

*Bakubung*

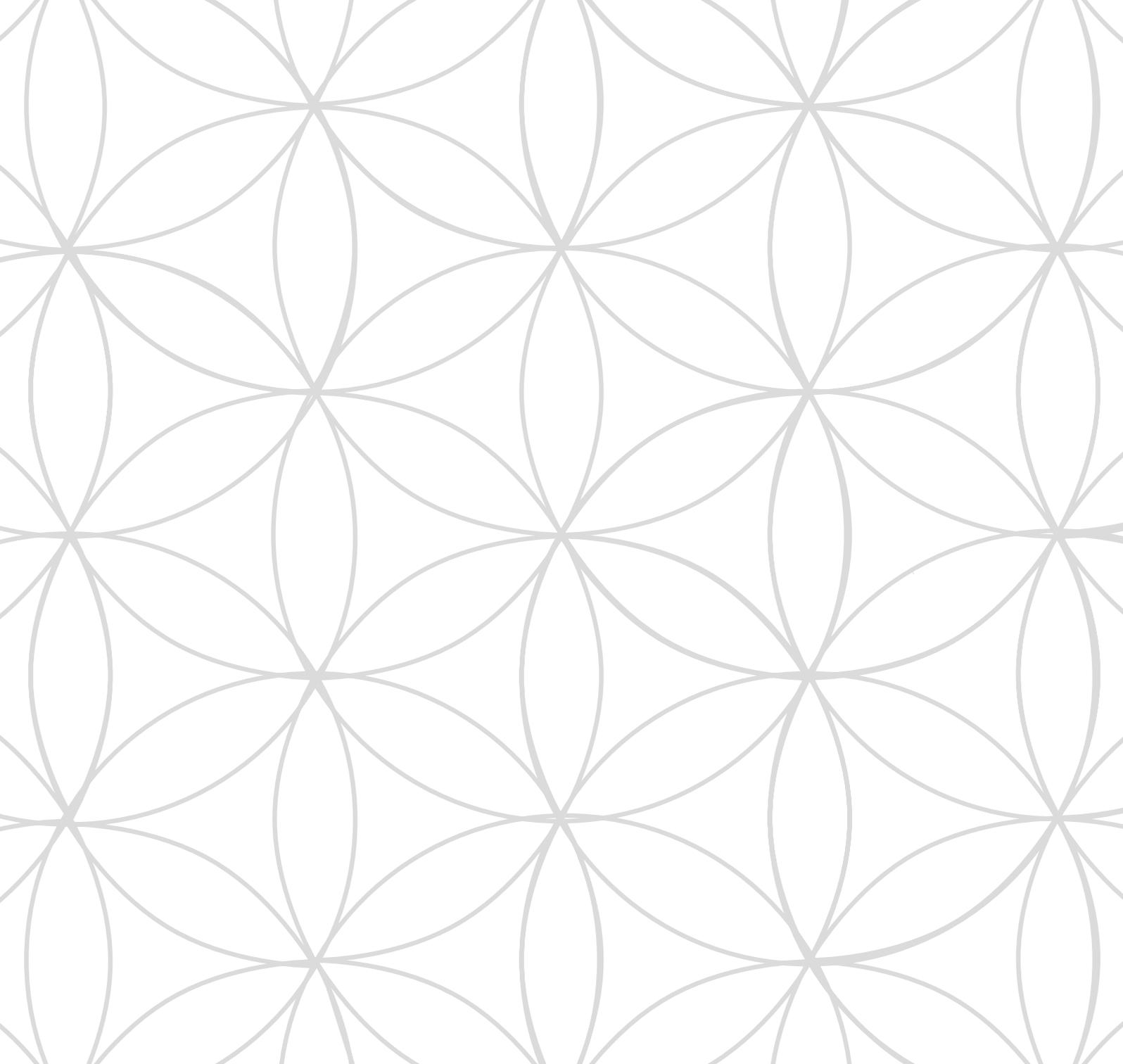
SPA





*Welcome to our Spa*

Finding time for yourself is often a tricky balancing act, but at Legacy Balance Spas it's child's play. Harmony in mind and body will be gently restored by the breathtakingly beautiful settings, beneficial treatments and service that puts you first. You'll feel better from the moment you arrive. Expect to feel unusual side effects – calm, composure and an inner radiance that will stay with you even after you have returned home.





