



*Labadi Beach Hotel*

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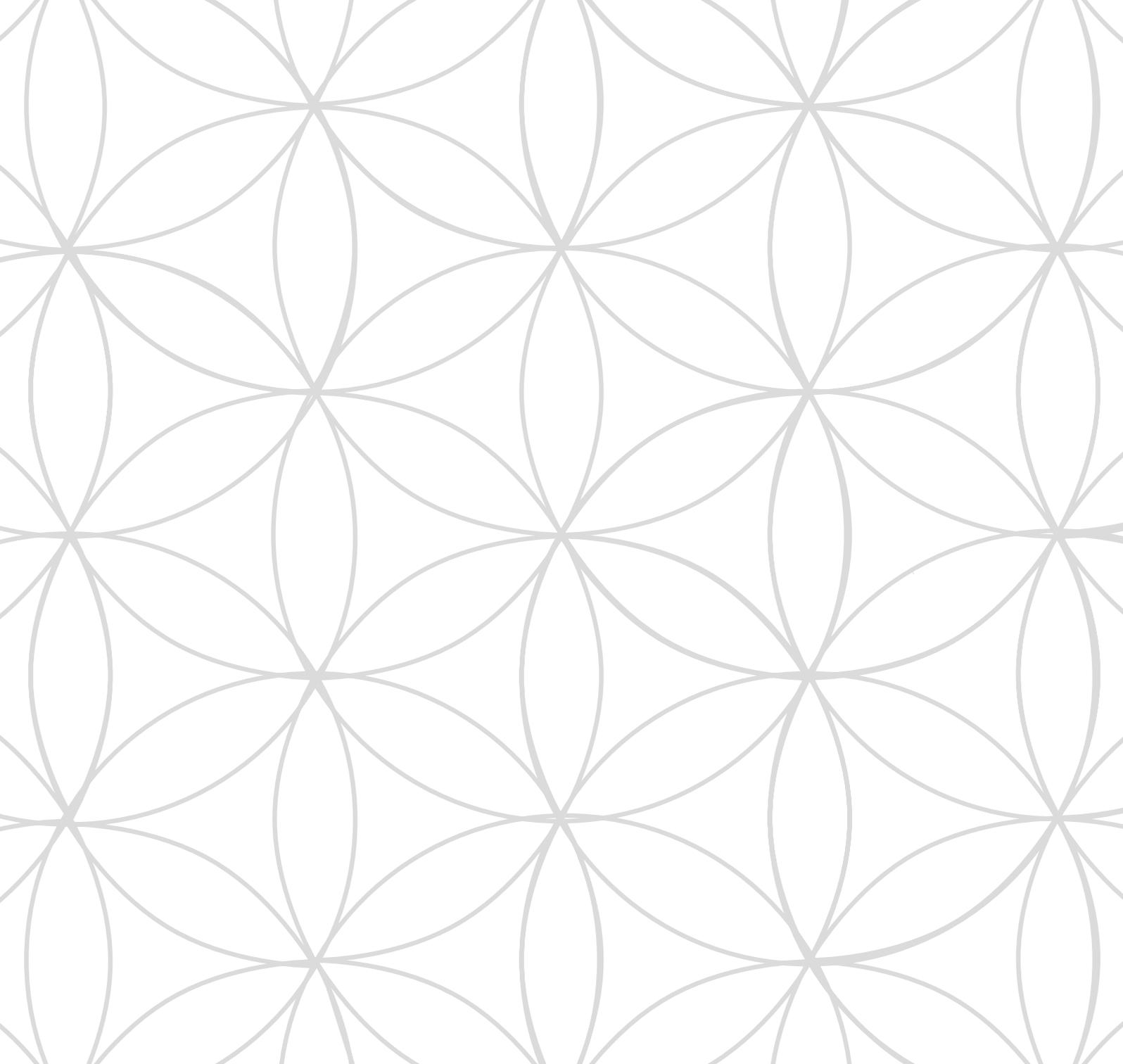
SPA

