

TEREMOK SPA



~ massage ~

Massages comprise various techniques and use a luxurious blend of aromatherapy oils for relieving muscular pain and inflammation and assisting with de-stressing.

Four Hand Massage

1 400 / 1hr

Experience the benefit of two therapists massaging the entire body simultaneously

Intense Full Body

1 200 / 1hr30

The ultimate indulgence to revitalize tense, tired muscles

Full Body

850 / 1hr

Relaxing, therapeutic treatment to revive the whole body

Back and Head

850 / 1hr

Blissful upper body combination of back, shoulders, neck and head

Reflexology

750 / 1hr

Points on the feet are stimulated through pressure and massage to balance the entire body

Back

500 / 30min

Targeted massage for tense back, neck & shoulders

Leg and Foot

400 / 30min

Relaxing massage for tired, sore feet & calves

Head

320 / 20min

Release stress with massage & acupressure points on head and jaw

~ combos ~

Full Body Massage & Reflexology

1 400 / 2hr

Full Body Exfoliation & Full Body Massage

1 100 / 1hr30

~speciality massage~

These are specialised full body massages for maximum benefit.

Cupping

950 / 1hr

Silicone cups are used to promote circulation, lymph drainage & release toxins

Hot Stone

950 / 1hr

Heated Baltic stones used in combination with Swedish & aromatherapy techniques

Pregnancy

950 / 1hr

Special oil and techniques are combined to support & destress preggy bodies

~couple's treatments~

Any massages (with the exception of Four Hand Massage) and Packages can be done in a couple's room. See Packages for more info.

~cbd signature massage~

We use exclusively blended CBD massage oils that give a deeper level of relaxation and physical relief. CBD helps to reduce inflammation, soothes muscles and is very effective in providing relief from painful joints and muscles. It's also a mood-booster, and the soothing and calming effects on body and mind are felt almost immediately and can last for hours after. Choose from our regular CBD oil or customise your massage with one of the specialised oils listed below.

CBD Intense Full Body

1 400 regular or 1 650 specialised / 1hr30

CBD Full Body

1 000 regular or 1 200 specialised / 1hr

CBD Back and Head

1 000 regular or 1 200 specialised / 1hr

CBD Back

650 regular or R750 specialised / 30min

CBD Reflexology

850 / 1hr

A full spectrum CBD ointment is used to stimulate points on the feet through pressure and massage in order to balance the entire body

specialised cbd oil selection

Stress-less

Relieves stress, neck tension, migraines, headaches, burnout and other associated stress conditions, to bring about calm and balance

Move Easy

Soothes and relaxes painful muscles and stiff, sore joints, and also provides pain relief in the back and neck areas

Calming

Designed to soothe, promote calm and to provide relief from nervousness, anxiety and tension. Promotes deep, restful sleep

~facials~

All skin care treatments use strictly professional products and incorporate devices using advanced ultrasound and microcurrent technologies.

Anti-Aging Facial

1 300 / 1hr30

An intense treatment that includes nano-needling, specialised facial massage plus a non-surgical "facelift" to treat deep expression lines and lift muscles.

Age-Defying Probiotic Facial

1 300 / 1hr30

All the benefits of probiotics combined with natural botox products, a non-surgical "facelift" to treat deep expression lines and lift muscles, and a signature age-combatting facial massage.

Teremok Signature Facial

1 150 / 1hr30

A luxurious facial incorporating premium masks and serums with relaxing and therapeutic massage therapies.

Luxury Live Probiotic Facial

1 050 / 1hr30

World class live probiotic treatment. Designed to restore the skin to it's natural state with results-driven products and bespoke facial massage techniques.

Gycolic Peel Facial

1 000 / 1hr

A medium strength chemical peel combined with benefits of a facial. Immediate results with no down time.

Classic Probiotic Facial

900 / 1hr

Bespoke treatment for all skin types using prebiotics and probiotics to soothe stressed skin, boost collagen and calm inflammation.

Express Facial

550 / 30min

Maximum impact, minimum time. Targeting your key concerns for fast, visible results.

Skin Analysis

Free

Professional in-depth skin analysis

~dermaplaning~

An intense manual exfoliation where a medical scalpel is used to remove the epidermis along with all fine facial hair. This leaves skin looking smoother, softer and brighter.

Dermaplaning

600 / 45min

~combos~

**Classic Probiotic Facial
& Reflexology**

1 450 / 2hr

**Add Dermaplaning
To Any Facial**

400 / 30min

~retinol medical peel~

Professional, medical grade chemical peel suitable for all skin types. An after-care product is included. Courses are available at a discounted price.

Retinol Peel

1 350 / 45min

An intense, medical strength chemical peel is maximized with skin-changing retinol. No down time.

~micro-needling~

Puncturing of the skin with tiny sterilised needles. These tiny wounds create a healing response that stimulates the production of collagen and elastin. An after-care product is included. Courses are available at a discounted price.

Pixel Peel

2 050 / 1hr

A hard-hitting combination of micro-needling followed by a retinol peel. The ultimate skin makeover

Advanced Micro-Needling

1 900 / 1hr30

Collagen induction therapy for the face, neck and décolleté. The treatment also includes an alginate mask and potent vitamin C serum for maximum results.

Micro-Needling

1 100 / 45min

Collagen induction therapy for the face

~body treatments~

Hanakasumi Body Ritual

1 100 / 1hr15

A Japanese-inspired ritual that includes a leave-on body exfoliation, body brushing, therapeutic foot massage, and a gentle full body massage with Cherry Blossom hot shea butter.

