



VIOLORI

RECOVER



WELCOME TO VIOLORI RECOVER SPA

**At Violori Recover, we believe recovery is more than rest –
it's a ritual.**

Our philosophy blends advanced recovery science with holistic wellness to restore balance, elevate performance and rejuvenate both body and mind.

Every treatment has been thoughtfully curated to support physical repair, mental clarity and deep relaxation. Whether you're an athlete in recovery, a professional seeking balance, or someone simply looking to restore vitality, each session at Violori is designed to realign your body's natural rhythm and renew your inner energy.

Step into an environment where innovation meets calm – from targeted body treatments and thermal therapies to cutting-edge neuro-recovery experiences. Here, your wellbeing becomes a refined journey of restoration, resilience and renewal.

Restore. Recover. Reconnect.

Welcome to Violori – your sanctuary for recovery and performance.

Recover Massage Therapy

VIOLORI Recovery Signature Massage

60min – R1200 | 90 min – R1600

Restore, rebalance and rejuvenate with our signature Lava Shell Recovery Massage. This innovative treatment combines the therapeutic warmth of self heating clam shells together with aromatherapy and targeted massage techniques to promote deep muscle release and full body recovery.

Deep Detoxifying Massage

60 min – R1000 | 90 min – R1400

This treatment promotes relaxation and detoxification by working on the muscle fascia by applying a deeper pressure.

Himalayan Salt Massage

60 min – R1000 | 90 min – R1400

Promotes relaxation by applying heat retaining stones and gently draws toxins from the skin and soothes tense and sore muscles.

Classic Swedish

60min – R900 | 90 min – R1200

Incorporates long gliding strokes and kneading designed to relax the entire body and promote overall well being.

Aromatherapy

60min – R1100 | 90 min – R1500

A combination of traditional massage therapy with essential oils that are meant to improve your physical and mental wellbeing.

Lava Shell Massage

60 min – R1250

This innovative treatment combines the therapeutic warmth of self- heating clamshells with targeted massage techniques to promote deep muscle release and full body recovery.

Sports Massage

60min – R1100

Targeted area deep tissue massage designed to support athletes, enhance performance, reduce injury risk and support recovery.

Pressure Point Foot Massage

30 min – R620 | 45min – R750

Relax and balance the body through stimulation of pressure points situated on the feet.

Head Massage

30 min – R650

A relaxing treatment that focuses on the scalp, neck, temples and shoulders. Relieving tension improving circulation and promoting a deep sense of calm.

Back Neck & Shoulder

30 min – R600 | 45min – R750 | 60 min – R1000

This focused massage helps to relieve tension in the neck, shoulders upper and lower back.

Skin Care

Mesoestetic Ageless Performance Facial

45 min –R1650

A high-performance anti-ageing that improves hydration, firmness and recovery while protecting against the visible effects of UV exposure and environmental stress.

Mesoestetic 19th hole Recovery Facial

30 min – R950

A preventative and corrective treatment designed to maintain an even, luminous complexion in high sun exposure environments.

Mesoestetic Sports Facial

45 min – R1200

A luxurious post-sun recovery treatment designed to repair the visible effects of sun exposure while restoring luminosity and vitality.

Esse Endurance Recovery Regimen

60 Min – R950

Deeply restoring facials focused on clearing the skin and melting tension away with customised massage.

Esse Live Probiotic Regimen

75 min – R1050

Live probiotic experience to elevate skin to a whole new level with the inclusion of live probiotics and extended facial massage to enhance treatment outcomes.

Sothys Hydra Hyaluronic Intensive treatment

90 min – R1300

For instant moisture ,comfort and long lasting replenishment, this hydrating treatment is for dehydrated or maturing skin that lacks barrier support.

Sothys Youth Intensive Treatment

90 min – R1300

To combat the signs of aging by fighting against oxidative stress and chronological aging with scientifically proven facial treatment to reduce wrinkle depth and reverse the aging process.

Recover Add ons

Himalayan Salt Stones

Back Only – R150

Add 30 min to your 60 min Massage – R450

Soft Cupping Therapy

One area only | 15min – R150

Mesoesthetic Eye contour brightening and Firming

15 min – R350

Medical-grade peel for the periocular area to reduce pigmentation fine lines and crepey texture.

Hydrogen Drink

R20

Reduce muscle fatigue, improve recovery reduce oxidative stress and inflammation with our hydrogen infused drink.

Infrared Light Therapy

30 min – R300

The red-light therapy lamp is designed to enhance your massage experience and promote faster recovery.

Cryotherapy Gun

15 min – R200 per area

An innovative cooling treatment designed to tighten, tone and revitalize your complexion. Using localized cooling therapy, we apply precise bursts of freezing air to stimulate circulation, tighten pores and boost collagen production.

Recover Body Treatments

Himalayan Salt Body Scrub

30 min – R700

Full body scrub using the Himalayan Salt and blended oils to exfoliate your skin, improve circulation and reveal soft glowing skin.

Rest, Recover or Revitalize Body Wraps

45 min – R950

Choose between a relaxing muscle recovery or invigorating body wrap. This treatment rejuvenates the skin, promotes relaxation and overall wellbeing.

