THE HOUGHTON HOTEL SPA









MASSAGE COLLECTION

CLASSIC SWEDISH 60 MIN R1363 90 MIN R1961 COUPLES 60 MIN R2946 90 MIN R4142 THE RAPEUTIC MASSAGE TO IMPROVE CIRCULATION, STRESS RELATED TENSION. ONE OF THE MOST COMMON, IT INVOLVES ACTIONS LIKE KNEADING, ROLLING AND TAPPING TO ENERGISE THE BODY. USE OF COCONUT OIL YOUR SKIN WILL BE NOURISHED AND HYDRATED.

Aromatherapy60 minR163490 minR2383COUPLES60 minR348890 minR4986A Form OF massage that uses aromatic plant extracts and essential0ils to penetrate through the skin and blood stream to activate cellreceptors. increases oxygen supply to the tissues and cellularDetoxification.

DEEP TISSUE60 MINR163490 MINR2383COUPLES60 MINR348890 MINR4986Massage Technique That's mainly used to treat musculoskeletal issues,
such as strains and sports injuries. It involves applying sustained pressure
using slow deep strokes to target inner layers of connective tissues.

HIMALAYAN HOT STONE60 MINR163490 MINR2383COUPLES60 MINR348890 MINR4986Remineralise, Gently exfoliate and detox the Body with Salts while
soothing muscular aches from heated stonessoothing muscular aches





BACK NECK & 45 MIN R997 | 60 MIN R1321 SHOULDER

SIMILAR TO SWEDISH MASSAGE WHERE THERAPIST FOCUS MAINLY ON THE BACK TO RELAX MUSCLES AND STIMULATE CIRCULATION AND RELEASE STIFFNESS AND PAIN.

MOM TO BE MASSAGE75 MINR1498Prenatal massage which is therapeutic bodywork which focuses onThe Special needs of the mother to be as her body goes through brasticchanges of pregnancy it relieves mental and physical fatigue.

MASSAGE ADD ONS

CUPPING BACK R150 | FULL BODY R300 CUPPING USES A SILICONE CUP TO PULL AN AREA OF THE SKIN INTO A SUCTION THAT DECOMPRESSES MUSCLES AND CONNECTIVE TISSUE, ENHANCING CIRCULA-TION AND HELP TO INCREASE THE BODY'S OWN HEALING PROCESS.IT CAN BE DONE ON THE FACE OF BODY TO PROMOTE CELL REPAIR AND AID IN REGENERATION.

HOT STONEBACK R190FULL BODYR380Heated stones are used to help you relax and melt muscle tensionThroughout your Body. Hot stones when coupled with massage willexpand blood vessels which encourages blood flow.

BODY MASK BACK R190 | FULL BODY R380 select a mask suitable for your skin to enhance your body treatments. Detox , immune boost , Muscle ease or Nourishing mask.



BODY POLISH 15-30 MIN BACK R190 | FULL BODY R300 IMPROVE YOUR SKIN OVERALL TEXTURE AND DULLNESS BY REMOVING DEAD SKIN CELLS FOR BETTER PENETRATION OF OTHER SKINCARE PRODUCTS.

Pressure Point Foot30 minR450Deeply relaxes reduce ankle and Foot swelling including edema,Heals and the body beneficial for reducing PMS symptoms and LeftWITH Lighter and energized Feet.

INDIAN HEAD MASSAGE 30 MIN R450 An ancient indian Holistic massage to improve BLOOD circulation, HeLP BOOST BLOOD SUPPLY TO PROMOTE HEALTHY HAIR FROM COCONUT OIL HAIR MASK, IT MAY RELEASE STAGNANT ENERGY AND SOOTH HEADACHES AND GREAT FOR INSOMNIA AND TIREDNESS.

