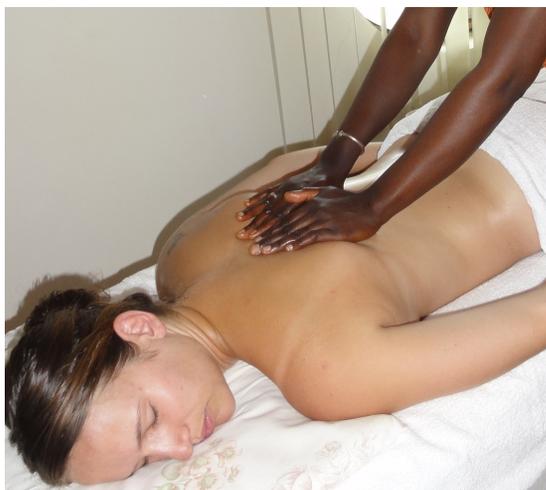


Holistic Massage Treatment

	Price	Time
Aromatherapy (Essential oil Massage) Full Body	D800	1 hour
Aromatherapy (Essential oil massage) Back and Shoulder	D500	30 min's
Relaxing Almond Oil (smoothing and relaxing massage) full body	D700	1 Hour
Relaxing Almond Oil (smoothing and relaxing massage) Back and Shoulder	D400	30 min's
Soothing Milk Oil (Sensuous and soothing Massage) Full Body	D700	1 Hour
Soothing Milk Oil (Sensuous and soothing Massage) Back and Shoulders	D400	30 min's
Pain Relief Massage (Pin Point Pressure Massage) Full Body	D950	1 Hour
Pain Relief Massage (Pin Point Pressure Massage) Effected area only	D600	30 min's
Swedish Combination (Deep Pressure massage) Full Body	D850	1 Hour
Swedish Combination (Deep Pressure massage) Back & Shoulder	D550	30 min's
Head & Neck Massage (Tension Relief)	D500	30 min's
Indian Head Massage (Pressure Point Massage)	D550	40min's
Reflexology (Revitalising Foot Massage)	D500	40 min's
Cellulite Massage (Breaks down fatty tissue to reduce Cellulite) A 6 day treatment is required to have effect.	D600	40 min's
6 Day Treatment	D3000	
This treatment can be painful in the beginning!		



Contact Us

Luigi's Complex
Palma Rima Rd.
Kotu Beach
Tel: +220 9904493
+220 3413784
+220 7843587

ANNTOM'S Holistic Health Centre



Why not treat yourself

Unwind, relax and indulge yourself!

What better way to rejuvenate
and revitalize your body.

Our team of professional staff provide a wide
range of massage and beauty treatments.

Anna has over 20 years Experience
and also specialises in
Holistic Pain Relief Treatment

Located at: Luigi's Complex
Palma Rima Road, Kotu Beach



Facial Treatments D550

Lemon Juice and Egg White Mask

Refreshing cool face mask cleanses pores and draws toxins from oily skin, leaving it feeling fresh and firm.

Papaya Mask

This treatment is ideal for firming and tightening the skin. The papaya is applied and massaged to exfoliate the skin, the enzymes in papaya is called papain, revitalize and rejuvenate the skin leaving it feeling soft and firm.

Natural Yogurt and Coconut Scrub

The natural yogurt combined with young grated coconut lightly exfoliate and gently nourishes dry sensitive skin. Leaving it feeling smooth and soft.

Honey, Coffee & Cinnamon Scrub

The enzymes in honey detox the skin and the coffee gently exfoliate while the antibiotic properties in the cinnamon cleanses oily skin and blocked pores leaving the skin feeling fresh and clean.

Special Treatments

(2 hours) D1500

Aloe Vera & Cucumber wrap with Calendula Oil Massage.

Treatment including Aloe Vera body wrap followed by a light calendula oil massage specially designed to cool sunburned skin, this light soothing moisturiser seeps deep into the skin reducing the heat of sunburn.

The Cucumber refreshes and cools the skin, Aloe Vera is renowned for centuries for its calming and soothing properties.

Honey, Coffee & Cinnamon Body Scrub with Hot Tea tree Press & Jojoba Massage.

This treatment is ideal for oily skin and blocked pores. The enzymes in the honey detox the skin and the coffee gently exfoliates while the antibiotic properties in cinnamon cleanses the pores leaving the skin feeling fresh and clean.

A Hot Tea Tree press is then applied to dry the skin followed by jojoba oil massage to help heal the skin. Jojoba oil tricks the skin into thinking it has produced enough oil, this balances the skin's oil production.

Papaya Body Polish with Aromatherapy Massage.

Treatment includes body wrap followed by a revitalising aroma therapy massage.

This treatment is ideal for firming and tightening the skin. The papaya is applied and massaged to exfoliate the skin then wrapped in plastic so the enzymes in papaya which are called papain soften, revitalize and rejuvenate the skin, followed by aroma therapy oil massage leaving your skin feeling fresh and firm.

Yogurt and Coconut Body Glow with Milk oil Massage

This Gently body scrub including natural yogurt combined with young grated coconut, which lightly exfoliate and gently nourishes dry sensitive skin. Leaving it feeling smooth and soft followed by a light milk oil massage specially designed to nourish dry sensitive skin,



Beauty Treatments

Pedicure D650

Manicure D450

Waxing

Full Leg D900

Half Leg D450

Bikini D400

Under Arm D350

Laser Treatment Available

Electronic Hair removal for long lasting Effect: