

## NIMUE TREATMENTS

Nimue is a proudly South African, new generation Dermacosmeceutical with pharmaceutical-like benefits that are able to affect the structure and biological functions of the skin, resulting in a healthier, optimally functioning skin with visible results.

INTRODUCTION TREATMENTS

<b>Therapeutic Treatment (50 min)</b>	<b>R410</b>
A pampering treatment customised to a client's needs. Recommended as an introductory treatment for new clients.	
<b>Deep Cleanse Treatment (50 min)</b>	<b>R470</b>
A purifying treatment providing effective skin cleansing, incorporating extractions and treatment mask.	
<b>Thermal Detox Treatment (30 min)</b>	<b>R510</b>
A detoxifying and exfoliating treatment with a thermo-sensory mechanism improving oxygenation.	
<b>Active Rejuvenation Treatment (50 min)</b>	<b>R560</b>
An active treatment to facilitate dermal rejuvenation, reduce pore size, refine texture and provides overall skin improvement.	

ADVANCED TREATMENTS

<b>35% Glycolic Treatment (50 min)</b>	<b>R630</b>
A hydrating treatment improving skin texture and appearance, leaving skin with an instant plumpness.	
<b>7.5% TCA Treatment (50 min)</b>	<b>R630</b>
A deep exfoliating treatment resulting in radiant and smooth skin texture with superficial peeling, enhancing cell regeneration and overall skin improvement.	
<b>Nimue SRC (50 min)</b>	<b>R790</b>
A rejuvenating treatment with superficial peeling targeting hyper-pigmentation, ageing and problematic skin.	
<b>Smart Resurfacer (50 min)</b>	<b>R820</b>
A waterless, oil-based smart resurfacing treatment providing the ultimate potency in skin rejuvenation.	
<b>Specialised treatment (50 min)</b>	<b>R660</b>
<b>Micro-needling Treatment</b>	<b>R895</b>
A specialised rejuvenating treatment promoting collagen and remodeling skin firming.	
• Micro-needle device (can be used for 6 treatments)	

## PH FORMULA TREATMENTS

CHEMICAL PEELING

<b>A.G.E. Resurfacing Treatment (30 min)</b>	<b>1. R330 2. R360</b>
This specifically targets fine lines and wrinkles, photo damage and pigmentation. It shows drastic improvement of skin and corrects sallow appearance, leaving skin renewed.	
<b>M.E.L.A Resurfacing Treatment (30 min)</b>	<b>1. R440 2. R480</b>
The appearance of pigmentation caused by hormones is lighted, as well as pigmentation caused by UV rays and the appearance of freckles. Dramatic results can be expected.	
<b>A.C.N.E. Resurfacing Treatment (30 min)</b>	<b>1. R330 2. R360</b>
This is an excellent treatment for Acne graded I, II, III as well as excess oil on skin, enlarged pores and superficial scarring.	
<b>C.R. Resurfacing Treatment (30 min)</b>	<b>R330</b>
This is a treatment for sensitive skins with chronic redness and reduces the appearance of dilated capillaries.	

## ALOE FINESSE

<b>Balancing Facial (50 min)</b>	<b>R260</b>
A healing, soothing facial that restores and balances the skin, giving you that natural glow.	
<b>Rejuvenating Facial (50 min)</b>	<b>R285</b>
This facial will aid in overall skin improvement, giving it a youthful appearance.	
<b>Deep Cleanse Facial (50 min)</b>	<b>R295</b>
Removal of impurities, reducing the appearance of redness on skin. This treatment will leave you feeling refreshed.	

## MATSIMELA SIGNATURE TREATMENTS

HANDS AND FEET

	Female	Male
<b>On the go Manicure (25 min)</b> Cuticle care and paint	<b>R110</b>	<b>R110</b>
<b>On the go Pedicure (25 min)</b> Cuticle care and paint	<b>R125</b>	<b>R125</b>
<b>Signature Manicure (45 min)</b> Cuticle care, soak, exfoliate, massage, mask /soy wrap and paint	<b>R170</b>	<b>R180</b>
<b>Signature Pedicure (60 min)</b> Cuticle care, heel treatment, soak, exfoliate, massage, mask /soy wrap and paint	<b>R220</b>	<b>R240</b>

## MASSAGES WITH MATSIMELA

Massage has been an integral part of healing through the ages. Come and enjoy a remarkable massage with infused African oils from mother nature.

