



#### **Deep tissue massage**

Firm and deep massage technique to relieve and reduce muscle aches and tension.

#### **Remedial massage**

For release of deep tension and muscle soreness and sport/work related injuries. May involve physio techniques to gain optimal results.

#### **Aromatherapy / Swedish massage**

Swedish style massage technique. With the help of individually chosen essential oils to gain optimal relaxation and using inhalation bowls to calm the mind.

#### **Pregnancy massage**

Take time out before the big day and get pampered after the first trimester and before the 36th week.

#### **Foot massage (Reflexology)**

Ancient Asian technique to restore balance and circulation throughout the body using pressure point stimulation.

**30min R320,00**

**45min R390,00**

**60min R450,00**

**75min R540,00**



# TRIDENT HEALTH CENTRE

SPA, PERSONAL CARE, BEAUTY,  
HEALTH AND BEAUTY PRODUCTS,  
FUNCTIONS, VOUCHERS,  
RESTAURANT ON SITE

SPECIAL EVENTS  
(BIRTHDAYS, BACHELORETTE'S,  
GIRL'S SPA DAYS,  
KITCHEN TEA, SPA LUNCHES)

The Tulbagh Boutique Heritage Hotel  
22 Van Der Stel St, Tulbagh, 6820,  
Western Cape, South Africa

**Mobile:** (+27)(0)76 049 0511  
**www.tridenthealthcentre.com**  
**Email:** info@tridenthealthcentre.com

# FaceTime

## Sqoom Facial (45-60min)

A revolutionary machine that smoothes skin, targets wrinkles, pigmentation and restores elasticity (no pain). Sqoom products are allergy tested and have an extremely soothing finish.

**R490,00**

## Deep cleance Facial (50-60min)

Cleansing, exfoliation with extractions, strips your skin of impurities. Steamer and mask lets pores open so the goodness of the products can penetrate deeply.

**R390,00**

## Anti-ageing Facial (45-60min)

Using break-through cosmetic products and hands on circulative massage techniques, your skin will feel revived and look juicy with a glow.

**R500,00**

## Hydration Facial (50-60min)

Manual lymphatic drainage techniques boosts the transportation of toxins. Cleansing and exfoliation rids the skin of everyday stresses and habits...

**R480,00**

\*30 mins eye mask special (plasticizing mask)

**R220,00**

Toes/fingers waxing

**R50,00**



## Facial waxing

Eyebrow waxing

**R60,00**

Upper lip/chin waxing

**R50,00**

## Eyelash extension

**by appointment**

### 2week fill (every week longer)

Eyelash/brow tint

**R100,00**

Eyebrow shape

**R100,00**

# Nail BAR

## Trident manicure

Preparing nail bed, buffing, exfoliation and shaping + massage! Then choose your colour.

**R260,00**

## Trident Gelish manicure

Preparing nail bed, buffing, exfoliation and shaping + massage! Then choose your colour that lasts for weeks and shines till taken off.

**R290,00**

## Trident Mini Mani

Nailbed prep plus polish

**R160 or Gel polish R190**

## Paraffin bath for hands

Soak in heated paraffin to smooth skin and add moisture... skin feels refreshed and younger! (add this to any manicure, please advise our therapists when booking)

**R100,00**



## Trident pedicure

Smoothing heels and feet, exfoliation, nail bed preparation + massage! Then choose your colour

**R290,00**

## Trident gelish pedicure

Smoothing heels and feet, exfoliation, nail bed preparation + massage! Then choose your colour

**R310,00**

## Trident mini pedi

Nailbed prep plus polish

**R190 or Gel polish R220**

## Paraffin bath for feet

Soak in heated paraffin to smooth skin and add moisture... skin feels refreshed and younger! (add this to any manicure or pedicure, please advise our therapists when booking)

**R100,00**