Anti-Aging Body Treatment

850 / 1hr15

Targets the seven signs of ageing, focusing on cellular restructuring and strengthening. It is also intensely hydrating, leaving skin smoother, invigorated and radiant. Can be customized for cellulite therapy.

Back Facial

500 / 30min

Cleanse, exfoliation, extractions, mask and moisturise

Full Body Exfoliation

400 / 30min

Invigorating exfoliation of the entire body

Back Exfoliation

250 / 15min

An energizing exfoliation of the back area

~couples~

Romantic Ritual

Treatment room decorated with candles & rose petals

Full Body Exfoliation

Foot Pressure Point Massage

Hot Shea Butter Gentle Full Body Massage

2 400 / 1hr15

~ hands ~

Gel Manicure 470 / 1hr30

Manicure & gel polish application.
Soak off is included

Express Gel Manicure 380 / 1hr15

Express manicure & gel polish application. Soak off is included

Gel 330 / 1hr

Nail shaping and gel polish application. Soak off is included

Acrylic Dip 440 / 1hr15

Acrylic powder dip finished with gel colour application. Soak off is included. No back fills.

Manicure 350 / 1hr

Exfoliation, cuticle work, nail shape, paint, mask, massage & moisturise

Express Manicure 260 / 30min

Cuticle work, nail shape, paint & moisturise

Shape & Paint 180 / 30min

Nail shape & paint

Buff & Shine 150 / 20min

Nail shape & buff of natural nail

~ feet ~

Gel Pedicure 530 / 1hr15

Pedicure with gel polish application. Soak off is included

Express Gel Pedicure 420 / 1hr15

Express pedicure & gel polish application. Soak off is included

Gel 330 / 1hr

Nail shaping and gel polish application. Soak off is included

Pedicure 420 / 1hr

Foot file, exfoliation, cuticle work, nail shape, paint, mask, massage & moisturise

Foot Peel 400 / 45min

An intense treatment for cracked, dry heels & feet

Express Pedicure 300 / 30min

Foot file, cuticle work, nail shape, paint & moisturise

Shape & Paint 180 / 20min

Nail shape & paint

~ combos ~

Pedi & Foot Peel
500 / 1hr15

Gel Hands & Feet
600 / 2hr

~ finishing touches ~

Lash & Brow Tint 200

Eyelash Tint 120

Eyebrow Tint 100

~waxing~

Our vegan hot wax is hypo-allergenic and strip wax is aromatherapy based.
Both are natural, caring, low temperature waxes.

ladies: face

Full Face	300
Lip & Brow	180
Eyebrows	100
Lip	100
Chin	100

ladies: body

Full Leg	320
Three Quarter Leg	270
Half Leg	230
Full Arm	230
Half Arm	165
Under Arm	140

ladies: intimate

Hollywood	350
Everything off from bonnet to bottom	
G-String	200
Sides and tops of the G-string panty line	

Brazilian	300
Everything off except a strip on bonnet	
Bikini	160
Sides and top of the panty line	

~vajacial~

Includes cleanse, exfoliation, extraction of ingrown hairs, mask, moisturising and a brightening treatment.

Treatment Only
450 / 30min

Add On To Hollywood or Brazilian Wax
R200 / 20min

men: face

Eyebrows	100
Ears	100
Nose	100

men: body

Back	400
Half Back	300
Full Leg	380
Half Leg	270
Chest & Stomach	500
Chest	350
Stomach	300
Full Arm	270
Half Arm	200
Under Arm	170

men: intimate

Bareback	400
Pubic area, shaft & scrotum through to anus	
Fluffer	360
Shaft & scrotum through to anus	
Bum Cheeks	200
Both bum cheeks, anus not included	
Briefs	150
Top & sides of the speedo line	

men: full body

The Full Monty	1 600
Includes full leg, full arm, chest, stomach, face and intimate areas	

~packages~

Our carefully curated packages are all discounted.

Cocoon

4 100 / 7hr30

Buffet Breakfast
Gel Manicure OR Gel Pedicure
Anti-Aging Body Treatment
Teremok Signature Facial
Lunch & Refreshment
Reflexology
Full Body Massage

Bliss

2 100 / 3hr

Intensive Full Body Massage
Teremok Signature Facial

Anti-Aging

1 800 / 2hr45

Anti-Aging OR Age-Defying Probiotic Facial
Anti-Aging Body Treatment

Cupid

2 600 per couple / 3hr

Breakfast or Lunch
Full Body Massage
Pedicure

CBD Experience

1 650 / 2hr

CBD Reflexology
CBD Full Body Massage (regular)

Body & Soul

2 400 / 3hr30

Luxury Live Probiotic Facial
Full Body Massage
Reflexology

Buff & Polish

1 450 / 2hr15

Full Body Exfoliation
Full Body Massage
Foot Peel

Makeover

2 150 / 3hr30

Probiotic Facial
Full Body Massage
Express Manicure
Pedicure

Express

1 000 / 1hr

Hot Stone Back Massage
Express Facial

~package extras~

Add breakfast or lunch

Add on any additional treatments at a discounted price

~psst~

- Monday-Friday: 8.30am to 5.30pm
- Weekends & Public Holidays: 8.30am to 4.30pm
- We do physical and electronic vouchers
- We host group bookings & celebrations
- There is a 24-hour full cancellation fee
- A deposit of 50% is required when booking packages and couple's treatments
- Prices subject to change without notice



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Rocks.

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