BODY

	Female	Male	Couple
<b>Back, neck and shoulder massage</b> Swedish, Hotstone, Deeptissue or Body Cupping (25 min)	<b>R270</b>	<b>R290</b>	<b>R520</b>
<b>Full body massage</b> Swedish, Hotstone, Deeptissue or Body Cupping (50 min)	<b>R390</b>	<b>R490</b>	<b>R860</b>
<b>Body Exfoliation</b>	<b>R275</b>	<b>R320</b>	<b>R580</b>
This lavish exfoliation with a selection of specific scrubs gently eliminates all traces of dull skin cells and impurities. After the exfoliation an application of softening balm containing pure Shea Butter, Beeswax and Ubuntu Oils is applied, leaving the body fully quenched and silky smooth. (50 min)			
<b>Cleansing &amp; Relaxing Back Treatment</b>	<b>R350</b>	<b>R380</b>	<b>R700</b>
A treatment that stimulates the lymphatic system, rejuvenates the nervous system and awakens the skin at cellular level. Great for a congested back area as well as tense muscles in the back. (50 min)			
<b>Detoxifying &amp; Muscle Ease Body Wrap</b>	<b>R540</b>	<b>R640</b>	<b>R1100</b>
This complete body treatment help relieve muscle stiffness and joint soreness, promotes relaxation and aid in detoxification. This treatment combines a gentle exfoliation with your choice of scrub and the nourishment of the warm clay. Relax while cocooned with a scalp and shoulder massage. (80 min)			
<b>Nourishing Body Wrap</b>	<b>R540</b>	<b>R640</b>	<b>R1100</b>
This treatment replenishes and soothes dry skin. It begins with a purifying salt & oil scrub, then a warm blend of oils and deeply nourishing butter is applied. Relax while cocooned with a scalp and shoulder massage. (80 min)			

## LILIAN TERRY

Lilian Terry International was established in 1996 when the concept of Homeopathic Aromatherapy was created by Dr. Kateryna Tsvyetkova (MD, PhD, Homeopath) and Lilian Terry (clinical aromatherapist with years of experience in beauty therapy and aromatherapy). The LTI Homeopathic Aromatherapy range combines homeopathic remedies and essential oils. The resulting pure energy healing complexes, used through massage or reflexology, enable almost immediate penetration through the skin and mucous membranes to activate the cell receptors. In addition to the therapeutic and preventative uses, homeopathic aromatherapy complexes give excellent cosmetic results by improving elasticity and hydration of the skin. The complexes are 100% natural and made in South Africa. The entire range is available at Adara Beauty.

## WAXING

FACE

	Female	Male
Brow shape	<b>R65</b>	<b>R65</b>
Lip wax	<b>R65</b>	
Chin wax	<b>R65</b>	
Full face	<b>R180</b>	
Brow tint	<b>R60</b>	
Lash tint	<b>R65</b>	
Brow and lash tint	<b>R110</b>	
Brow and lash Combo: Brow shape, tint and lash tint	<b>R150</b>	

BODY

Basic bikini wax	<b>R150</b>	
Deep bikini wax	<b>R175</b>	
Brazilian wax	<b>R235</b>	
Hollywood wax	<b>R280</b>	
Full leg wax	<b>R175</b>	<b>R275</b>
Half leg wax	<b>R120</b>	<b>R200</b>
Arm wax	<b>R140</b>	<b>R190</b>
Underarm wax	<b>R85</b>	<b>R95</b>
Back wax	<b>R215</b>	
Stomach wax	<b>R70</b>	<b>R120</b>
Chest wax	<b>R120</b>	

## LASHES

**Lash Curl (60 min)** **R290**  
A treatment that adds a semi-permanent curl to your lashes for up to 8 weeks - ideal for those going on holiday or regular swimmers.

### LashOn Eyelash extensions

Classic individual mink lashes:

<b>Full set</b>	120 min - <b>R550</b>	<b>Fill</b>	90 min - <b>R440</b>
	90 min - <b>R440</b>		60 min - <b>R330</b>
	60 min - <b>R330</b>		30 min - <b>R220</b>

## SLIMMING THERAPY

	Single	6 Sessions
<b>G5 (30 min)</b>	<b>R130</b>	<b>R670</b>
G5 massage is a mechanical heavy duty massage that breaks down cellulite and increase blood circulation.		
<b>Faradic (60 min)</b>	<b>R210</b>	<b>R1090</b>
Faradic technology is a form of electrical stimulation ideally suited for firming and toning body muscles.		

## ADD ON

These express treatments can be added onto any body or facial treatment

<b>Indian Scalp Massage (15min)</b>	<b>R140</b>
<b>Sino Drainage Massage (20min)</b>	<b>R150</b>
<b>Foot Massage &amp; Mask (20min)</b>	<b>R110</b>
<b>Hand Massage &amp; Mask (20min)</b>	<b>R100</b>

## GEL NAIL TREATMENTS

Gel/Acrylic removal	<b>R110</b>
Gel overlay without soak	<b>R310</b>
Gel overlay with soak	<b>R345</b>
Toe gel overlay	<b>R200</b>
Gel overlay on fingers and toes	<b>R505</b>
Full set tips with gel overlay	<b>R380</b>
Regular pedicure with gel toe overlay	<b>R300</b>
Nail repair	<b>R30</b>
Silk repair	<b>R10 p/nail</b>
Extra art on gel nails	<b>R10-R50</b>

## SUN KISSED SKIN

**The Tan Lab Spray Tan (30 min) R320**  
 THE TAN LAB ©, have created a scientifically formulated tan that is unmatched by DHA-only products. With its unique combination of DHA and Erythrulose, our innovative two phase tanning products ensure both ingredients work in synergy providing the most natural looking tan that lasts longer and fades evenly.