BABOR BODY COLLECTION		$-c_{\circ}$
BABOR BODT COLLECTION		
CRÈME WRAP Instant relief for dry and dull skin.	60 MIN	R1622
ALGAE WIAP DETOXIFYING TREATMENT FOR YOUR SKIN AND SKIN AILMENTS.	60 MIN	R1622
MUD WIAP Replace lost trace elements and minerals from your skin using volcanic clay.	60 MIN	R1622







BABOR FACE COLLECTION

SKINOVAGE CLASSIC

A SKINOVAGE TREATMENT BASED ON RESTORING SKIN HEALTH. THE TREATMENT DELIVERS INTENSIVE LONG LASTING HYDRATION TO THE SKIN. SUITABLE FOR DRY, OILY, SENSITIVE AND DULL SKIN.

Detox Facial

A CLINICAL GRADE COSMECEUTICAL SOLUTION TO REDUCE ALL SKIN IMPERFECTIONS and VISIBLY RESURFACE THE SKIN, REFINING ENLARGED PORES, EVENING OUR SKIN DISCOLOURATION AND REDUCING INFLAMMATION WITH AN INTENSE ANTIOXIDANT COMPLEX.

Dr Babor Pro Peel Facial60 MinR1552A clinical grade skincare treatment to assist with all skin conditions by
adding precise science driven formulations of active ingredients to
intensively resurface the skin from the inside out without causing
inflammation.

HSR FACIAL

90 MIN R2035

60 min

75 min

R1138

R1890

LUXURIOUS ANTI-WRINKLES EXPERT FACIAL CONSISTING OF RICH TEXTURES THAT WELL ABSORBED INTO THE SKIN TO TARGETS FINE LINES AND WRINKLES, REDEFINE FACIAL CONTOURS AND RELAX FACIAL MUSCLES FOR THE ULTIMATE SKIN INDULGING EXPERIENCE.

Dr Babor Brightening Facial90 minR2625A clinical cosmeceutical solution that targets pigmentation ,uneven skintone, inflammation and dull skin . High performance ingredients give youglow by Balancing out skin tone and promote natural radiance.





FACIAL ENHANCEMENTS ADD ON :

BEAUTIFUL EYES R435 A Hydrating eye boost containing unique ingredients to target concerns around the eyes such as dark circles, puffiness and fine lines and Wrinkles, protecting the eye area against premature skin ageing.

Infusion face

INTENSIVE HYDRATION BOOST TO SATURATE THE SKIN WITH MOISTURE, ALLEVIATING FINE LINES AND WRINKLES ASSOCIATED WITH DEHYDRATION

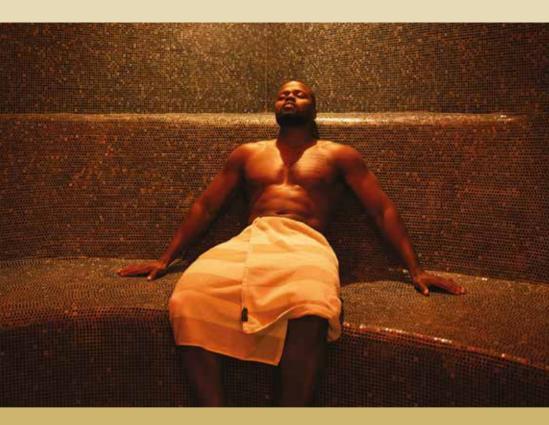
LASH & BROW TINT	R315
LASH TINT	R217
AMPOULES ADD ON	R162
FIRMING ALGAE MASK	R400
HSR JAW LIFT MASK	R250
LACTIC CLAY MASK	R250

QMS BODY COLLECTIONS

Energizing & Refreshing 90 min R1800 THIS TAILORED TREATMENT WILL TARGET THE AREAS WHICH NEED MORE ATTENTION FOR CONTOUR AND LYMPHATIC CIRCULATION. COOLING AND REFRESHING FROM GINGER, MINT AND ROSEMARY WILL LEAVE YOU FEELING ENERGISED. BEST FOR Jetlag and Fatigue.