“Forget not that the earth delights to  
feel your bare feet  
And the wind longs to play with your  
hair.”

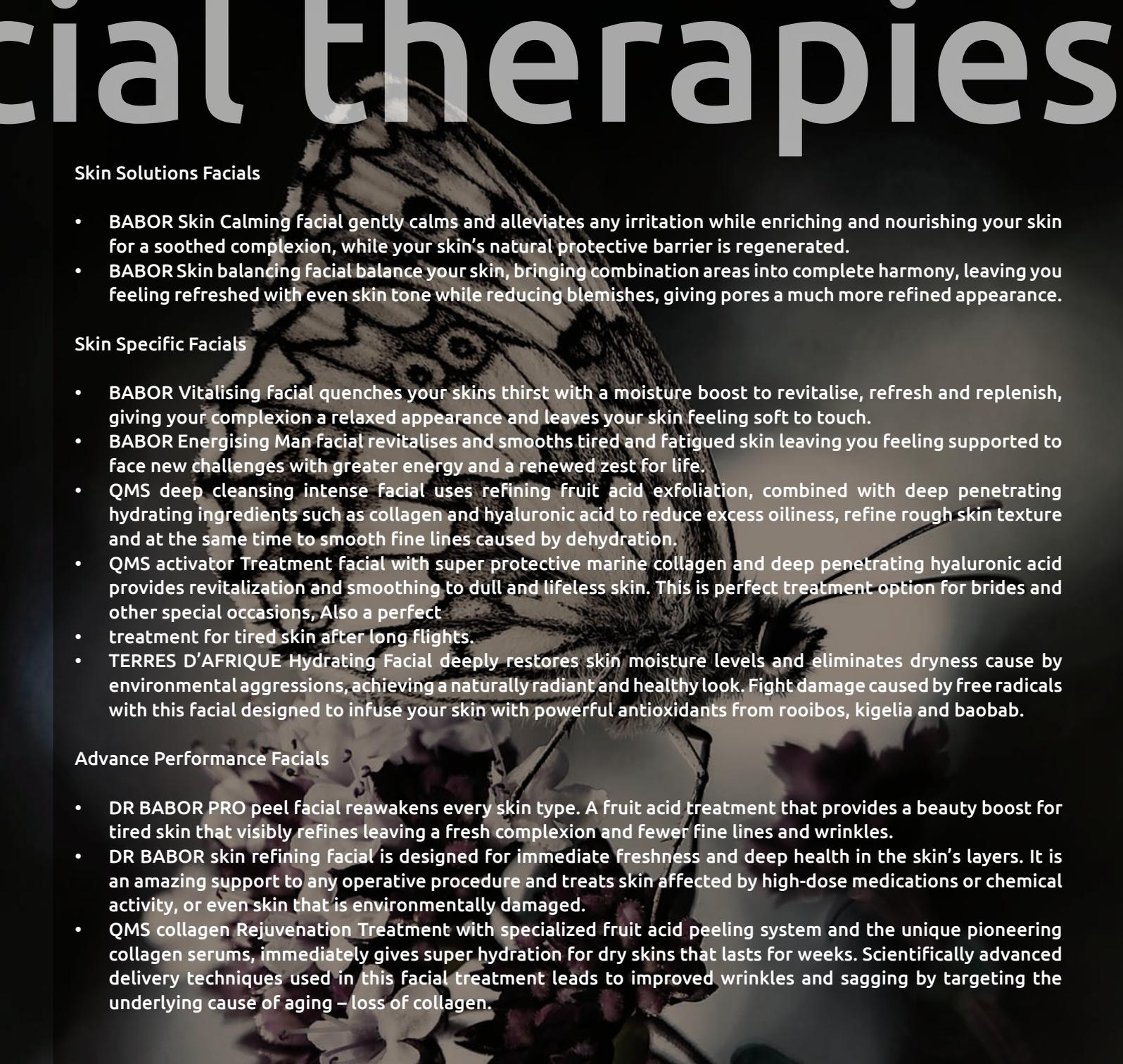
Kahil Gibran



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Making your dreams for beautiful, radiant skin come true is possible with a facial. Not only are facials necessary for maintaining healthy skin, they are also a wonderful way to relax during your day at the spa. This skin saving regimen will include a facial mask or two and is often customized to your specific skin type and skin concerns. Whether you have dry, oily, combination, sensitive, or normal skin, you can find a facial that is perfect for you.

