



RELAX & REJUVENATE

By Ivy & Faye

ALL TREATMENTS INCLUDE
COMPLIMENTARY CONSULTATION,
TAILOR-MADE PHYSICAL
THERAPIES & AROMA OILS

Remedial Therapy

Enhances athletic performance and uses targeted pressure to alleviate muscle tension, prevent injuries, and improve flexibility.

Accupressure Points

Targets specific points on the body's meridian lines, applying pressure to promote healing, relaxation, and energy flow.

Shiatsu

A Japanese therapy which utilizes rhythmic pressure on body points to restore energy balance.

Thai Stretch

Thai stretch involves assisted stretches and yoga-like postures to improve flexibility, circulation, and energy flow.

Jet Lag Therapy

This treatment assists in alleviating symptoms like fatigue, and trouble with adjustment to a new time zone.



We combine our treatments to meet your body's requirements



75/100

MINUTE SESSIONS

We combine our treatments to meet your body's requirements

www.relaxandrejuvenate.co.za



RELAX & REJUVENATE

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Indulge in our relaxing spa treatments and rejuvenate your mind, body and soul.

We combine our treatments to meet your body's requirements

Address:

Rondebosch East
Southern Suburbs
Cape Town

Open Hours(24/7):

Monday - Sunday: 5am - 10:00pm
After hour bookings will incur additional fees

Phone:

Faye:	Info:
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Ivy:	Admin:
+27 82 963 7569	+27 84 729 7830

Email:

support@relaxandrejuvenate.co.za

Website:

www.relaxandrejuvenate.co.za

Myofascial Release

Targeting fascial restrictions to unlock freedom of movement and relieve tension for enhanced comfort and flexibility.

Carpal Tunnel Therapy

Our skilled therapists target key areas to alleviate tension and promote long-lasting relief, restoring comfort to your hands and wrists.

Indian Head Therapy

A calming massage that eases tension in your head, neck, and shoulders. Feel the harmony of mind and body through gentle movements.

New! Fusion Therapy

Two skilled therapists seamlessly blend various techniques to elevate your well-being. Double the hands, double the rejuvenation.



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Indulge in our relaxing spa
treatments and rejuvenate your
mind, body and soul.

Clay Face Mask

Revive your skin's radiance with our Clay Face Mask. Unearth a newfound luminosity as this mask delicately purifies and revitalizes your complexion.

Price: R249

Hand-made Soap (Aloe Vera)

Indulge in the artistry of self-care with our Handmade Soap. Immerse yourself in the luxurious, all-natural ingredients, as it elevates your daily routine into a pampering experience.

Price: R149

Our Products

Serenity Ointment

Experience tranquility through relief with Serenity Pain Relief Ointment. Soothe aches and tension with natural botanicals for serene comfort.

Price: R249

Wellness Patch (3-Pack)

Elevate well-being with our Wellness Pain Relief Patch. Experience targeted comfort within minutes, harmonizing your life with rapid relief.

Price: R149

CBD Infused Ointment

Discover natural calm with our CBD-Infused Ointment. Soothe and nurture with the power of CBD, providing gentle relief for body and mind.

Price: R499

Infused Therapeutic Candle

Illuminate your senses with our Infused Therapeutic Candle. Delight in the gentle glow and soothing scents, as your space transforms into a sanctuary of tranquility.

Price: R499

Scalp Massager

Nurture your nervous system with our Scalp Massager. Experience soothing vibrations that dissolve tension.

Price: R249



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