

**IQMS medicosmetics:**

Designed to address the loss of collagen, the main cause of skin aging, these facials feature unique 70% natural soluble collagen. Through their application skin is revitalized and returned to a youthful, healthy state.

**Deep cleanse facial** 45 min **R490**  
 Combines a hydrating algae mask with the deep pore cleansing facial, to leave skin firm and supple. Includes head and hand massage

**Classic collagen facial** 75 min **R690**  
 An intense, anti- aging, unique facial treatment that reduces fine lines and leaves the skin firm, using 70% natural soluble collagen. Includes head, hand and foot massage

**Elixir Fusion:**

Simple, gentle and more natural approach to skincare. This range of products use only plant- based ingredients and the highest quality of essential oils and plant extracts

**Standard facial**

Hydrate and revitalise the skin with this relaxing facial that plumps and balances your skin with a deep refreshing glow 45 min **R350**

**Facial steam:**

Helps free any dead skin cells, dirt, bacteria or other trapped matter and it can allow your skin to better absorb any other products

**Steam can be added to any facial** 15 min **R50**

**Canna massage:**

Therapeutic and serene method of detoxifying the body for faster and easier muscle recovery. When you combine these oils with an experienced therapist, the cannabis oil becomes a very powerful tool

30 min **R400**  
 60 min **R700**

**Swedish massage:**

Variety of techniques specifically designed to relax muscles by applying pressure to deeper muscles and rubbing in the same direction as the flow of blood returning to the heart

**Deep tissue massage:**

Focuses on the deep layers of muscle tissues in an effort to release tension and muscle pain

**Aromatherapy massage:**

Preparation of fragrant essential oils extracted from herbs, flowers and fruits. The use of aromatherapy oils enhance a feeling of well- being

**Pregnancy massage:**

Relaxes tense muscles, eases sore spots, improves circulation, mobility and is tailored specifically to the needs of pregnant women and their changing bodies

30 minute, **R250**      40 minute, **R340**      60 minute, **R460**      90 minute, **R650**

### Reflexology:

Therapeutic method that promotes healing by stimulating the nerves in the body

<b>Reflexology</b>	30 min	<b>R250</b>
<b>Foot exfoliation, soak and reflexology</b>	60 min	<b>R460</b>

### Sparitual and Crisnail

Sparitual nail lacquers are DBP, formaldehyde and toluene free and vegan friendly  
Crisnail products are manufactured in Europe, with the highest standards in quality

<b>Spa manicure</b>	60 min	<b>R210</b>
Hand exfoliation, soak, nail filing, buffing, cuticle cleaning, hand massage and nail varnish		
<b>French manicure</b>	75 min	<b>R230</b>
Hand exfoliation, soak, nail filing, buffing, cuticle cleaning, hand massage and French varnish		
<b>Express manicure</b>	45 min	<b>R170</b>
Hand exfoliation, soak, nail filing, buffing, cuticle cleaning and hand massage		
<b>Spa pedicure</b>	60 min	<b>R220</b>
Foot exfoliation, soak, nail filing, buffing, cuticle cleaning, foot filing, foot massage and nail varnish		
<b>French pedicure</b>	75 min	<b>R240</b>
Foot exfoliation, soak, nail filing, buffing, cuticle cleaning, foot filing, foot massage and French varnish		
<b>Express pedicure</b>	45 min	<b>R180</b>
Foot exfoliation, soak, nail filing, buffing, cuticle cleaning, foot filing and foot massage		
File and paint	30 min	<b>R100</b>
French file and paint	35 min	<b>R110</b>

### Gel-It Gel polish:

UV & LED curable gel polish, proudly bottled in South Africa. This easy to apply and remove product can last 2+ weeks. Gel-iT Gel Polish is Non-Toxic, Non-Flammable and Solvent Free

<b>Gel polish</b>	40 min	<b>R240</b>
Nail filing, buffing, cuticle cleaning and gel application		
<b>Gel manicure</b>	70 min	<b>R350</b>
Hand exfoliation, soak, nail filing, buffing, cuticle cleaning, hand massage and gel application		
<b>Gel pedicure</b>	70 min	<b>R370</b>
Foot exfoliation, soak, nail filing, buffing, cuticle cleaning, foot filing, foot massage and gel application		
Gel soak off		<b>R100</b>
Gel soak off with re- application		<b>R50</b>

### Sknlogic heel treatment:

Quickly dissolves hard skin leaving the feet smooth and polished. Foot scrub, soak and heel treatment removing hard skin. This can be booked separately or included in a pedicure

Stand-alone heel treatment	15 min	<b>R90</b>
Included in pedicure		<b>R60</b>

**Threading:**

An ancient method of hair removal, thread is rolled over areas of unwanted hair removing the hair at the follicle.

Brow threading	15 min	<b>R70</b>
Lip threading	15 min	<b>R70</b>
Chin threading	15 min	<b>R70</b>
Side of face threading	15 min	<b>R70</b>
Full face threading	20 min	<b>R220</b>

**Julienne tinting:**

Superior formula which is water resistant and is ideal for sport players, contact lens wearers and those with make- up sensitivities

Eyelash tint	15min	<b>R70</b>
Eyebrow tint	15 min	<b>R70</b>
Tint combo	20 min	<b>R110</b>

**Depileve:**

Designed to adhere to the hair and not the skin, allowing for exceptional grip, even on the shortest of hair, by removing the entire root leaving a silky smooth finish

Brow wax	15 min	<b>R70</b>
Lip wax	15 min	<b>R70</b>
Chin wax	15 min	<b>R70</b>
Nose wax	10 min	<b>R60</b>
Side of face	15 min	<b>R70</b>
Full face wax	20 min	<b>R220</b>
Underarm wax	20 min	<b>R100</b>
Forearm wax	20 min	<b>R110</b>
Bikini wax	15 min	<b>R130</b>
Brazilian wax	20 min	<b>R180</b>
Hollywood wax	30 min	<b>R230</b>
Extended Hollywood wax	40min	<b>R260</b>
Half leg wax	20 min	<b>R140</b>
Full leg wax	30 min	<b>R220</b>

**HOUT BAY:**

Open Monday to Friday  
9am till 4:30pm

**Address:**

The Homestead  
erf 3735  
Main road, Hout Bay



**MARINA DA GAMA:**

Open Monday to Friday  
10am till 4:30pm

**Address:**

14 Oudevlei road  
Uitsig peninsula  
Marina Da Gama

**Contact:** Radelle Smart owner and therapist

**Cell:** 083 406 0194

**Email:** radelle@radiancesbeauty.co.za

**Website:** www.radiancesbeauty.co.za