Cellulite Treatment

30 min – R700 | 60min – R1000

Re-sculpt your body with a combination of cupping, hands on massage incorporating a copper mit and guasha stone. Performed with premium hand crafted all natural aromatherapy oils formulated to target the visible signs of cellulite.

Hanakasumi Body Treatment

90min – R1400

A unique protocol of Japanese inspiration to help you unwind, escape and destress. This sensorial, dry treatment resurfaces and nourishes the skin , leaving it smooth and delicately perfumed with Cherry Blossom.

Recover Add ons

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Back Only – R150

Add 30 min to your 60 min Massage – R450

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Cryotherapy Gun

30 Min – R600

Targeted relief meets cutting edge cold therapy with a cryotherapy device , this treatment uses a handheld cryo-device to deliver localized bursts of ultra cold air to specific areas of your body. The cold temperature helps to reduce inflammation and alleviate muscle pain.

NeuroVIZR Mind Spa

5 min – R100 | 10 min – R150 | 20 min – R200

Elevate your recovery beyond the body. Using advanced light and sound stimulation, the NeuroVIZR headset resets your nervous system, enhances mental clarity, deepens rest and supports recovery from training load.

- Short 5, 10 or 20 min session
- Pair with massage, compression or recovery treatment for full-spectrum recovery.

Nail Treatments

Hand Care

Violori Manicure	R550
Gel Manicure	R580
Nail care & Gel overlay	R680
On-The-Go Mani	R450
Paraffin Dip on Hands	R350
Buff & Shine	R300
Gel Polish Removal	R150

Soft Gel Tips

Nail polish	R650
Gel application	R700

Foot Care

Violori Pedicure	R620
Gel Pedicure	R780
Nail care & Gel overlay	R550
On-The-Go Pedi	R550
Summer Heel Treatment Express	R300
Deluxe Summer Heel Pedicure	R850
Violori Signature Pedicure	R900
Violori Signature Gel Pedicure	R1050

Add ons

Nail Art	R20 per nail
Nail Repair	R50 per nail
Nail Scrub	R50

Waxing & Beauty Touches

Lip/Chin/Brow	R170	Half Leg	R385
Underarm/Sides of face	R240	Hollywood	R470
Half Arm	R385	Brazilian	R400
Bikini	R250	Full Face	R400
Half Chest	R385	Full Leg	R540
Full Arm	R385	Back/Chest	R480

Recovery Facilities

Floatation Therapy

30 min – R450

Float effortlessly in a serene soundproof environment. Using a tank filled with warm magnesium sulphate rich water. This creates a weightless and zero gravity experience. Designed to calm your mind and relieve tension in your body, ideal for stress relief muscle recovery and improved sleep.

Infrared Sauna

30 min – R350

Promoting deeper relaxation and enhances detoxification. Penetrating heat warms the body directly and stimulates sweat at a cellular level. The soothing heat helps to relieve muscle tension, improves circulation and accelerates the body's natural healing process.

Hyperbaric Chamber

60min – R650

Elevate your wellness with our hyperbaric oxygen therapy, and advanced treatment designed to enhance your body's natural healing process. You'll inhale 100% pure oxygen in a pressurized chamber which promotes faster healing, reduces inflammation, boosts energy and supports overall vitality by increasing oxygen levels in the body.

Ice Bath

15 min – R180

A powerful treatment designed to promote recovery, reduce inflammation and enhance overall wellbeing. Submerge in a cold-water bath to stimulate your body's natural healing processes.

Compression Boots (Air)

30 min – R330

Enhance circulation, reduce muscle soreness and speed up recovery using inflatable boots that wrap around your legs. Creating a controlled pressure to gently massage and stimulate blood flow, helping to flush out toxins and reduce swelling.

Recover Combos

Violori Signature Package

3hrs | Single – R3200 | Couples – R6000

Our signature package is a thoughtfully curated wellness journey designed to restore balance beauty and inner calm. Begin with a deeply relaxing Violori Recovery signature massage to ease muscle tension followed by a glow enhancing facial, restores radiance and hydration.

Complete your experience with a full spa pedicure. This top to toe experience is perfect for those seeking complete relaxation, skin rejuvenation and muscle relief, all in one indulgent session.

Golfers Relief

90min – R1200

60 min back neck & shoulder massage with a 30min Air Compression Boot session.

Padel Pack

60min | Single – R900 | Couples – R1800

45 min back, neck & shoulder massage with 15 min ice bath session.

Unfit Athlete

60min – R1300

30 min Pressure point foot massage and 60 min oxygen therapy.

Fire and Ice Body

45 min – R450

30 min infrared sauna and 15 min ice bath.

Warm-up Combo

120min | Single – R1900 | Couples – R3600

30 min Infrared, 30 min Himalayan salt scrub, 60min Himalayan Salt Massage

Gym Packages

1 Day	R120
2 Days	R200
3 Days	R280
5 Days	R450

Gym Combos

1 Gym Session, Sauna & Ice Bath	R700
1 Gym Session & Hyperbaric Chamber	R700
1 Gym Session & Floatation Pod	R500

Prices are subject to change without prior notice.

Kindly arrive **15 minutes prior** to your scheduled treatment(s) to change into your gown and slippers and to complete a consultation form with your therapist.



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