R450







SHAPING & Warming90 minR1800Treatment will release your muscular tensions and provide a doze of
minerals from the sea, stimulating movements to work on the deep tissues
and muscle level, ginger chillie extract and sesame oil will tighten the
connective tissue. Best for cellulite, weight loss and athletes.

Hydrating & Relaxing90 minR1800Intensively Hydrate your skin, reducing dryness, discomfort and stimulateskin's regeneration.an intense nourishing massage oil will be used to nurtureand repair your skin. Avocado and passion fruit oils will relax stressed skin.suitable for pregnancy or any skin in need of regeneration.

CELLULITE BODY WIAP STOMACH 60 MIN R870 LEGS & HIPS 60 MIN R1640 PROVIDES A HIGHLY STIMULATING TREATMENT TARGETING AREAS PRONE TO CELLULTE (STOMACH, HIPS, THIGHS)SPECIALISED PRODUCTS AND TECHNIQUES HELP TO ELIMINATE TOXINS SMOOTH THE SKIN TEXTURE.

QMS FACIALS COLLECTION

Deep Pore cleanse

INTENSE CLEANSING AND REFINING TREATMENT TO THE SKIN THROUGH COMBINATION OF HIGHLY EFFECTIVE FRUIT ACID AND ENZYMES PEEL TO CREATE IDEAL BASE FOR SOOTHING AND MOISTURISING MASK. SKIN IS LEFT HEALTHY ,BALANCED AND HYDRATED.

ACTIVATOR FACIAL

HYDRATES, REFUELS AND ENERGISE THE SKIN THROUGH THE USE OF INNOVATIVE ACTIVATION TECHNIQUES. PROVIDES INSTANT VITALITY FOR JET LAGGED AND TIRED SKIN.

90 MIN R1745

60 min

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R1459







Urban Repair 60 MIN R1789 TARGETS DAMAGED SKIN AND HELP TO REPAIR CELLULAR STRUCTURE TO RESTORE THE SKID'S DATURAL WELL DESS, ADVANCED TREATMENT TO SUPPORT DETOX Process, accel erate epidermal regeneration and boost the metabolism.

#### SK ALPHA REVITAL DETOXIEIES THE SKIN AND FOCUSES ON STIMULATING THE MICROCIPCULATION THROUGH THE USE OF A UNIQUE THERMAL -ACTIVE MASK SKID IS LEFT VISIBLY SMOOTHER AND RADIANT, SUITABLE FOR SUN DAMAGED SKIN, DULL, TIRED ( NOT FOR SENSITIVE SKIN)

#### COLLAGEN RENEWAL

OMS SIGNATURE 70% NATURAL SOLUBLE COLLAGENS, SKIN IS LEFT FIRMER AND WITH VOLUME, FINE LINES ARE REDUCED AND TEXTURE IS IMPROVED, SKIN SUFFERING FROM PREMATURE AGING AND OTHER DAMAGE AND MATURE SKIN.

#### Pure oxygen

OMS CUSTOMISED OXYGEN ENERGY APPLICATOR USES 95% PURE OXYGEN TO CHANNEL INGREDIENTS FOR ULTIMATE SKIN BOOST, THE IMPROVED OXYGEN SUPPLY encourages circulation and stimulates a regenerative process, leaves THE SKIN HYDRATED, PLUMPER AND MORE RADIANT.

#### PIGMENT CORRECTOR

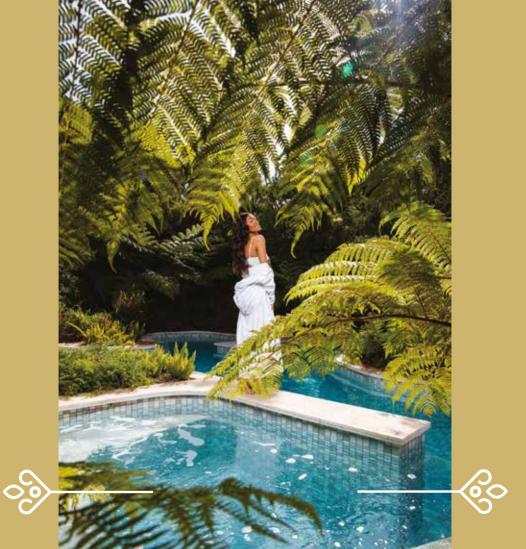
Delivers specialised treatment targeting excessive and irregular PIGMENTATION ON THE FACE FEATURES QMS INNOVATIVE HIGHLY EFFECTIVE EVEN TONE SERUM WHICH BLOCKS THE MELANIN SYNTHESIS CAUSING IRREGULAR DARK. SPOTS.

