

Mozambique Connection + 27 11 803 4185
www.mozcon.com
http://www.mozcon.com/Flamingo_Bay.html

Flamingo Bay Day Spa & Gym Rates.

FLAMINGO'S GYM

The gym at Flamingo Bay is only to our in house guests. It is equipped with:
 A stationary bicycle.
 Treadmill.
 Home all-in-one gym.
 Free weights.
 A gym ball.
 A skipping rope.

FLAMINGO DAY SPA

Operating hours

09h00 – 18h00 – Tuesday, Wednesday, Thursday, Friday and Saturday
 09h00 – 12h00 – Sunday
 Monday's – is closed

PRICE LIST FOR TREATMENTS

Massages

Indian Head Massage	Mets 925.00	30 Minutes
Back, Neck & Shoulders	Mets 925.00	30 Minutes
Leg & Foot Massage	Mets 481.00	30 Minutes
Arm & Hand Massage	Mets 481.00	30 Minutes
Hot Stone Therapy	Mets 1480.00	30 Minutes
Aromatherapy Massage	Mets 1295.00	60 Minutes
Sports Massage	Mets 1406.00	60 Minutes
Hot Stone Full Body	Mets 1110.0	60 Minutes

Optional Extras

Full Body exfoliation	Mets 481.00	30 Minutes
After Sun face therapy	Mets 555.00	30 Minutes
After Sun body therapy	Mets 555.00	30 minutes
Eye brow shape	Mets 185.00	30 Minutes
Skin Analysis and advice	No charge	20 Minutes
Reflexology	Mets 1485.00	60 Minutes

Optional Extras...

• Reflexology	Mts	1480.00
• After Sun Body/Face treatment	Mts	555.00
• Skin Analysis	Mts	FREE
• Full body exfoliation	Mts	481.00
• Eye brow shape	Mts	185.00