



Nail BAR

Trident manicure R260
Preparing nail bed, buffing, exfoliation and shaping +massage!
then choose your color.

Trident Gelish manicure R290
Preparing nail bed, buffing, exfoliation and shaping +massage!
then choose your color.

Trident mini mani R160 or Gel R190
Nail bed prep plus polish

Paraffin bath hands/Feet R100

Happy Feet

Trident pedicure R290
Smoothing herls and feet, exfoliating, nail bed preparation
+ massage! Then choose your color.

Trident Gel pedicure R310
Smoothing herls and feet, exfoliating, nail bed preparation
+ massage! Then choose your color.

Trident mini pedi R190 oe Gel R220
Nail bed prep plus polish

Add Medi-Heel R100
Callus remover for renewed feet!

TRIDENT HEALTH CENTRE

Spa, personal care, beauty
Health and beauty products,
Functions, vouchers,
restaurant on site.

Special Events
(birthdays, Bachelorette's, girl's spa day
kitchen tea, spa lunches)

The tulbagh Boutique Heritage Hotel
22 van der stel sr Tulbagh, 6820
western cape, South Africa

MOBILE: (+27)(0)76 0490511
www.tridenthealthcentre.com
Email: tridenthealthcentre@yahoo.com

FaceTime



Sqoom Facial

R490

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

Deep Cleanse Facial

R410

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

Anti- Aging Facial

R500

Using breakthrough cosmetic products and hands on curculative massage techniques, your skin will feel revived and juicy with glow.

Hydration Facial

R480

Manual lymphatic drainage techniques boosts transportation of toxins. cleansing and exfolation rids the skin of everyday stress and habits.



Facial waxing

Eye Brow waxing

R60

Upper lip/ chin waxing

R50

Toes/ fingers waxing

R50

Brow tint /Lash tint

R80

Deep tissue massage

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

Remedial massage

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

Pregnancy massage

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

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.

Foot massage (Reflexology)

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

30 min - R330

45 min - R390

60 min - R450

75 min - R550