

Pick a treatment, *pick a length.*

Thai Massage

A combination of gentle twists, rocking motions, stretches and rhythmic pressures, used to deeply relax the body, improve mobility and reduce muscular tension.

60 MIN **R490** 90 MIN **R690** 120 MIN **R850**

Thai + Aroma Massage

Traditional Thai twists, stretches and rhythmic pressure, combined with warm aromatherapy oil for a softer, more flowing treatment.

60 MIN **R490** 90 MIN **R690** 120 MIN **R850**

Aroma Hot Oil

Long, warm strokes with aromatherapy oil. Reduces stress and calms the mood.

60 MIN **R500** 90 MIN **R720** 120 MIN **R870**

Hot Stone Massage

A deeply relaxing massage using warm stones to ease sore muscles, release stiff joints and relieve tension.

60 MIN **R550** 90 MIN **R720** 120 MIN **R880**

Herbal Compress Massage

Thai massage, acupressure and stretching together with hot herbal compresses. The heat carries the herbs deep into the muscle, helping to relieve inflammation and improve blood circulation.

60 MIN **R550** 90 MIN **R720** 120 MIN **R880**

Aroma + Sport Hot Stone Massage

Hot oil aromatherapy massage suited to insomnia, stress and muscle injury. Tight neck and shoulder muscles from long hours at a computer, or from overdoing it in training, are effectively relieved.

60 MIN **R550** 90 MIN **R720** 120 MIN **R880**

Infrared Gua Sha

Thai massage combined with infrared hot stone Gua Sha. Relaxes muscles, eases neck, shoulder and back pain, headaches and insomnia, and relieves muscle soreness after exercise.

60 MIN **R550** 90 MIN **R720** 120 MIN **R880**

Cupping

Thai massage with cupping. Increases blood flow and promotes healing.

60 MIN **R530** 90 MIN **R720** 120 MIN **R870**

Mother to Be Massage

Massage for pregnant women from four months and up. A relaxing treatment for the mother that eases stress and muscle pain. Please clear it with your doctor or midwife first.

60 MIN **R490** 90 MIN **R690** 120 MIN **R850**

Neck, Shoulder & Head Massage

A combination of techniques to relieve tension through the neck and shoulders, and to reduce the symptoms of office syndrome.

30 MIN **R300** 60 MIN **R450** 90 MIN **R630** 120 MIN **R750**

Foot Massage

A warm herbal foot soak, then firm thumb pressure through the soles, heels and arches to ease tired, aching feet and legs.

30 MIN **R300** 60 MIN **R450** 90 MIN **R630** 120 MIN **R750**

Scrub & Milk Bath

A full-body exfoliating scrub, then a warm milk bath to soften and nourish the skin. Leaves you smooth, clean and glowing.

30 MIN **R490** 60 MIN **R690** 90 MIN **R850**

Book on WhatsApp 079 282 9822 · [jinathaimassage.co.za](https://www.jinathaimassage.co.za)

Prices in South African Rand, per person. Cash, card, EFT and SnapScan accepted. Massage here is for relaxation and general wellbeing, and is not a substitute for medical care.

4.7 ★

40+ Google reviews