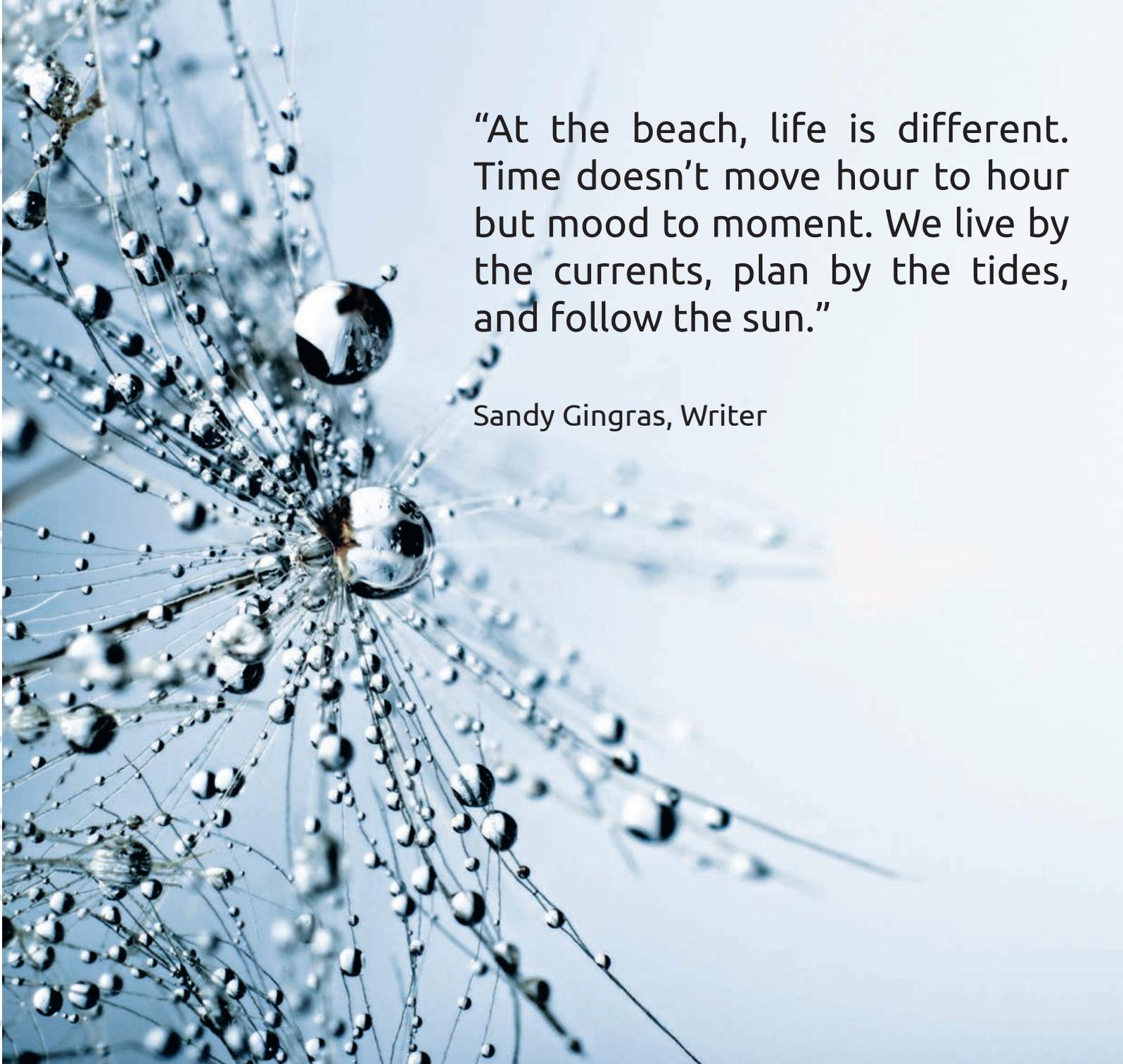


*Welcome to our Spa*



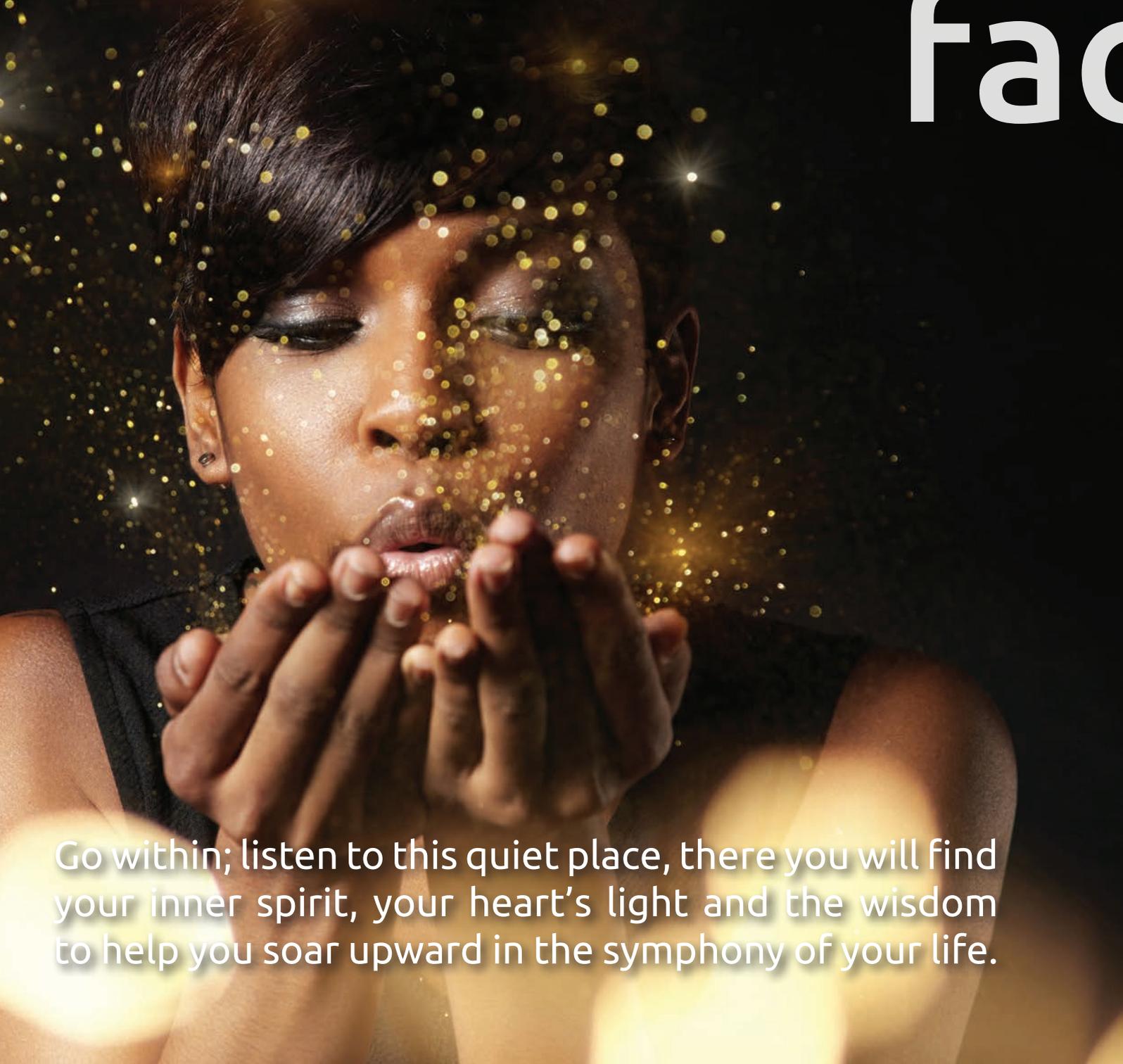
Discover the pure happiness that comes from ultimate relaxation. Legacy Balance Spas provide an escape from the urban chaos, leaving in its wake a silence and tranquility followed by energy and balance to deal with what life has to throw at us. Allow us to help you find a more peaceful and balanced YOU!





“At the beach, life is different. Time doesn’t move hour to hour but mood to moment. We live by the currents, plan by the tides, and follow the sun.”

Sandy Gingras, Writer

A close-up photograph of a woman with dark hair and eyes closed, her hands clasped in a prayerful gesture. She is surrounded by a dense field of golden, shimmering particles that create a magical, ethereal atmosphere. The background is dark, making the golden sparkles stand out prominently. The overall mood is one of quiet reflection and inner peace.

fac

Go within; listen to this quiet place, there you will find your inner spirit, your heart's light and the wisdom to help you soar upward in the symphony of your life.

# cial therapies

## Facial Therapies

Sophisticated facial therapies coupled with innovative formulations that are solution focused with targeted results for all skin types.