90 MIN R2053

#### 60 MIN R1954

60 MIN R2119

## 90 MIN R1954



## oms enhancers

LIP ZONE REPAIR DELIVERS TARGET TREATMENT TO HELP REDEFINE THE LIP CONTOUR TO A SMOOTHER MORE YOUTHFUL APPEARANCE.

R7(

R350

R550

oxygen add on

STIMULATES SKIN'S METABOLISM AND SKIN CELL RENEWAL PROCESS TO LEAVE THE SKIN RADIANT AND REVITALIZED.

EYE REVIVAL R435 Provides complete rejuvenation and relaxation to delicate eye area, restores tired and puffy eyes.

EXPRESS FACIAL A QUICK MINI FACIAL TO HYDRATE YOUR SKIN.

#### signature Journey's

Lava SHELL SELF-HEATING MASSAGE 90 MIN R2320 Each shell is self heating filled with natural minerals including sea Kelp and algae to help revitalise and rebalance the body and mind.

## THERMAL BLISS HERBAL POULTICE90 minR2320massage

A SENSORY JOURNEY OF THERAPEUTIC WARMTH AWAITS YOU, USE OF LAVENDER, ROSEMARY AND PEPPER MINT GIVE YOU AN ESCAPE FROM YOUR BUSY LIFE WHILE



restoring Lymphatic FLOW and Deep Muscle recovery using Poultice Bags that are steamed with organic coconut oil and finished off with a CUP of ayurvedic tea.

Crystal Massage Healing Massage 90 min R2620 chakra balancing massage to realign meridian energies that will leave you light and grounded. Rose quartz and clear quartz crystals have power to heal and recharge your body while tibetan singing Bowl evoke a state of deep relaxation.

#### spa Journey's раскаде

GLOW PACKAGE

- · CLASSIC SWEDISH MASSAGE 60 MIN
- · Razul 45 min
- EXPRESS PEDICURE/MANICURE 30 MIN
- LUNCH

#### REVIVE PACKAGE

- BACK, NECK & SHOULDER 45 MIN
- · SKINOVAGE BABOR CLASSIC FACIAL 60 MIN
- · Wash & BLOW / Gents Hair Cut 60 min
- LUNCH

3 HRS 15 MIN R2582

2 HRS 45 MIN R2728







| MOM ESCAPE PACKAGE<br>• QMS HYDRATE & RELAX BODY JOURNEY 90<br>• EXPRESS FACIAL 30 MIN<br>• LUXE PEDICURE 60 MIN<br>• LUNCH                         | 4 HRS<br>o min | R3097 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|----------------|-------|
| Pamper Package<br>• Aromatherapy massage 60 min<br>• QMS Urban Repair Facial 60 min<br>• Pedicure & manicure duo 90 min<br>• Lunch                  | 4 HRS 30 MIN   | R4399 |
| LEISURE TIME COUPLES PACKAGE<br>• Aromatherapy massage 60 min<br>• Jaccuzi 45 min                                                                   | 1 HR 45 MIN    | R3726 |
| RAIN THERAPY COUPLES PACKAGE<br>• swedish massage 60 min<br>• Razul chamber 45 min                                                                  | 1 HR 45 MIN    | R3732 |
| INDULGENCE COUPLES PACKAGE<br>• HIMALAYAN STONE MASSAGE 60 MIN<br>• BABOR DETOX FACIAL 75 MIN<br>• LUXE PEDICURE OR LUXE MANICURE 60 MIR<br>• LUNCH |                | R8505 |







