

# PROTEA

## DAY SPA

AUTHENTIC THAI MASSAGE

OPEN SEVEN DAYS A WEEK

### GET IN TOUCH

#### WHATSAPP

+27 66 205 0993

#### Email

info@proteadayspa.com

#### Website

www.proteadayspa.com

### WHERE TO FIND US

Shop 2, Red Sails Building  
3 Main road  
Hout Bay  
7806

### TRADING HOURS

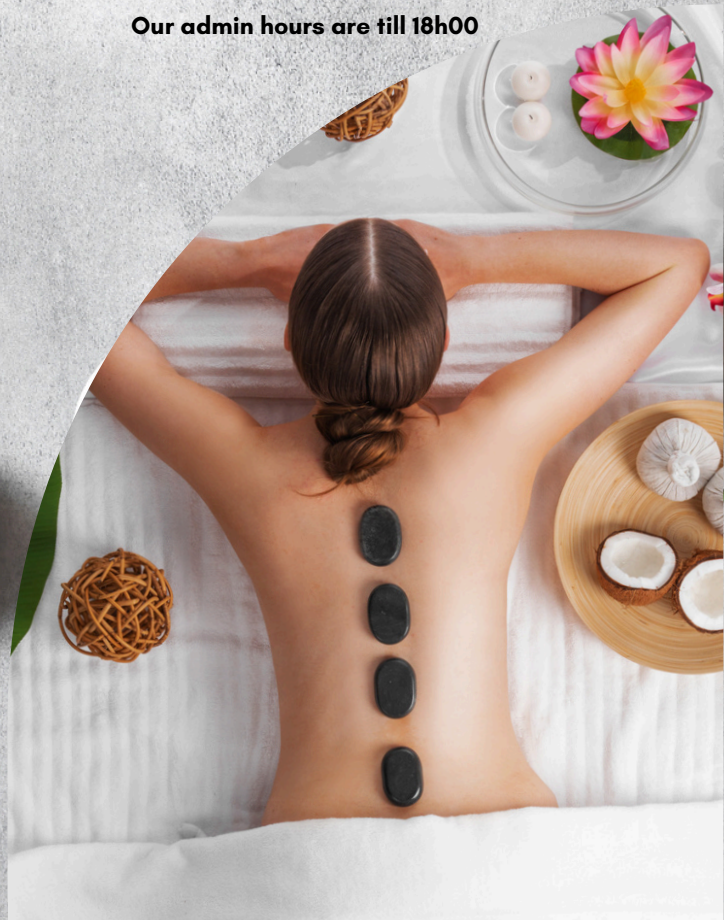
Mon - Thur 10:00 - 21:00

Fri - Sun 9:00 - 21:00

Our admin hours are till 18h00

T's & C's Apply

If you have any serious injuries or concerns please consult  
with your healthcare provider first.





GENTLE

**AROMATHERAPY HOT OIL MASSAGE 60MIN - R520 / 90MIN - R720 / 120MIN - R920**

A gentle full body oil massage, using a medium to light pressure with the addition of heated aromatherapy oil.

MEDIUM

**THAI OIL MASSAGE 60MIN - R500 / 90MIN - R700 / 120MIN - R900**

A full body oil massage using ancient Thai techniques. This is a medium pressure massage and combines assisted stretching at the end.

FIRM

**TRADITIONAL THAI MASSAGE 60MIN - R500 / 90MIN - R700 / 120MIN - R900**

A full body massage *without oil*. This treatment involves pressing and assisted stretching to help relieve muscle tension and increase range of motion.

HARD

**THAI SPORTS MASSAGE 60MIN - R550 / 90MIN - R750 / 120MIN - R950**

A full-body deep tissue massage designed to relieve muscular tension, break down knots, and assist with recovery from sports injuries. This treatment combines firm pressure, ancient Thai techniques, and assisted stretching to promote deep relaxation and enhanced mobility.

MEDIUM

**BACK, NECK & SHOULDERS 30MIN - R350 / 60MIN - R500 / 90MIN - R700**

A medium pressure massage focusing on the back, neck and shoulders, also including arms & head. Assisted stretching at the end for 60min or 90min sessions.

MEDIUM

**THAI REFLEXOLOGY & FOOT MASSAGE 30MIN - R350 / 60MIN - R500 / 90MIN - R700**

Thai style foot massage that combines pressing of pressure points on the feet with a foot and leg massage.

MEDIUM

**PREGNANCY MASSAGE 60MIN - R500 / 90MIN - R700**

Pregnancy Massage is a gentle, full-body treatment performed while you lie comfortably on your side, supported by extra pillows for optimal relaxation. This soothing massage is available from 14 weeks of pregnancy and is designed to promote comfort, relieve tension, and support overall well-being.

MEDIUM

**HOT STONE MASSAGE 90MIN - R750 / 120MIN - R950**

A full body massage that uses smooth, heated stones to massage the body, to promote relaxation and relieve tension. Therapist will apply gentle pressure while gliding the stones along your muscles; this combination of heat and pressure helps to ease muscle stiffness & improve circulation.

MEDIUM

**AROMATIC BODY SCRUB & MASSAGE 90MIN - R850 / 120MIN - R1000**

A revitalizing full-body exfoliation with an aromatic salt scrub, followed by a refreshing shower and a relaxing Thai Oil massage.

**By booking an appointment with us, you acknowledge & agree to our terms, conditions, and policies as set out on our website.**  
Kindly note that while we accept bookings until late in the evening, we may close anytime from 6 PM depending on existing appointments.  
Evening slots are available by appointment only.

Please always advise us of any injuries or preferences upon arrival. NB always consult your doctor if you have any serious concerns.