



## TREATMENT MENU

### MASSAGES

Back, Neck and Shoulder (45 min) with Basalt Rocks and Exfoliating Scrub	R300
Full Body (60 min) with Basalt Rocks and Exfoliating Scrub	R500

### HANDS & FEET

Spa Manicure (Normal)	R200
Spa Manicure Paraffin Dip	R250
Spa Pedicure (Normal)	R220
Spa Pedicure Paraffin Paint	R260

### EXTRAS

Depileve Paraffin Dip Hands	R80
Hollywood Galvanic Manicure	R50
Hollywood Galvanic Pedicure	R80

### BIO SCULPTURE GEL: HANDS

Colour or Clear Overlay	R200
French Overlay	R220
Soak Off	R50

### BIO SCULPTURE GEL: FEET

Toe Overlay	R200
Toe Overlay French	R220
Pedicure & Toe Overlay	R350
Pedicure & Toe French Overlay	R370

### SKINCARE

RegimA Facials	R500
RegimA Peels	R650
Eyelash Tint	R50
Eyebrow Tint	R50
Eyebrow Shaping and Wax	R60
Lip/Chin Wax	R30

### COLOUR ME BEAUTIFUL: MAKE-UP

Special Occasions	R350
Trial	R300
Make-Up Workshop (90 min)	Price subject to size of group

## AVAILABLE RETAIL PRODUCTS

RegimA Skincare Products | Hannon Make-Up and Hair Products | Bio Sculpture Nail treatments | Nourishing Body Cream

## CONTACT DETAILS

For bookings or information please contact us on 011 462 2823  
or Leona on 082 450 5710 or Triphena on 082 457 2086

10 Colin Place, Olivedale, Randburg, 2153

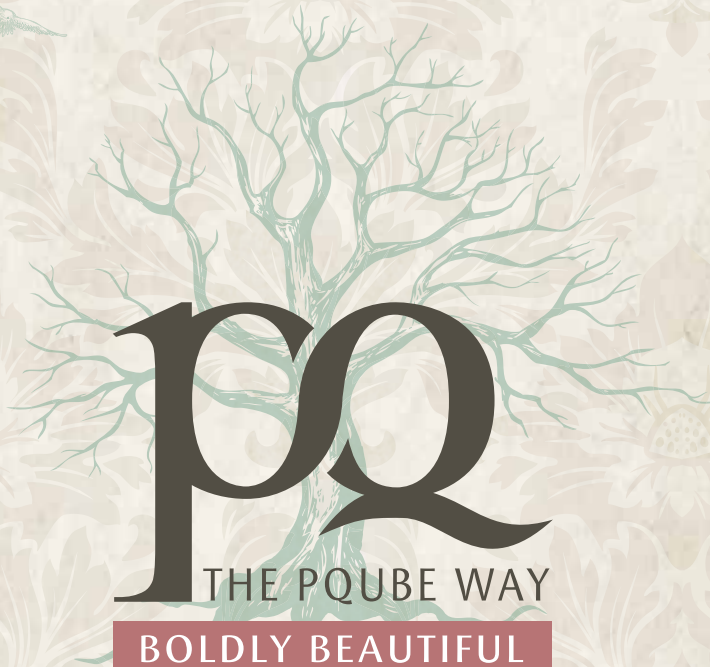
[www.thepqubeway.co.za](http://www.thepqubeway.co.za)

