



308 Perks Street  
 Capital Park  
 Pretoria, 0084  
 Tel: 012 329 9867  
 Cell: 064 683 4813  
 Email: spa@allwellness.co.za  
 www.allwellness.co.za

## GROUP PACKAGES 2023

All Wellness Spa is the ideal venue to spoil special people in your life. Whether it is a Group of women from a Club, Sisters celebrating life, a Bachelorette or a Super Boss showing appreciation to the company's biggest asset - their employees. We offer packages that varies from R280 - R1100 per person, depending on the budget, time available, objective of the session, personal preference of treatment etc.

At our Day Spa and Wellness Centre in Capital Park Pretoria, we can accommodate groups of up to 22 persons with ease.

Some of our popular packages for Bachelorettes, Church Groups and Corporate Team Building are outlined below:

(All programs below are for groups of 4 - 22 persons - Not allowed for groups less than 4 persons)

Groups may be split into 2 smaller groups with half of the people in the 1<sup>st</sup> group and the other half in the 2<sup>nd</sup> group

Meals can be ordered from menu attached. **Gown Rental & Slippers not included in Group Packages**

### OPTION 1

A typical Program for R280pp (Monday - Friday, Excl Public Holidays) R300pp (Saturdays and Public Holidays)

Treatments will be as follows:

Duration: 90 - 120 min at the spa, 45 min treatment time, Sugar & Cinnamon Pancake & 2 Drinks

Time	Group A	Group B
15 - 30 minutes	<i>Arrival - Please arrive 15 minutes before your scheduled time</i>	
50 minutes	Relaxation & Complimentary Drink	Full Body Massage (Swedish) <i>add R50 for a hot stone massage</i> <i>add one additional 25 min treatment @ R120 pp</i> <ul style="list-style-type: none"> <li>- Hand soak, exfoliation and massage</li> <li>- Foot soak, exfoliation and massage</li> <li>- Heel Treatment</li> <li>- Head Massage</li> </ul>
50 minutes	Back massage (Swedish) <i>add R50 for a hot stone massage</i> <i>add one additional 25 min treatment @ R120 pp</i> <ul style="list-style-type: none"> <li>- Hand soak, exfoliation and massage</li> <li>- Foot soak, exfoliation and massage</li> <li>- Heel Treatment</li> <li>- Head Massage</li> </ul>	Relaxation & Complimentary Drink

Gown Rental & Slippers can be added at R50 pp





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### OPTION 2

A typical Program for R500pp (Monday - Friday, Excl Public Holidays) R600pp (Saturdays and Public Holidays)  
 Treatments will be as follows:

Duration: 3,5 - 4 hours at the spa, 75 min treatment time, Jacuzzi Session & 2 Drinks.

Gown Rental & Spa Slippers can be added at R50pp

Time	Group A	Group B
15 - 30 minutes	<i>Arrival - Please arrive 15 minutes before your scheduled time</i>	
75 minutes	Jacuzzi Session & Complimentary Drink	50min Full Body Massage (Swedish) (Add R50pp for Hot Stones) AND <b>Choose 1 treatment</b> <ul style="list-style-type: none"> <li>- Hand soak, exfoliation and massage</li> <li>- Foot soak, exfoliation and massage</li> <li>- Heel Treatment</li> <li>- Head Massage</li> </ul>
75 minutes	50min Full Body Massage (Swedish) (Add R50pp for Hot Stones) AND <b>Choose 1 treatment</b> <ul style="list-style-type: none"> <li>- Hand soak, exfoliation and massage</li> <li>- Foot soak, exfoliation and massage</li> <li>- Heel Treatment</li> <li>- Head Massage</li> </ul>	Jacuzzi Session & Complimentary Drink
30 minutes	Relaxation / Group Time	Relaxation / Group Time

### OPTION 3

A typical Program for R800pp (Monday - Friday, Excl Public Holidays) R900 (Saturdays and Public Holidays)  
 Treatments will be as follows: (A facial and Full Body can be done at R250 extra per person)