2 HRS 45 MIN R2008 GIL S/BOUS Just Wanna Have Fun (Teens 13 - 17 yrs) · BACK MASSAGE 45 MIN • EXPRESS FACIAL 30 MIN • EXPRESS MANI / PEDI 30 MIN • LUNCH (ALLOCATION R300) 5 HRS 30 MIN R7120 HALF DAY PACKAGE THERMAL BLISS POULTICE SIGNATURE MASSAGE 90min • QMS PURE OXYGEN FACIAL 60MIN Indian Head Massage 30min • Pedicure & manicure duo 90 min LUNCH + BOTTLE OF CHAMPAGNE GIFT : HOUSE OF TSHEGOFATSO CANDLE NAIL TREATMENTS FOOTLOGIX MEDI PEDI 75 min R727 FOOTLOGIX WORLD FIRST PEDICEUTICAL FOOT CARE LINE, FOOTLOGIX PEDICURE FOCUSES ON HEALING FOOT AND NAIL AILMENTS, PHARMACEUTICAL GRADE INGREDIENTS AND DEVELOPED SPECIFICALLY FOR PODIATRIST, PEDICURIST AND INDUSTRY PROFESSIONALS, HIGHLY RECOMMENDED FOR RUNNERS, ATHLETES and safe for diabetics. i uxe manicure 60 min R619 LUXE PEDICURE 60 min R635 Mani & Pedi duo Gel R1308 120 min Mani & Pedi duo 90 min R1009







| GEL MANICURE<br>GEL PEDICURE<br>MEN MANICURE<br>MEN PEDICURE | 75 MIN<br>75 MIN<br>45 MIN<br>45 MIN | R761<br>R761<br>R543<br>R560 |
|--------------------------------------------------------------|--------------------------------------|------------------------------|
| ADD ONS OR MAINTENANCE                                       |                                      | -                            |
| Nail art per nail                                            |                                      | R58                          |
| RESHAPE, BUFF & POLISH                                       |                                      | R353                         |
| GEL APPLICATION                                              |                                      | R359                         |
| French Application                                           |                                      | R150                         |
| GEL SOAK OFF                                                 |                                      | R204                         |
| ACTYLIC SOAK OFF                                             |                                      | R290                         |
| NAIL REPAIR                                                  |                                      | R192                         |
| WAXING                                                       |                                      | -60                          |
| FULL LEG                                                     |                                      | R589                         |
| HALFLEG                                                      |                                      | R422                         |
| FULL ARM                                                     |                                      | R439                         |
| HALF ARM                                                     |                                      | R359                         |
| HOLLYWOOD                                                    |                                      | R589                         |
| Brazilian                                                    |                                      | R457                         |





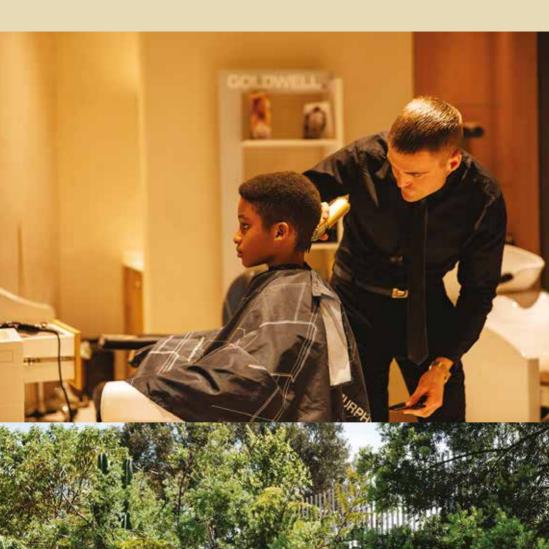
| BIKINI                                         |              | R400  |
|------------------------------------------------|--------------|-------|
| underarm                                       |              | R273  |
| CHIN                                           |              | R336  |
| LIP                                            |              | R261  |
| EYEBROW                                        |              | R273  |
|                                                |              | P     |
| Facilities —                                   |              |       |
| Razul single                                   | 30 MIN       | R600  |
| RAZUL COUPLE                                   | 30 MIN       | R1200 |
| Jacuzzi single                                 | 45 MIN       | R326  |
| Jacuzzi per couple                             | 45 MIN       | R652  |
| Faculities                                     | 120 MIN      | R1308 |
| INCLUDES: INDOOF POOL, OUTDOOF POOL BY THE ZEN |              |       |
| Garden, sauna, steam                           | room & lunch |       |
|                                                |              |       |
| Hair salon Ladies                              |              |       |
| caucasian наіг - кеvin мигрну                  |              |       |
| Wash & BLOW Dry                                | SHORT MEDIUM | R440  |
| Wash & BLOW Dry                                | EXTRA LONG   | R650  |
|                                                |              |       |



