

Relaxing your Mind and Body



Skin
Rejuvenation

Waxing

Tanning

The Rubbing Post

UNWIND

RELAX

ENJOY

FEEL NEW



Hair
Removal

Facials

Slimming

The Rubbing Post offers a wide range of specialised treatments that have been specifically chosen to revitalise your body, rejuvenate your mind and invigorate your soul.

Take your body and mind on a journey of renewal and soothing relaxation in our exquisite treatment facilities.

Women : Hair removal (IPL / Laser)

Upper Lip	R300
Full face	R550
Chin	R300
Under Arm	R420
Half Arm	R890
Full Arm	R1200
Half leg	R1100
Full leg	R2100
Bikini Standard	R495
Hollywood	R1000
Brazilian	R950
Umbilical line	R500



Men's : Hair removal (IPL / Laser)

Umbilical line	R500
Chest	R1100
Shoulders	R1350
Upper back	R1350
Lower back	R1350
Sides	R980
Full back	R1800
Stomach	R1100
Underarm	R900
Half arm	R1145
Full arm	R1400



Skin rejuvenation : Pigmentation, age spots, fine lines (IPL / Laser)

Full face	R1550
Neck	R600
Decollete	R800
Hands	R800
Spots	R350
Cheeks	R600

Skin Tightening

Face	R1200
Neck	R900
Eye & Cheek	R900
Jowl	R900
Forehead	R600
Acne Face	R650
Half back	R950
Full back	R1050
Chest	R800

Face Treatments: All facials include a choice of hand/foot or scalp massage when mask is on

Dermalogica Facials

Facemapping: A professional, in-depth skin analysis based on your skin and lifestyle

Care Treatment: 60 minute basic facial R690
Student: 45 minutes R600

ProSkin 30: Radically boost your skin in just 30 minutes R420

Targeting key concerns for maximum impact
ProSkin 60: 60 min Treatment
Customized with advanced products and techniques R950

Expert Active : 75min Ultimate Treatment:
Advanced customized treatment R900

Guinot Facials
Hydradermie Double Ionization: cleansing/
ionization/ high frequency R1300

Hydradermie "hydro plus" : cleansing
/ionization/high frequency focus on eyes and neck R1400



Hydradermie Lift: the "work out" facial and lifting R1460

Hydradermie Lift Deluxe R1700

Age Summum: erases signs of aging/ wringles/dark spots and firms R1395

Hydrapeeling ph (all skin types): erases visible signs of aging/ leaving skin radiant R1395

Hydrapeeling Hydrabrasion for sensitive skin R1395



Slimming:

Velasmooth: combination of infra-red light and manipulation for excellent results: Reduce, reshape, refirm. Max 12 for best results . 10% discounts on all packages

Stomach or Arms	R800
Stomach & Buttocks	R720
Patricia Clarke Slimming Wraps: Lose Centimeters Wrap	R650

Waxing

1/2 leg wax	R290
3/4 leg	R360
Full leg	R390
Hollywood	R410
Brazilian	R395
1/2 arm	R250
Full arm	R290
Face wax	R360
Lip/ nose / brows	R120
Tint lash / brows	R190
Under arm	R190
Bikini	R290
G/ string	R320

Mens waxing

Back	R495
Fullleg	R550
Chest and stomach	R495

Tints

Lash	R190
Brow	R190
Lash & Brow	R380

Eye Logic: 30min intensive treatment for around the eye	R700
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Nimue Facials

Deep cleanse	R750
Active Rejuvenation 8607.5% TCA Treatment Peel	R800

Environmentally Damaged Hyperpigmentation Problematic	R800
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Resurfacer/Peels

Effective resurface peels with restorative mask	R1300
Dermapen	R1300

Microdermabrasion

High Frequency: 20 min includes cleansing, exfoliation and moisturize R490

Ladies Massage

Back & Neck	R390
Full Body Massage: using individualized oils depending on needs of client	R700



Tanning

Spray Tan	R620
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Mens Grooming

Arm wax	R395
Back wax	R495
Chest wax	R495
Leg wax	R550

Mens Massage

Back & Neck Massage	R580
45 minute back and neck massage	R660
Leg Massage: sportsman deep tissue massage	R630
Hot Stone	R900
Full Body	R800



SKIN | AESTHETIC | WELLNESS

WHERE TO FIND US

Located in The Integrative Medical Centre

2 Eaton Ave, Bryanston Dr
Bryanston, 2191
Gauteng, South Africa

Trading Hours

Monday - Friday: 9am to 5pm
Saturday: 9am to 3pm

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