- Skin solutions facials address specific skin conditions, the unique and potent formulations used will dynamically treat the skin with powerful results.
- Skin specific facials: these, professional facial therapies will nourish, revitalise and sooth while moisturising the skin.
- Advance performance facials: leading anti-ageing formulas based on cutting-edge technologies will target specific stages of ageing process, and help the skin's natural radiance and vitality last longer.

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Enjoy your visit here and feel at home. These therapies are all about harmony and well-being, finding your own balance and the path that inspires and liberates you.

# Body Therapies



## Body Therapies

### Full body exfoliation

Customised aromatherapy salts are used to stimulate the skin, followed by a nourishing body cream.

### Scalp treatment

The power of touch and smell to nourish and restore.

### Aromatic Body Wraps

A ceremony of pure essential oils that will help stimulate the senses, drench the skin with moisture, invigorate and revitalise the body.



# massa

Find your own creative path to personal harmony in all realms: body, mind, heart and spirit. Guide yourself there! We all carry natural wisdom within. Listen to the voice of your inner magic and create with your Life!

# Massage therapies

## Massage Therapies

### Classic Swedish Full Body and Back, neck & shoulder massage

From the soles of your feet to the crown of your head, medium pressure, muscle relaxing massage that relieves the most common areas of tension.

### Deep tissue muscle massage

Alleviate high stress levels, ease aching muscles and revive the senses with this powerful deep tissue massage.

### Aromatherapy massage

Let your thoughts drift away whilst you are massaged with aromatherapy oils. Combines the effects of touch and aroma to ease body and mind.

### Hot stone massage

Deeply relaxes your mind and body, combining the effects of heat to relax and detoxify the entire body.

# spa signature

A woman with dark hair tied back is lying on her side on a light purple towel. She has her eyes closed and a peaceful expression. Her skin is glistening with oil. Two hands are visible, one resting on her shoulder and another on her upper back, performing a massage. The background is a soft, out-of-focus blue.

There is natural magic all around you. The beauty of life's miracles and gifts patiently awaiting discovery.

# Spa treatments

## Spa Signature Treatments

### Alaafia

Pregnancy Therapy, the nine-month journey of nurturing is a special time. Connecting with the mother through the power of touch and working with two heartbeats as one. Specialised positioning on our unique beanbag is used to ensure the ultimate in comfort and relaxation. Treatment time 90min.

### Iyanrin

Let your thoughts drift away whilst your body is lightly dry brushed, be cocooned in a comforting body wrap of rich indigenous African essential oils designed to rid the body of excess toxins. Bring balance to your crown with a scalp massage, complete your journey with a well-being massage to improve body performance and and awaken your spirit with a gentle Tibetan bell. Treatment time 120min.

### Okun

This deeply relaxing and rebalancing package combines a full body aromatherapy massage using warm dynamic blends of essential oils with an intensive facial prescribed to your needs and a classic pedicure. Complete your relaxing experience with lunch. Treatment time 4 1/2 hours.

### Omi

The perfect treatment from head to toe. The rich in vitamin C face and eye treatment, instantly firms, rejuvenates and plumps up the skin whilst reducing dark circles from around the eye contour. Alleviate high stress levels and ease aching muscles with a powerful aromatherapy massage, complete your journey with us with a classic manicure and a classic pedicure and lunch. Package time 6 hours.



You are an instrumental force in all that you create.  
Shine in all directions, allow the world to experience  
your light and warmth

# services



## Services

We offer a complete range of services including:

Classic manicure and Classic pedicure

Eyebrow and eyelash grooming

Waxing

Nail Enhancers

# welcome

VOUCHER SALES visit [www.legacybalance.co.za](http://www.legacybalance.co.za)

## Dear Guest

At Labadi Beach Spa you will enjoy the warm hospitality and services it has to offer. Respect for the uniqueness of every individual underlines the Labadi Beach Spa; our dedicated team of skilled therapists are committed to delivering the highest levels of personal service excellence. We have made every effort to ensure that your stay will be an enjoyable and unforgettable experience.

## Spa Etiquette

All our guests are welcome to enjoy every aspect of the Spa facilities. Arrival time is a minimum of 15 minutes prior to your first treatment. Please note that should you wish to arrive earlier and make use of the Vitality pool you are most welcome.

Swimming costumes must be worn when using the vitality pool. We will provide a locker, gown and slippers for your comfort and which should be worn throughout your stay.