**Sunbed (20min)**

Single	10 Sessions
<b>R40</b>	<b>R350</b>

## HIPL LASER

High Intensity Pulsed light. Excellent results and pain free technology.

**Treatments variety:**

- Skin Rejuvenation
- Tattoo Removal
- Hair Removal
- Vascular (Facial) Treatment
- Pigmentation Treatment

## PACKAGES

<b>Spa Taster (60 min) R430</b>
Back neck and shoulder massage
Hydrating facial
<b>Destress Spa (80 min) R550</b>
Full body massage
Hydrating Facial
<b>Mommy to Be package (115 min) R750</b>
Spa Pedicure
Indian head massage
Therapeutic treatment

## GENERAL INFORMATION

- Loyalty program: Each time a full service is completed your therapist will digitally stamp your electronic Adara loyalty card. After 10 completed Adara treatments, 10% of the total card value will be credited towards your next treatment.
- Gift vouchers are available.
- Pre-Booking treatments are essential.
- Late arrival – treatment will be completed in allocated time & the fee will remain unchanged.
- 24 hour notice for treatment change/cancellation.
- Prices are subject to change without prior notice.
- Payment must be made immediately after treatment.
- Accepted payment methods are: Cash, Debit, Credit Card, EFT before treatment.
- Should you have any physical/medical condition (e.g. pregnancy, recent surgery, epilepsy, allergies), please inform therapist prior to your treatment.

## THERAPIST QUALIFICATIONS

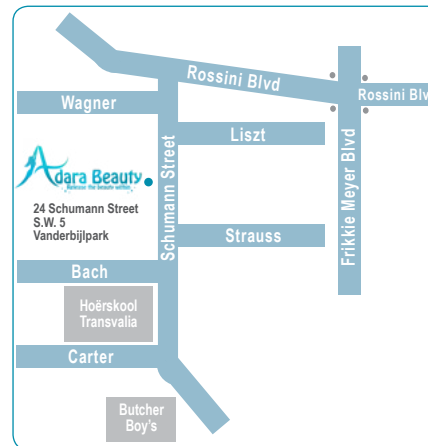
SAAHSP, CIDESCO, ITEC

## OFFICE HOURS

Week days 8:00 – 17:00

Saturdays 8:00 – 13:00

The first and last Saturday of the month 8:00 – 15:00



BIO SCULPTURE

evc<sub>2</sub>



pHformula  
DERMATOLOGICAL SKIN RESURFACING

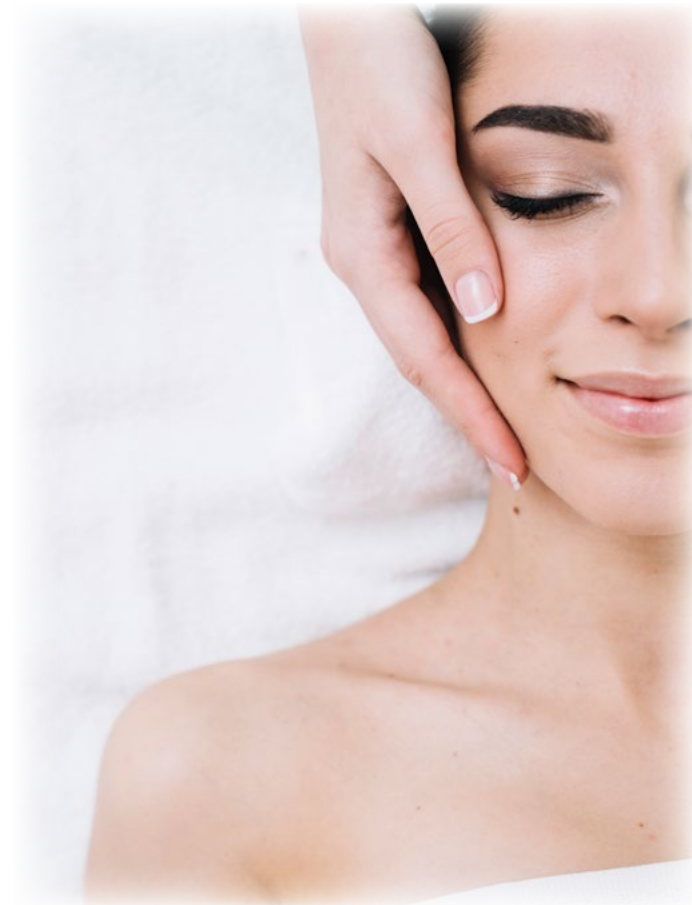
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