## WORKING HOURS

Monday - Friday: 09h00 till 19h00

Saturday: 09h00 till 16h00

Sunday & Public Holidays: Special Requests or  
Group Bookings



THE PQUBE WAY

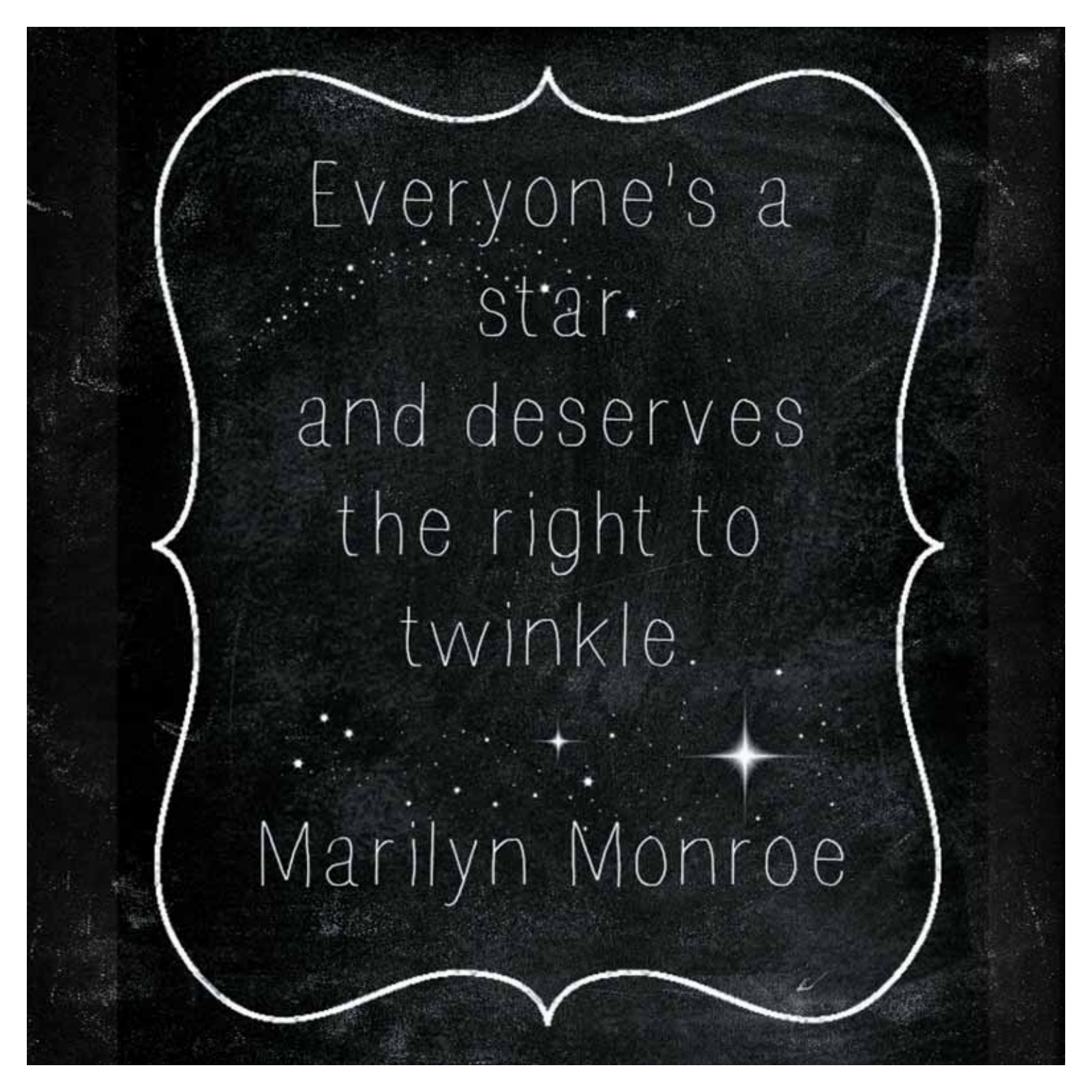
**BOLDLY BEAUTIFUL**

PEOPLE | PASSION | POWER | POTENTIAL

*We are like branches on a tree, we all grow in different directions  
yet our roots remain as one.*

*At our tranquil and natural wellness centre in Olivedale, Johannesburg, our priority is our clients' comfort, inner peace and outer beauty.*

*We provide a unique service that includes traditional beauty treatments, as well as a focus on 'holistic wellness' and personal branding or re-imaging.*



Everyone's a  
star  
and deserves  
the right to  
twinkle.

Marilyn Monroe

# Inside-out FUNDAMENTALS FOR GREATNESS



*Both Half Day and Full Day program includes an Inside-Out Greatness Coaching Session with all the delegates which is customized to clients' specific needs.*

*(Business and Life Coaching, Imago Relationship Coaching and NLP)*

## FULL DAY: XTREME FUNDAMENTAL

1 – 2 Delegates

R1700p/p

- » Manicure
- » Pedicure
- » RegimA Facial
- » Light Lunch around the Pool or Picnic in the Garden
- » Full Body Exfoliation (Scrub or Body brush)
- » Full Body Massage or Back Neck and Shoulder Massage
- » Sundowner Connect
- » Inside-Out FUNDamentals for GREATNESS



## HALF DAY: COUPLES CONNECT

*Choose any 1 of the following treatments:*

**R1400 per couple**

- » Back, Neck and Shoulder Massage (with Basalt Rocks and Salt Back Scrub)
- » Full Body Massage (with Basalt Rocks and Salt Back Scrub)
- » RegimA Facial
- » Light Lunch around the Pool or Picnic in the Garden
- » Inside-Out Relationship GREATNESS – IMAGO (Tips Tools and Techniques)



Be your  
own kind  
of beautiful  
♡

# SINGLE TREATMENT MENU

## MASSAGES

Back, Neck and Shoulder (45 min) with Basalt Rocks and Exfoliating Scrub.....	R300
Full Body (60 min) with Basalt Rocks and Exfoliating Scrub.....	R500

## HANDS & FEET

Spa Manicure (Normal).....	R200
Spa Manicure Paraffin Dip.....	R250
Spa Pedicure (Normal).....	R220
Spa Pedicure Paraffin Paint.....	R260

## EXTRAS

Depileve Paraffin Dip Hands.....	R80
Hollywood Galvanic Manicure.....	R50
Hollywood Galvanic Pedicure.....	R80