# cial therapies



## Skin Solutions Facials

- BABOR Skin Calming facial gently calms and alleviates any irritation while enriching and nourishing your skin for a soothed complexion, while your skin's natural protective barrier is regenerated.
- BABOR Skin balancing facial balance your skin, bringing combination areas into complete harmony, leaving you feeling refreshed with even skin tone while reducing blemishes, giving pores a much more refined appearance.

## Skin Specific Facials

- BABOR Vitalising facial quenches your skins thirst with a moisture boost to revitalise, refresh and replenish, giving your complexion a relaxed appearance and leaves your skin feeling soft to touch.
- BABOR Energising Man facial revitalises and smooths tired and fatigued skin leaving you feeling supported to face new challenges with greater energy and a renewed zest for life.
- QMS deep cleansing intense facial uses refining fruit acid exfoliation, combined with deep penetrating hydrating ingredients such as collagen and hyaluronic acid to reduce excess oiliness, refine rough skin texture and at the same time to smooth fine lines caused by dehydration.
- QMS activator Treatment facial with super protective marine collagen and deep penetrating hyaluronic acid provides revitalization and smoothing to dull and lifeless skin. This is perfect treatment option for brides and other special occasions, Also a perfect
- treatment for tired skin after long flights.
- TERRES D'AFRIQUE Hydrating Facial deeply restores skin moisture levels and eliminates dryness cause by environmental aggressions, achieving a naturally radiant and healthy look. Fight damage caused by free radicals with this facial designed to infuse your skin with powerful antioxidants from rooibos, kigelia and baobab.

## Advance Performance Facials

- DR BABOR PRO peel facial reawakens every skin type. A fruit acid treatment that provides a beauty boost for tired skin that visibly refines leaving a fresh complexion and fewer fine lines and wrinkles.
- DR BABOR skin refining facial is designed for immediate freshness and deep health in the skin's layers. It is an amazing support to any operative procedure and treats skin affected by high-dose medications or chemical activity, or even skin that is environmentally damaged.
- QMS collagen Rejuvenation Treatment with specialized fruit acid peeling system and the unique pioneering collagen serums, immediately gives super hydration for dry skins that lasts for weeks. Scientifically advanced delivery techniques used in this facial treatment leads to improved wrinkles and sagging by targeting the underlying cause of aging – loss of collagen.



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These therapies are all about harmony and well-being, finding your own balance and the path that inspires you. From body exfoliation to wraps, hydrating, body sculpting, targeted slimming or detox treatments, they are all rooted in specific high-performance marine products with patented active ingredients.

# Body Therapies

## Body Therapies

- TERRES D'AFRIQUE Coconut Sculp & Hair Treatment focuses on boosting energy levels and stimulating the immune system. It combines aromatherapy, acupressure and reflexology with hot and cold massage techniques. It is also said to improve circulation in the head, enhance the senses, improve memory and promote clear thinking.
- TERRES D'AFRIQUE Myrrh Body Polish is a deep and luxurious exfoliation with myrrh and coconut shell that will leave your skin ready for the moisturizing and healing benefits of Terre's D'Afrique Omumbiri Body Butter.
- TERRES D'AFRIQUE Body Masks are ideal for a holistic cleansing. A soothing and healing ritual that is designed to leave your inner and outer body restored. Choose between the detoxifying, firming or anti-ageing to reconnect body and mind.
- BABOR SHAPING BODY PEEL is a smooth and luxurious full body exfoliation with natural grains made from cranberry seeds and cellulose. It removes superficial dead skin cells and refines the appearance of the skin. Fruit stem cells, plus the plant-based Shaping Complex improves skin tone and elasticity instantly.
- ELEMIS Lime & Ginger salt glow is a deeply cleansing salt scrub that encourages cell regeneration for the softest, smoothest, most nourished skin. A deeply relaxing and invigorating treatment that encourages circulation, and boost the metabolism.