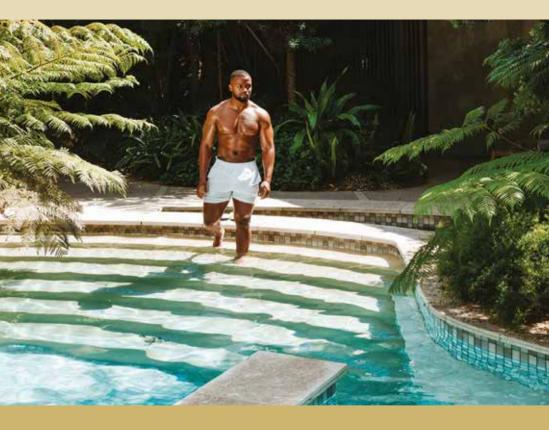




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|--------------------------|----------------|----------|
| Treatment & STyle        | SHORT & MEDIUM | R850     |
| Treatment & STyle        | EXTRA LONG     | R1000    |
| ETHNIC Hair              |                |          |
| Treatment & STyle        |                | R600     |
| MIZANI RELAXER, STYLE OR | BLOW Dry       | R900     |
| WASH & BLOW Dry          |                | R450     |
| WIGS                     |                | <u> </u> |
| Treatment & STyle        | SHORT & MEDIUM | R650     |
| Treatment & STyle        | X LONG         | R850     |
| WIG COLOURING            | From           | R800     |
| WIG STYLING              | From           | R350     |
| WIG INSTALLATION         | HALF           | R500     |
| WIG INSTALLATION         | FULL           | R750     |
| ADD ON TREATMENTS        | 10 MIN R52     | 0 - R680 |



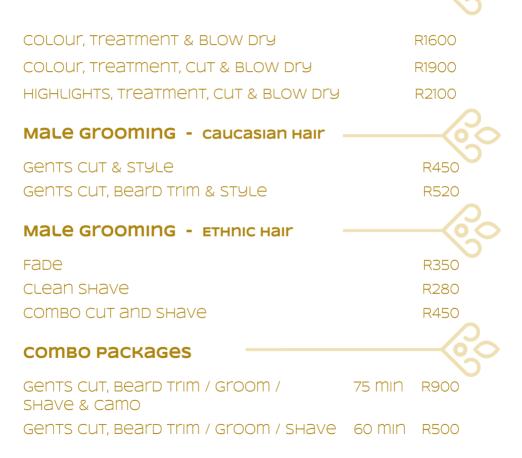
| colour —                |        |              |
|-------------------------|--------|--------------|
|                         |        |              |
| ROOTS                   | 60 MIN | R440 - R840  |
| SHORT HAIR              | 60 MIN | R700         |
| Medium Hair             | 60 MIN | R820         |
| LONG HAIR               | 60 MIN | R950         |
| X LONG HAIR             | 60 MIN | R1200        |
|                         |        |              |
| HIGHLIGHTS INCLUDING TO | oner   |              |
|                         | 75 MIN |              |
| SHORT HAIR HALF HEAD    |        | R750         |
| SHOPT HAIP FULL HEAD    | 75 MIN | R850         |
| MEDIUM HAIR HALF HEAD   | 75 MIN | R850         |
| MEDIUM HAIR FULL HEAD   | 75 MIN | R970         |
| LONG HAIR HALF HEAD     | 45 MIN | R1050        |
| LONG HAIR FULL HEAD     | 75 MIN | R1200        |
| PLUS OMBRÉ              | 75 MIN | R1250        |
| Balayge                 | 75 MIN | R1400        |
| ON SCALP BLEACH         | 60 MIN | R550 - R1200 |