## BIO SCULPTURE GEL: HANDS

Colour or Clear Overlay.....	R200
French Overlay.....	R220
Soak Off.....	R50

## BIO SCULPTURE GEL: FEET

Toe Overlay.....	R200
Toe Overlay French.....	R220
Pedicure & Toe Overlay.....	R350
Pedicure & Toe French Overlay.....	R370

## SKINCARE

RegimA Facials.....	R500
RegimA Peels.....	R650
Eyelash Tint.....	R50
Eyebrow Tint.....	R50
Eyebrow Shaping and Wax.....	R60
Lip/Chin Wax.....	R30

## COLOUR ME BEAUTIFUL: MAKE-UP

Special Occasions.....	R350
Trial.....	R300
Make-Up Workshop (90 min).....	Price subject to size of group

## AVAILABLE RETAIL PRODUCTS

RegimA Skincare Products

Hannon Make-Up and Hair Products

Bio Sculpture Nail treatments

Nourishing Body Cream

GIFT VOUCHERS AVAILABLE,  
**an ideal gift for all occasions**

# Half Day FUNDAMENTAL CONNECT GROUPS



*Group bookings, celebrate special occasions, private functions or corporate team building.  
Min 3 - Max 6 delegates*

*Choose any 1 of the following treatments:*

## **OPTION 1 R500p/p**

- » Paraffin Manicure
- » Pedicure
- » Back, Neck & Shoulder Massage
- » Light Lunch around the Pool or Picnic in the Garden (Menu selection on confirmation)
- » Inside-Out FUNDamentals for GREATNESS

**OR**

*Choose any 1 of the following treatments:*

## **OPTION 2 R750p/p**

- » RegimA Facial
- » Full Body Massage
- » Light Lunch around the Pool or Picnic in the Garden (Menu selection on confirmation)
- » Inside-Out FUNDamentals for GREATNESS



your life  
does not get better  
by **CHANCE**  
it gets *better* by  
**CHANGE**



# Full Day FUNDAMENTAL CONNECT GROUPS

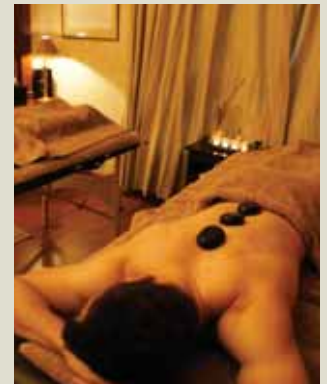


*Group bookings, celebrate special occasions, private functions or corporate team building.  
Min 3 - Max 6 delegates*

*Choose any 2 of the following treatments:*

**R1000p/p**

- » Paraffin Manicure
- » Pedicure
- » Back, Neck & Shoulder Massage
- » RegimA Facial
- » Full Body Massage
- » Light Lunch around the Pool or Picnic in the Garden (Menu selection on confirmation)
- » Inside-Out FUNDamentals for GREATNESS



# Menu Options



## LIGHT LUNCH

*Light Lunch included in Connect Group, Extreme Fundamental and Couples Connect Packages*

**R100 p/p**

### LUNCH:

*Select 1 of the following:*

- » Sandwich with game chips
- » Saganaki 2 and tempura veg
- » Chicken Salad
- » Greek Salad + 4 Greek savouries (spanakopita, cheese)

### DESERT:

*Select 1 of the following:*

- » Light fruit salad
- » Baklava
- » Sorbet/Icecream

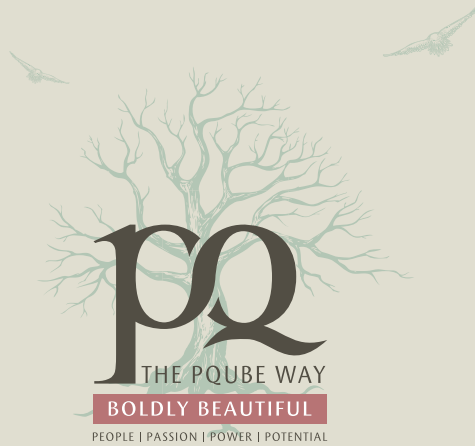
## SUNDOWNER SNACK

**R65 p/p**

*Select 1 of the following:*

- » Chicken / Beef Skewers
- » Greek savouries (4) + dips
- » Meze platter – 3 dips, pita, olives
- » Fish gujohns with tartare sauce

*(Delegates welcome to bring own wine or Sparkling Wine - fruit juice and water will be supplied)*



## ADDRESS

### **BOLDLY BEAUTIFUL WELLNESS CENTRE**

10 Colin Place  
Olivedale  
Johannesburg

## CONTACT DETAILS

*For bookings or more information please contact:*

Leona 082 450 5710  
Triphena 082 457 2086

**[www.thepqubeway.co.za](http://www.thepqubeway.co.za)**

Facebook: The-PQube-Way or Twitter @ThePQUBEWay

## WORKING HOURS

Monday to Friday: 09H00 till 19H00  
Saturday: 09H00 till 16H00  
Sunday and Public Holidays: Special Request for Group Bookings