# massa



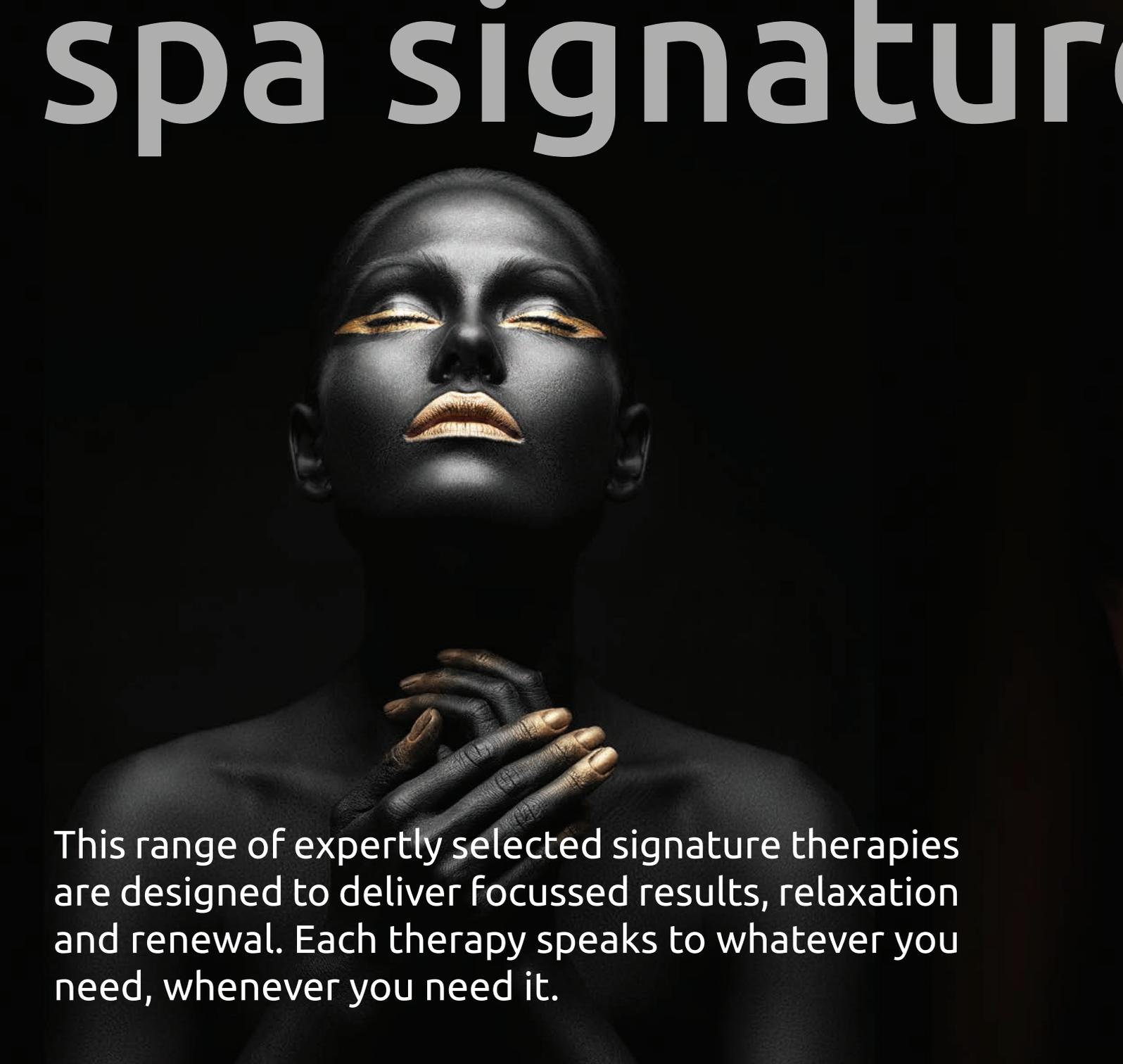
Whether you're new to massage or are looking to broaden your horizons, you're sure to find a style that's right for you. A good massage can relieve stress and pain, and just plain old make you feel good. It can also enhance immunity and increase flexibility through soothing touch therapy.

