

SPA MEMBERSHIPS

We offer SPA MEMBERSHIPS to clients with a preference for more regular visits. Benefits of being a member:

- Free treatments
- Free use of the facilities for 24 months
- Treat your friends and family to spa treatments on your account
- Buy vouchers on your account
- Free entry to all spa events
- Use your account to reward employees with a treatment

GET UP TO 15% OFF TREATMENTS

BRONZE R10 000

- R1000 free additional value in treatments
- 24 months in which to use credit
- Free access to facilities

SILVER R15 000

- R1500 free additional value in treatments
- 24 months in which to use credit
- Free access to facilities

GOLD R20 000

- R2500 free additional value in treatments
- 24 months in which to use credit
- Free access to facilities

PLATINUM R30 000

- R4500 free additional value in treatments
- 24 months in which to use credit
- Free access to facilities

ADDITIONAL SPA FACILITIES

FLOATATION THERAPY - SUSPENDING GRAVITY: 30 mins - R290 pp

People have a deep psychological and physical desire to escape from gravity's relentless pull. Go back to a time and place where your body was enveloped by nothing but water. 30 minutes in our Floatation bath equates to 4 hours of undisturbed sleep. Allow your body to become weightless, relieving skeletal tension and induce a deep state of physical and mental relaxation. The water, heated to body temperature, combined with a high salt content, allows your body to become weightless, relieving skeletal tension which results in mental relaxation. The total buoyancy provides relief from muscle tension and pain, compressed disks, pinched nerves, and all sorts of gravity related ailments. The parasympathetic nervous response is also activated; resulting in a variety of healing responses.

MIDDLE EASTERN RASUL CHAMBER: 30 mins - R390 pp

Based on the traditional Turkish bath, this self-exfoliating and cleansing ritual uses pure natural earth mud to cleanse and detoxify the body and combines herb-infused steam to open pores and draw out impurities. To complete the ceremony, a tropical rain shower will wash away the mud providing an all over cleansing, detoxifying and rejuvenating experience. The Rasul Chamber can accommodate up to 3 or 4 people at a time.

TOGETHER

LUXURY EXECUTIVE COUPLES SUITE: R510

Experience the ultimate indulgence when you spoil yourself and your partner in this luxury suite. Once you've indulged in the treatments of your choice, spend an additional hour sipping sparkling wine and snacking on fresh fruit whilst you enjoy the opulence of your own private jetted spa bath. The ultimate in romance!

ROMANTIC MIDDLE EASTERN RASUL FOR TWO: 30 mins - R650 per couple

Enjoy the exotic chamber with the one you love.

TRANQUILLITY FOR TWO: 60 mins - R1140 per couple

Combine the Floatation experience with the Middle Eastern Mud Ritual for an unforgettable couple's experience.

SPA PACKAGES

ON THE GO: 1.5 hours - R790

- Express Manicure
- Express Pedicure
- Back, Neck & Shoulder Massage or Express Facial
- Add 1 hour for spa facility use

EXECUTIVE RETREAT: 1.5 hours - R900

- Floatation Therapy - 30 minutes
- Swedish Massage
- Add on 1 hour for spa facility use

BODY REVIVAL JOURNEY: 1.5 hours - R1210

- Floatation Therapy - 30 minutes
- Middle Eastern Rasul - 30 minutes
- Soy candle massage - 30 minutes
- Add on 1 hour for spa facility use

HOT STONE HEAVEN: 3.5 hours - R1850

- Full Body Exfoliation
- Hot Stones Massage
- Signature Manicure
- Signature Pedicure
- Lunch (value R115)
- Add on 2 hours for lunch and spa facility use

DAY TIME DELIGHT: 3.5 hours - R2010

- Rasul Chamber
- Swedish Massage
- Classic Facial
- Classic Pedicure
- Lunch (value R115)
- Add on 2 hours for lunch and spa facility use

TOP TO TOE: 4 hours (half day package) - R2040

- Full Body Swedish massage
- Facial - 60 minutes
- Signature Manicure
- Signature Pedicure
- Lunch (value R115)
- Add on 2 hours for lunch and spa facility use

TOGETHERNESS JOURNEY (COUPLES): 3.5 hours - R2580 per person | R5170 per couple

This "togetherness package" is designed for you to share intimate space and time.