Duration: 5 - 5.5 hours, 4 treatments, Jacuzzi Session & Fruit Snack

Gown Rental & Spa Slippers can be added at R50pp

Time	Group A	Group B
15 Minutes	Arrival and Welcome Drinks	Arrival and Welcome Drinks
50 - 55 minutes	Fruit Snack	Hand and Foot Treatment
50 - 55 minutes	Hand & Foot Treatment	Fruit Snack
50 - 55 minutes	Jacuzzi Session	Full Body (add hot stones @ R50pp) or Facial
50 - 55 minutes	Full Body (add hot stones @ R50pp) or Facial	Jacuzzi Session
20 - 25 minutes	Head Massage or Back Massage	Refreshment & Social Time
20 - 25 minutes	Refreshment & Social Time	Head Massage or Back Massage





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### OPTION 4

A typical Program for R950pp (Monday - Friday, Excl Public Holidays) OR R1100pp (Saturdays and Public Holidays)

Treatments will be as follows:

Duration: 6 hours, 6 treatments, Jacuzzi session, Snack  
(MINIMUM OF 4 PERSONS; MAXIMUM OF 20 PERSONS)

Gown Rental & Spa Slippers can be added at R50pp

Time	Entire Group to rotate to different treatments
15 Minutes	Arrival, Welcome Drinks & muffins
45 - 55 minutes	Hand & Foot Treatment
45 - 55 minutes	Jacuzzi Session
45 - 55 minutes	Full Body Massage (add hot stones @ R50pp)
45 - 55 minutes	Facial
20 - 25 minutes	Head, Neck and Shoulder Massage
20 - 25 minutes	Full Body Exfoliation
45 - 55 minutes	Fruit Snack

Please note that we can alter programs and add or omit certain treatments to suit your specific requirements. We realize that a couple of factors play a role ie, financial budget, time constraint, health and other specific conditions.

Team Building activities can also be arranged at an additional cost. Popular activities is Laughter Therapy, Amazing Activities, Archery, Box Cars - these activities is ideal to promote team work and to enhance the group morale, as well as to alleviate stress factors and improve creativity.

An ideal activity for Birthdays, Baby Showers or Kitchen Teas is a Creativity Workshop. At a Creativity workshop, guests are encouraged to play with paint, glue, mosaic, words and color. To create, to have fun and to make a memorable moment and souvenir to take home or to give to the mommy to be / bride to be / guest of honor. Balloon décor and flowers available on request at an additional fee.

Should you require any further options, please do not hesitate to contact me by return email or on 012 329 9867 or 082 467 7401. One of our team members will be happy to assist with any spa queries / pamper requirements.

Kind regards

## Lanie Meiring







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## MOBILE SPA 2023

All Wellness Spa provides a mobile spa service for corporate clients, team members, and special events. They can customize packages to fit individual or group needs. They can help with office events, product launches, wellness days, bridal showers, and more. The cost starts at R500 per therapist, with a minimum of R1000 per event. Travel costs may apply, but there is no charge for events within 8km of Capital Park Pretoria.

There are several reasons why adding a mobile spa service to a special event, corporate wellness day, or as a reward for employees is important:

- **Employee Wellness:** A chair massage is a great way to promote employee wellness and reduce stress. This can lead to increased productivity and job satisfaction.
- **Team Building:** A mobile spa service can be a fun and unique way to build camaraderie among team members.
- **Relaxation:** A mobile spa service can provide a relaxing and rejuvenating experience for team members and guests alike, helping them to feel refreshed and energized.
- **Convenience:** A mobile spa service can be brought to the location of the event, making it a convenient option for guests who may not have the time or resources to visit a spa.

Duration	Treatment	Cost
<b>Mobile Spa Massages</b>		
30 min	Hand Massage OR Foot Massage OR Head & Shoulder Massage	R200
20 min	Hand Massage OR Foot Massage OR Head & Shoulder Massage	R150
10 min	Hand Massage OR Foot Massage OR Head & Shoulder Massage	R100
50 min	Manicure (No Overlays OR Tips)	R350
50 min	Pedicure (No Overlays OR Tips)	R380
50 min	Relaxation Facial	R420
50 min	Full Body Massage (Swedish OR Hot Stone)	R550
80 min	Full Body Massage (Swedish OR Hot Stone)	R680
25 min	Back, neck and shoulder Swedish	R350

