

Menu

SKINCARE

Discovery Facials

Dermalogica Quick Extract	30min	R300
Matis Express Cleanse	40min	R360
Dermalogica Proskin 60	60min	R585
A customized & comprehensive facial that addresses a variety of skin concerns.		
Matis Deep Cleanse	60min	R585
A customizable treatment that can calm, hydrate & nourish.		

Advanced Facials

Dermalogica AGE Smart	75min	R715
Customized, antiaging facial using advanced products.		
Dermalogica Pro Peel	60min	R850
Chemical peel for deep exfoliation. Treats hyperpigmentation, fine lines & uneven texture.		
Matis Corrective Peel	60min	R650
Gentle & antiaging 20% Alpha hydroxy acid peel, suited to most skins.		
Matis Fondamentale	60min	R650
Hydrating, restorative facial for suppleness & comfort		
Matis Glow Effect	60min	R750
Exfoliating Vitamin C facial with Gua-Sha Stone massage. For glowing & radiant skin.		

Premium Facials

Matis Cell Expert	75min	R850
Promotes youthfulness by stimulating stem cell activity. An alginate mask protects & hydrates.		
Matis Corrective Plump	75min	R815
Hyaluronic acid plumps, hydrates & rejuvenates skin.		
Matis Densi-Age	75min	R900
For mature skins – restores firmness, elasticity & uniformity		

Facial Add Ons & Upgrades

Dermapen Micro-needling	Extra	R650
Matis Sublime Eyes	Extra	R350
Marine alginate eye mask reduces puffiness & fights ageing		
Galvanic Current	Extra	R50
Improves product penetration		
Ultrasound Therapy	Extra	R50
Sound waves promote cellular renewal		

MICRONEEDLING

Micro-needling is based on the skin's ability to repair itself after it encounters physical damage. Post injury, the skin destroys old, damaged tissue and replaces it with fresh, healthy tissue and new collagen.

Dermapen is a superior micro-needling that is a safe and effective choice. Unlike other devices, it causes less trauma to the skin, reducing discomfort.

Dermapen Full Face Treatment	20min	R950
Dermapen Full Face & Neck	25min	R1100
Dermapen Full Face, Neck & Décolleté	30min	R1300
Add Dermalogica Pro Restore Ampule	Extra	R350
Specifically for advanced treatments, this ampoule prepares and restores the skin.		

Menu

GROOMING

Eyelash Tint	20min	R80
Eyebrow Tint	15min	R55
Lash & Brow Tint	30min	R120

MASSAGES

Indian Head Massage	30min	R260
Back, Neck & Shoulder	30min/45min	R275/R350
Hot Stone Back	45min	R395
Back of Body	60min	R425
Full Body Deep Tissue	60min/90min	R450/R650
Full Body Hot Stone	60min/90min	R475/R695
Pregnancy	60min	R500

BODY TREATMENTS

Back Cleanse	60min	R500
Facial like ritual for one of the hardest to reach places		
Dry Body Brushing	20min	R130
Effective body exfoliation that pairs well with a Full Body Massage		

WAXING

Half Leg	20min	R180
Three Quarter Leg	30min	R200
Full Leg	40min	R240
Under Arm	20min	R110
Bikini (Standard)	20min	R220
Bikini (Intermediate)	30min	R275
Bikini (Full)		R330
Full Arm	30min	R180
Full Back/Full Chest	30min	R220
Lip/Brow/Chin	15min	R50 per area
Jaw Line	20min	R100

HANDS AND FEET

File & Paint	20min	R125
Express Manicure	30min	R165
Express Pedicure	30min	R175
Nail & cuticle work, massage & paint		
Manicure	45min	R220
Pedicure	45min	R275
Deluxe Pedicure	60min	R350
Standard pedicure with hydrating foot mask & hot stones during massage		
Reflexology	45min	R350
Foot/Hand Ritual	30min	R225
Includes soak, scrub & massage		

IBD GEL POLISH

Nail Prep & Gel Polish Application	30min	R220
Add Gel Polish to Manicure or Pedicure	Extra	R170
Soak Off	30min	R70

TREATMENT COMBO'S & PACKAGES

Back Massage & Reflex	60min/90min	R395/R595
Pedicure & Reflex	90min	R550
Deluxe Pedicure & Reflex	105min	R595
Dry Brushing & Full Body Massage	75min	R500
Reflexology x 3 Treatments	45min	R900

*Packages must be paid in advance

SPA POLICIES - ETIQUETTE

- Guests must arrive at least 10 minutes prior to their scheduled treatment.
- Cell phones, tablets and other similar devices must be placed on silent mode or switched off during treatments.
- All information relating to Asana Skin & Body, including pricing & special offers, is subject to revision without prior notice.
- Asana Skin & Body will not be held responsible for any theft, damage or misfortune that may occur during your visit.
- Please alert us to any medical condition/s that could impede your treatment such as, but not specific to, high Blood Pressure, heart conditions, epilepsy & Diabetes.
- Asana Skin & Body is a non-smoking establishment and food is not permitted inside treatment rooms.
- Please be a considerate guest by respecting the reduced noise levels and maintaining the tranquil environment.

SPA POLICIES - GIFT VOUCHERS

- All gift vouchers are issued as monetary values and are valid for three years from date of purchase after which the funds will be forfeited.
- Gift voucher reference numbers must be quoted at the time of booking.
- Asana Skin & Body reserves the right in its sole and absolute discretion to refer customers in possession of gift vouchers to an alternative establishment if Asana Spa were to close or relocate.
- Gift vouchers are non-refundable.

SPA POLICIES – BOOKINGS & CANCELLATIONS

- Bookings are essential & subject to availability.
- A 50% deposit will be required to secure all bookings over R500.
- A 24 hour period is required for cancelling and/or rescheduling appointments, thereafter a 50% fee will be charged.
- Late arrival will result in a reduction of treatment time while the full fee will apply.



asana
Skin & Body

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Operating hours:

Tuesday to Friday 8am to 5pm
Saturday 8am to 1pm