- A Full Body Exfoliation
- Indulgent Chocolate Wrap
- Universal Ceremony Massage - 90 minutes
- Facial - 60 minutes
- Lunch (value R115)
- Add on 2 hours for lunch and spa facility use

THE SPAS OF DISTINCTION JOURNEY: 5.5 hours (full day package) - R3340

- Exfoliation
- Therapeutic Wrap
- Candle Massage
- Facial - 90 minutes
- Signature Manicure
- Signature Pedicure
- Lunch (value R115)
- Add on 2 hours for lunch and spa facility use

Guests are welcome to use the Steam Room, Sauna (gent's room only), Indoor Heated Roman Bath and Swiss Shower at no additional cost. The time allocation per package does not include time for facility use and lunch. An estimated time of 2 hours needs to be added for this.

SKINCARE & FACIALS

THE CLASSIC ESSENTIAL FACIAL: 60 Minutes

A deep cleanse, followed by a gentle exfoliation. A face, neck and shoulder massage releases and eases tension, whilst a mask and nutritional boosters or serums restores your skin.

- Nimue Therapeutic Facial - R580
- Babor Classic Facial - R680
- Optiphi Hydrate and Repair Facial - R690

RADIANCE BOOSTER FACIAL: 60 minutes

Tailored to treat individual concerns such as congestion, lack of radiance, sensitivity, premature ageing and loss of elasticity, by balancing the skin with boosters, serums and ampoules.

- Optiphi Firming Facial - R690
- Nimue Rejuvenating Facial - R730
- Babor Intermediate Facial - R930
- La Prairie Cellular Facial - R1290

SKIN REJUVENATION PEEL

A rejuvenating peel with a difference - Experience true skin rejuvenation results without the nasty side effects generally associated with peeling. The skin rejuvenation peel is the first peeling system to offer a solution to all skin conditions by combining the regenerative capabilities of Glycolic Acid and intensely hydrating active ingredients. No down time... can be used even on sensitive skin. Unlike other peels, this will stimulate skin growth and makes your skin thicker and robust. Results driven facial!

- Optiphi Peel 30 minutes - R550
- Nimue Peel 60 minutes - R730
- Optiphi Peel 60 minutes - R760

MICRONEEDLING TREATMENT: 60 minutes - R770 / 90mins - R1020 including Anaesthetic Microneedle Roller R640 - Purchased once off for 6 treatments.

A minimally invasive Microneedle roller is utilised to stimulate collagen induction and serves as a trans-dermal delivery device. This increases penetration of active skin care ingredients captured in specially formulated trans-dermal solutions. The roller consists of very fine 1mm needles. Multiple treatments are required to achieve the desired result as the treatments have a cumulative effect. Assists with thickening of thin skin, acne scarring, fine lines, wrinkles and pigmentation.

TOTAL YOUTH REGENERATING FACIAL: 90 minutes

Brighten and energise your skin. Your results would be a smoother, radiant and vibrantly alive skin. Delays premature aging, retextures, renews and firms, while treating lines and wrinkles. Environmental protection, treats hormonal shifts, and defends against dehydration.

- Optiphi Radiance Facial - R890
- Babor Advance Luxurious Facial - R1250
- La Prairie Hydrating / Anti - Ageing Facial - R1490
- La Prairie Caviar Firming / Pure Gold Radiance Facial - R1490

MICRO-DERMABRASION TREATMENT: 30 minutes - R390

ADD ON - R290

A deeply exfoliating and resurfacing treatment used on the epidermal tissue to treat hyperpigmentation, sun spots, acne and trauma scarring. This treatment includes a facial cleanse, toning and peeling, followed by the application of a finishing cream.

ADD-ON OUR EYE FOCUS TREATMENT: R200

Incorporate this cooling protein eye pack for tired stressed eyes, and eliminates puffiness, dark circles and wrinkles to instantly soothe and rejuvenate.

MASSAGE

BACK, NECK & SHOULDER MASSAGE: 30 minutes - R410 | 45 minutes - R550

This massage focuses purely on the back and shoulder areas to relieve tension of these commonly overstressed muscles.