# Massage Therapies

## Massage Therapies

- **BACK, NECK & SHOULDER MASSAGE:** a quick and thorough massage that relieves the most common areas of tension.
- **CLASSIC SWEDISH MASSAGE:** the medium pressure massage associated with the long-proven and highly respected Swedish massage techniques increases blood circulation, releases toxins and stimulates the nervous system.
- **HOT STONE MASSAGE:** combining hot stone protocols with a full body massage provides a very healing and effective experience. Heat loosens up the muscles and stimulates blood circulation leaving you feeling warm, comfortable and at ease.
- **SOY CANDLE MASSAGE:** Free of petroleum products, paraben, boosters and colourants, Soy wax candles are certified to be GMO free. The soy candle is suitable for all skin types, leaving your skin feeling instantly moisturised, renewed and revitalised, add hot stones to these aromatic and skin soothing properties, and any muscular pain melt away.
- **PLACE OF THE HIPPO:** this muscle de-stress massage is a highly specialized massage ideal for the relief of stiff aching muscles, detoxification and stimulation of circulation. It stimulates the immune system, toning and fortifying the body. Add to that the healing and softening effects of baobab oil, and this deep-tissue massage is a must for getting you back in the running.
- **PLACE OF THE RHINO:** is a deeply moisturising massage with hand crafted Shea Butter that melts to golden oil, unimaginably rich and generous to the skin. A slow, deep-massaging action results in profound relaxation, while the essential fatty acids and vitamins rehydrate, recondition and revitalise your body from head to toe.
- **PLACE OF THE ROCK:** this body balancing massage starts with a full body exfoliation to better prepare the skin for the absorption of pure organic coconut oil and will infuse the skin with antioxidants and vitamin E, while the soothing hands and hand-carved wooden TriTouch tools will drain the lymphatic system. Stimulation to pressure points applied using the TriTouch along the body's meridians, activates the body's natural curative abilities.

# spa signature

A woman with black skin and gold eye makeup, looking upwards with her hands clasped in prayer.

This range of expertly selected signature therapies are designed to deliver focussed results, relaxation and renewal. Each therapy speaks to whatever you need, whenever you need it.

# Spa treatments

## Spa Signature Treatments

### MUVHUYU SIGNATURE MASSAGE THERAPY

Inspired by the iconic Baobab tree, this signature massage therapy helps release muscle tension and unblocks energy pathways in the body. A perfect way to restore balance after a long journey. Following a full body exfoliation, the massage starts with a gentle brushing of the body with scented ostrich feather to stimulate the secretion of endorphins and to help you relax. Warm baobab oil mixed with muscle relaxing essential oils is used in combination with heated pindas and signature tools to release muscle tension and unblock energy pathways. Complete this journey with an express facial with African botanicals, enhanced by signature massage techniques to smooth away signs of life's jet lag. Treatment Time 120 min

### METSI SIGNATURE MASSAGE THERAPY

Start your journey with a foot ritual, followed by a fragrance ritual, body walk and 5 min guided meditation. Let your thoughts drift away whilst your body is lightly polished, be cocooned in a comforting body wrap of rich African plants designed to rid the body of excess toxins. Bring balance to your crown with a scalp massage, and complete your journey with "In Harmony" balancing massage to improve body performance and awaken your spirit. Treatment time 120 min

### TOP TO TOE PACKAGE 2 HOURS

Melt away tension and bring your body and mind back into harmonious balance. Full body exfoliation first smooths and softens the skin, followed by an indulgent back, neck and shoulder massage using nourishing essential oils to penetrate tired, aching muscles. Finally, a vitalising express facial, hand and foot massage will bring about total balance in the body.

### NNETE PACKAGE 5 HOURS

This package starts with an exotic exfoliation ritual to invigorate and revitalise the body, followed by a deep tissue muscle massage from dynamic blend of essential oils, ideal for the relief of stiff aching muscles, detoxification and stimulation of circulation. Experience the ultimate in scientific skin therapy with an advanced anti-ageing facial and deluxe pedicure at our designer station. This package includes lunch.

### MOTHER TO BE PREGNANCY THERAPY

A combination of nourishing face and body treatment that has been designed to nurture and support a woman through the rich tapestry of each trimester. Gently. Treatment time 90min.



Incorporating innovative products formulated to give effective and transformative results for a variety of foot related conditions, your feet will be soothed, scrubbed, softened and hydrated to offer the ultimate Spa treatment. Here Medi meets Pedi. Your hands will be lavishly hydrated, your nails filed and shaped and your cuticles groomed and prepped for your favourite nail colour.

