 hour R300

Organic Facial

Using certified Organic facial products your face is gently and aromatically cleansed and exfoliated, a masque is applied and your hands and feet are gently massaged whilst the masque does its work. Then lip and eye balm are applied and you are given a facial massage with a rich moisturising balm finishing with a relaxing scalp massage.

approx 1 hour R350