REFLEXOLOGY: 30 minutes - R410 | 45 minutes - R550

This is an ancient treatment that focuses on the nerve locations on your feet to treat the entire body. It is a relaxing pressure-point foot massage that balances the body to re-establish your energy and healing flows that relieve stress and restores harmony.

SOLE REVIVAL FOOT MASSAGE: 30 minutes - R410

A relaxing foot massage to relieve tension in the feet and lower legs. This de-stressing treatment involves a foot ritual with a soak and scrub followed by a soothing pressure point massage to ease tired legs and feet.

SCALP, NECK & SHOULDER MASSAGE: 30 minutes - R410

Alternating slow and vigorous massage movements are applied to the head. A pressure point massage to the scalp, head and shoulders is incorporated to relieve stress.

SWEDISH MASSAGE: 60 minutes - R650

A light to firm pressure massage using classic massage movements to improve blood circulation, ease muscle aches and tension, improve flexibility and reduce stress.

LOMI LOMI MASSAGE: 60 minutes - R720

An ancient Hawaiian healing technique, targeting the back of the body, using rhythmic and flowing movements of the fingers, palms, forearms and elbows.

AROMATHERAPY MASSAGE: 60 minutes - R720

Using a blend of fragrant aromatic oils to relax or re-energise the body, to achieve total relaxation of the mind and body, whilst stimulating the lymphatic system and uplifting your spirit.

HOT STONE THERAPY: 60 minutes - R720

Using heated lava stones, muscles are gently heated to expand and relax, allowing a deeper massage into the core of the muscle.

DEEP TISSUE MASSAGE: 60 minutes - R720

A 60 minute intense massage that works core deep for people requiring extra pressure in massage techniques applied. Stretches are done before and after the massage to improve muscle tension, circulation and pain relief.

MOTHER-TO-BE MASSAGE: 60 minutes - R720

A massage using specific prenatal techniques, to help increase circulation, relieve tired muscles, mental and physical fatigue.

THAI MASSAGE: 60 minutes - R720 | 90 minutes - R950

Thai massage works on pressure points of the body to relieve tension, stretching to improve flexibility and various other basic movements to manipulate muscles and joints.

LUXURIOUS CANDLE MASSAGE: 60 minutes - R790

When lit, the massage candle melts into a warm sumptuous massage oil. This warm oil of natural butters can then be poured over the skin for a luxurious massage treatment to melt away tension, and delicately nourish the skin. Take the candle home to extend your spa journey.

FOUR SEASONS MASSAGE JOURNEY: 75 minutes - R810

This full body layer locking massage incorporates exfoliation, massage with a serum, followed by body butter and a soy candle. Experience four seasons. Autumn, your skin will be sloughed to prepare it for nourishment. Spring will add moisture to the skin with a nourishing serum (like rain hydrating the earth), followed by summer, allowing your skin to glow radiantly. Winter, protect your skin from natural elements with a barrier from a soy massage candle that melts into a warm sumptuous massage oil poured over the skin for a luxurious massage treatment to melt away tension. Take the four seasons pack home to extend your spa journey.

UNIVERSAL CEREMONY: 90 minutes - R950

A signature massage created using various international touches and techniques for the massage connoisseur who enjoys pure massage and touch therapy. Ease away muscular aches and tension by improving circulation and stimulation.

FRANGIPANI JOURNEY MASSAGE: 90 minutes - R950

Start your journey with an invigoration full body exfoliation followed by and indulgent signature frangipani oil massage and polished off with our luxurious hydrating body milk. This journey will leave your body re-energised and your skin left silky soft and smooth.

BELLABACI CUPPING ADD TO ANY MASSAGE: R150

Bellabaci Cupping Therapy is a modified and simplified version of the ancient cupping therapy which can assist in treating various conditions starting from cellulite to pain relief. We can perform a localized cupping session, which will remove stagnation, eliminate toxins, help with pain relief, all relatively quickly with the added benefits of a lymphatic drainage massage.