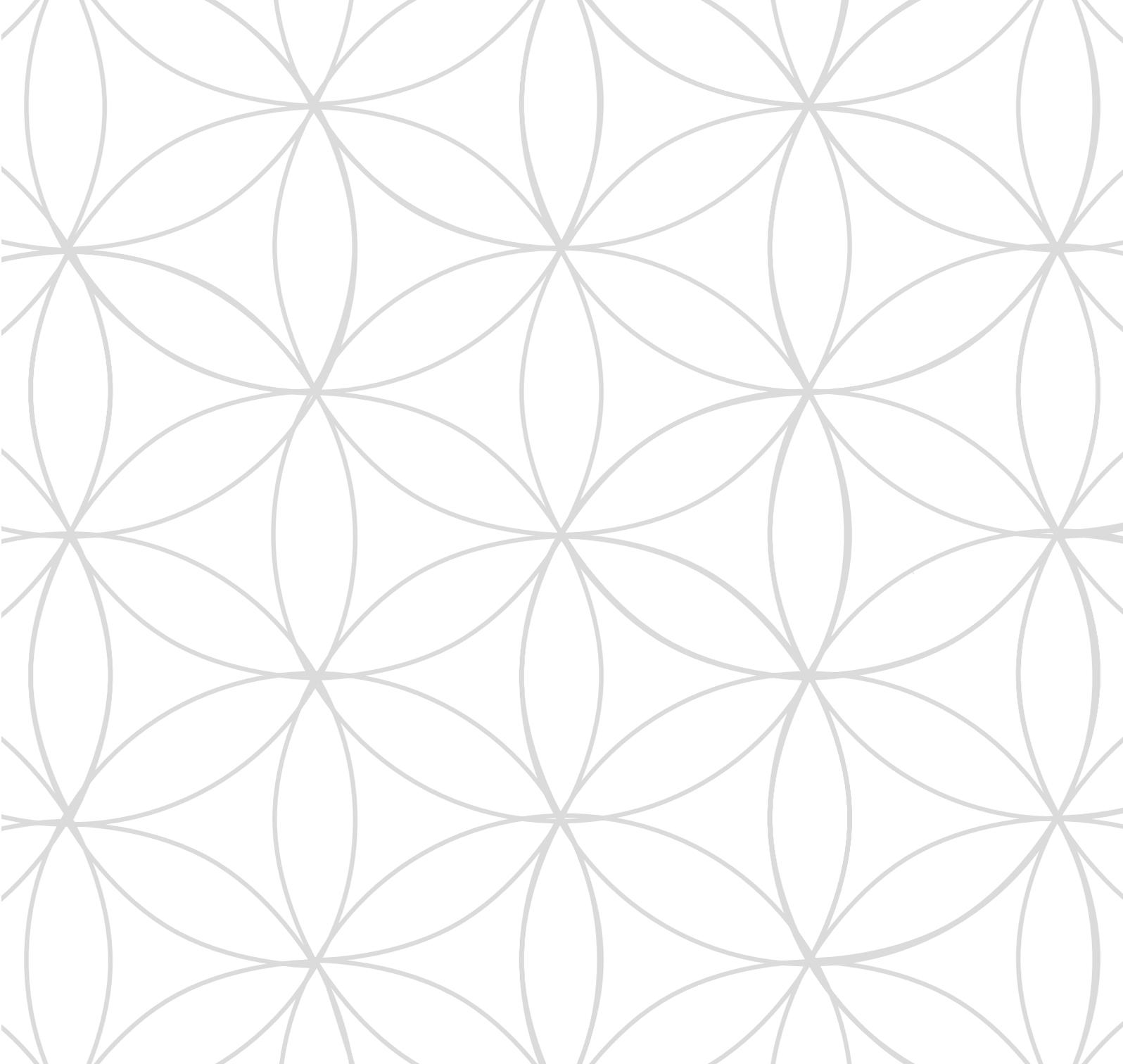
# services

## Spa Services

We offer a complete range of services including

- Classic manicure and Classic pedicure
- Mani and Pedi @ high Speed
- MediPedi
- Gel applications for weeks of long-lasting colour and glossy wear
- Eyebrow and Eyelash Grooming
- Waxing







LEGACY

balance

spas and fitness centres

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