#### **PACKAGE DEALS**









Gents Cut, scalp treatment &60 minR600Beard trim / groom / shaveGents Cut or shave plus Nose & ear60 minR700Wax & Beard trimGents Cut & camo75 minR700

#### SPA ETIQUETTE

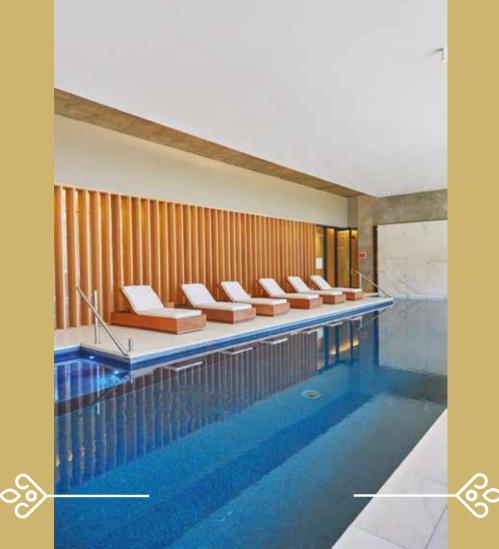
**SPA FACILITIES:** PLEASE UNDERSTAND, THAT IN KEEPING WITH THE SERENE ATMOSPHERE WITHIN THE SPA, CELL PHONES MUST BE SWITCHED TO SILENT.

**PUNCTUALITY:** GUESTS are requested to arrive 15 minutes or more prior to your treatment time for you to complete a consultation card. A late arrival may result in a shorter treatment, or possibly even a forfeited treatment.

**SPA OPERATING HOURS:** FROM MONDAY TO SUNDAY, INCLUDING PUBLIC HOLIDAYS, FROM 09:00 - 20:00 EARLIER OR LATER APPOINTMENTS CAN BE ARRANGED UPON REQUEST.

**SPA TREATMENTS:** ALL TREATMENTS ARE SUBJECT TO THERAPISTS' availability. Prices are Subject to Change Without Prior notice and are inclusive of vat.

**CONSULTATION:** PLEASE INFORM YOUR THERAPIST OF ANY MEDICAL CONDITIONS, ALLERGIES, INTOLERANCES OF NEEDS BEFORE YOUR TREATMENT. PLEASE NOTE, CERTAIN TREATMENTS ARE NOT PERMITTED



FOR WOMEN WITHIN THEIR FIRST TRIMESTER OF PREGNANCY. NO TREATMENT WILL COMMENCE WITHOUT THE CLIENT'S SIGNATURE AND COMPLETION OF THE INDEMNITY AND CONSULTATION FORMS.