BODY TREATMENTS

BODY EXFOLIATION: 30 minutes - R320

Invigorate your skin with a full body exfoliation, eliminating excess surface skin cells. Your skin is left soft, nourished and ready to absorb nutrients.

OPTIPHI CLASSIC BALANCING BACK TREATMENT: 60 minutes - R590

Classic deep cleansing treatment specifically for the back. This targets breakouts, improves the skins barrier and brightens the skin.

EXOTIC FRANGIPANI SALT SCRUB: 45 minutes - R550

A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is drizzled luxuriously over the body, before the sublime frangipani salt glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

DETOXING AROMA SPA WRAP: 1h 15 minutes - R790

Let thoughts drift away, whilst being cocooned and treated to a de-stress scalp treatment. Combining the richness of sea plants and Marine Algae, this therapy helps reduce the appearance of cellulite and relieve the discomfort of fluid retention.

INDULGENT CHOCOLATE WRAP: 60 minutes - R690

Chocolate Lovers beware! This is a royal treat for the skin, a moisturizing and conditioning formulation. This hydrating boosting wrap also contains antioxidants which help to refresh and nourish the skin. Your body will be polished with a Chocolate soufflé scrub finishing up with an amazing aroma of chocolates, while your body is wrapped.

SPRAY TAN

Expect to receive a tan that will last even longer. Your deep flawless tan can be achieved in just 20 minutes and lasts for up to a week. You're guaranteed to receive the following benefits: It won't turn orange or drip and it's proven to be more effective than conventional 'spray booths'.

Without exfoliation: R390

With exfoliation (Recommended to prolong your tan): R670

SLIMMING, DETOX, CELLULITE, FIRMLING, TONING & LIFTING: 60 minutes - R990

A body and figure corrective treatment for both men and women. It targets cellulite, fat, burns calories, enhances weight loss, slims, firms and tones producing visible long lasting results. It is packed full of essential oils, plant and algae extracts, resulting in a wide range of additional therapeutic benefits. The active essential oils results in detoxifying and water retention reduction, whilst treating stretch marks and varicose veins. Centimetre loss is visible from your first treatment but varies from person to person. Not for the faint hearted, as this is a very effective treatment!

BLISSFUL BASIC - HANDS & FEET

Classic manicure: 60 minutes - R290

Classic pedicure: 60 minutes - R310

Signature manicure: 60 minutes - R350

Signature pedicure: 60 minutes - R390

Medi-pedi: 60 minutes - R470

Gel polish manicure: 60 minutes - R420

Gel polish pedicure: 60 minutes - R490

Re-varnish: 15 minutes - R130

Medi pedi add on: 30mins - R200

Soak off: 15 minutes - R130

Gel polish re-paint: 30 minutes - R250

Massage chair session: 30 minutes - R150

Kindly inform the reservationist if you currently have gel or acrylic on your nails that needs to be removed as this does require extra time to be booked out at an additional fee.

WAXING & TINTING

Full leg - R310

3/4 leg - R280

Half leg - R260

Underarm - R180

Standard bikini - R190

Brazilian (G-string) R240

Hollywood (Whole) R280

Full back - R290

Half back - R240

Full arm - R260

Half arm - R180

Lip - R140

Chin - R150

Cheeks - R150

Brow - R140

Chest - R190

Abdomen - R160

* threading subject to availability

TINTING

Eye brow tint - R140

Eye lash tint - R140

Eye brow shape - R140

Lash & brow tint - R270

INTENSE PULSED LIGHT TREATMENTS

IPL PERMANENT HAIR REMOVAL AND SKIN REJUVENATION

Come in for a free consultation. This IPL features state-of-the-art light-treatment technology that can be used to rejuvenate your skin, reduce pigmentation and remove unwanted hair. The IPL is superior to all alternatives and is a comfortable and effective way to take care of your skin. Please speak to our therapists or front office staff for our treatment prices.

IPL HAIR REMOVAL STARTING FROM

Chin/Cheeks - R440

Full Bikini - R960

Full Face - R690

Full Leg - R1990

Half Leg - R1120

Standard Bikini - R590

Underarm - R390

Upper Lip - R290

IPL SKIN REJUVENATION STARTING FROM

Neck, Face and Décolleté R1990

Hands R350