No person/s under the age of 13 years is / are permitted to use the Spa facilities. All prices, treatments and information are current at the time of distribution and are subject to revision without prior notice.

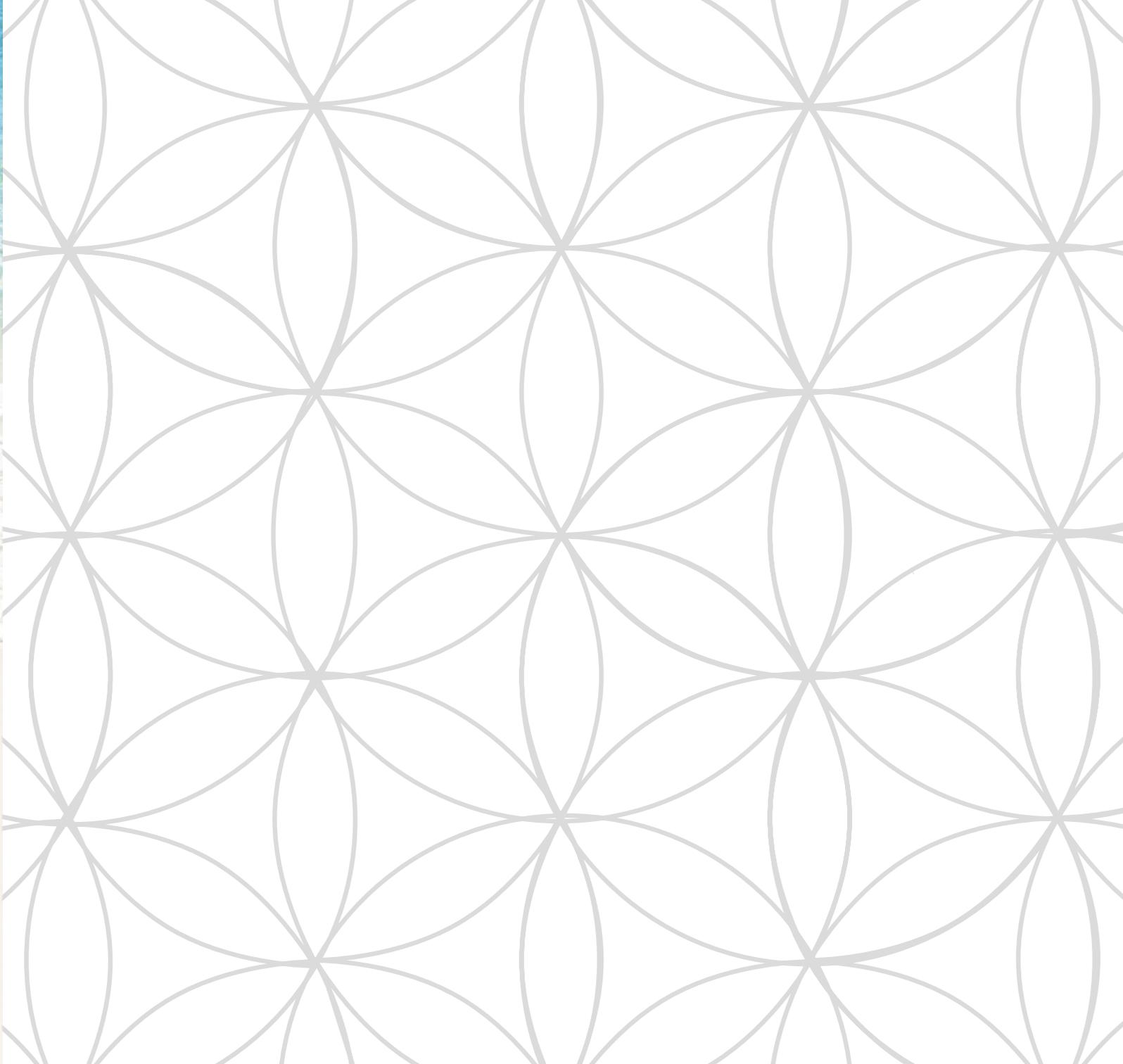
A booking cancellation fee of 50% will be charged on all bookings that are cancelled within 12 hours or less of the appointment time.

Late arrivals will have their treatment times reduced accordingly but full price will apply.

## SPA CONTACT DETAILS

Address: Labadi Beach Hotel, P.O. Box 1, Trade Fair, La  
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