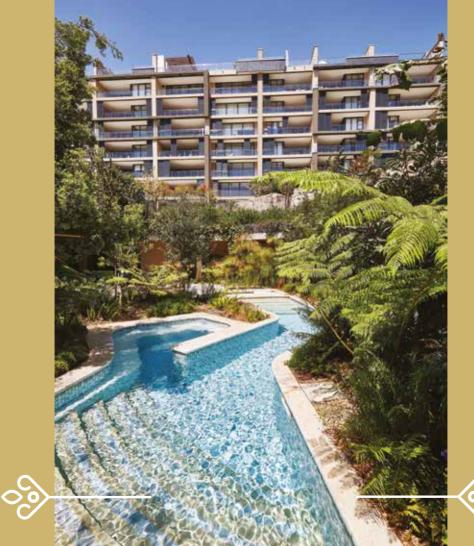
**CHANGE ROOMS:** YOU WILL BE PROVIDED WITH A LOCKER FOR YOUR PERSONAL ITEMS. A GOWN AND A PAIR OF SLIPPERS MAY BE UTILISED FOR THE DURATION OF YOUR VISIT AT THE SPA.

**SAFETY REGULATIONS:** We recommend that you do not wear any Jewellery During your visit, and that you keep all valuables (including cell phones) safe in your locker. You will be provided with a locker for the Duration of your spa visit for your personal use. Your locker key should be kept with you, personally, at all times.

**PAYMENT:** We accept cash, debit cards, all credit cards and room charges for payment. A prepayment may be required to secure your booking. Gratuities are discretionary and are not included in the treatment price (usually between 10 - 15 %).

**PRODUCT REFUND POLICY:** PRODUCTS MAY BE RETURNED WITHIN 48 HOURS OF PURCHASE, PROVIDED THE PRODUCT HAS BEEN UNOPENED, UNUSED AND IS IN THE SAME CONDITION IN WHICH IT WAS PURCHASED. A REFUND WILL BE PROVIDED IN THE FORM OF A HOUGHTON HOTEL SPA GIFT VOUCHER FOR THE VALUE OF THE ORIGINAL PRODUCT PURCHASE PRICE.

**DRESS CODE:** THE SPA HAS A STRICT NO-NUDITY POLICY. AT THE HOUGHTON HOTEL SPA WE PRIDE OURSELVES IN OFFERING A PROFES-SIONAL SERVICE TO OUR GUEST, WE WILL NOT TOLERATE ANY INDECENT





#### CHANGING THE STATUS QUO

EMAIL: reception@theHoughtonHoteLspa.com Website: WWW.theHoughtonHoteLspa.com TeL: 011 032 5555 BEHAVIOUR AND SHOULD WE FEEL THIS IS NOT ADHERED TO WE WILL TAKE MEASURES THAT ARE PUNISHABLE BY LAW.

**CANCELLATION POLICY:** A BOOKING CANCELLATION FEE OF 50% WILL BE CHARGED ON ALL BOOKINGS THAT ARE CANCELLED WITHIN 8 HOURS OR LESS OF THE APPOINTMENT TIME; IN THE CASE OF A "NO-SHOW", THE FULL COST WILL BE CHARGED.

**GIFT VOUCHERS:** GIFT VOUCHERS ARE AVAILABLE FROM THE SPA. VOUCHERS CAN BE ISSUED FOR SPECIFIC TREATMENTS OF FOR A SPECIFIC VALUE. THE ORIGINAL GIFT VOUCHER MUST BE PRESENTED AT THE APPOINTMENT TO BE HONOURED. GIFT VOUCHERS MAY NOT BE REDEEMED FOR CASH. ALL VOUCHERS ARE VALID FOR 19EAR FROM DATE OF ISSUE UNLESS OTHERWISE STATED ON THE VOUCHER.

**DISCOUNT VOUCHERS:** MAY ONLY BE USED FOR SPA TREATMENTS AND MAY NOT BE USED FOR RETAIL PURCHASES, SPECIAL OFFERS, PROMO-TIONS OR IN CONJUNCTION WITH LOYALTY PROGRAMMES.

**DISCLAIMER:** EVery Person entering the spa facilities or utilizing the facilities and equipment on these premises does so entirely at their own risk and agrees that the houghton hotel spa, its management or therapists and/or the hotel shall not be held liable or responsible, whether jointly or severally, for any Loss, injury or death, damages, claim and/or compensation of whatsoever nature. Such person by their entry to these premises, for any reason whatsoever, waives any and all claims against the aforementioned.