

## Services Offered

Spa	Cost R/c	
<b>1. Basic Facial</b> – Cleanse, exfoliate and nourish your skin naturally through a relaxing treatment that improves circulation, firms and tones your skin.	<b>25min</b>	R 200
<b>2. Full Facial</b> – Deep cleansing facial, stimulating blood circulation, hydrating the skin by means of minerals, revitalizing the skin and lifting away dead skin cells, also includes a relaxing massage and eye treatment.	<b>55min</b>	R 400
<b>3. Rejuvenating Back Treatment</b> – Experience a “full facial” on your back, to be cleansed, steamed manual extractions, mask, back and neck massage finished off with an intense moisturizer.	<b>55min</b>	R 400
<b>4. Pedicure</b> – Enjoy a relaxing foot scrub to promote desquamation of hard skin, cuticle work as well as nail work, a relaxing massage up to the knee, ended off with colourless varnish applied.	<b>25min</b>	R 200
<b>5. Pedicure with colour/French</b> – Enjoy a relaxing foot scrub to promote desquamation of hard skin, cuticle work as well as nail work, a relaxing massage up to the knee, ended off with colour or French varnish. <b>Please book in advance.</b>	<b>45min</b>	R 300
<b>6. Pedicure with Paraffin Wax</b> – Enjoy a relaxing foot scrub to promote desquamation of hard skin, cuticle work as well as nail work, a relaxing massage up to the knee, feet treated with warm paraffin wax to nourish and soften the skin, ended off with colourless varnish applied.	<b>35min</b>	R 300
<b>Please book in advance for colour or French varnish</b>	<b>20min</b>	R 75
<b>7. Manicure</b> – Enjoy a relaxing hand scrub to promote desquamation of hard skin, cuticle work as well as nail work, a relaxing massage up to the elbow, ended off with colourless varnish applied.	<b>25min</b>	R 200
<b>8. Manicure with colour/French</b> – Enjoy a relaxing hand scrub to promote desquamation of hard skin, cuticle work as well as nail work, a relaxing massage up to the elbow, ended off with colour or French varnish applied. <b>Please book in advance.</b>	<b>45min</b>	R 300
<b>9. Manicure with Paraffin Wax</b> – Enjoy a relaxing hand scrub to promote desquamation of hard skin, cuticle work as well as nail work, a relaxing massage up to the elbow, hands treated with warm paraffin wax to nourish and soften the skin, ended off with colourless varnish applied.	<b>35min</b>	R 300
<b>Please book in advance for colour or French varnish</b>	<b>20min</b>	R 75
<b>10. Indian Head Massage</b> – This ancient massage technique has been practiced for many years. Through the power of touch you will receive a relaxing shoulder and head massage to remove stress and to experience a feeling of calmness and serenity.	<b>25min</b>	R 200
<b>11. Scalp Treatment</b> – Neutralize and treat your hair and scalp with a conditioning scalp treatment.	<b>25min</b>	R 200
<b>12. Full Body Exfoliation</b> – Exfoliate with a salt scrub leaving your skin refreshed and revitalized.	<b>30min</b>	R 200
<b>13. Full Body Exfoliation &amp; Mud Wrap</b> – Exfoliate with a salt scrub, apply mud and lie wrapped allowing the absorption of minerals, leaving your skin refreshed and revitalized.	<b>45min</b>	R 450
<b>14. Back and Neck Exfoliation</b> – Exfoliate with a salt scrub leaving your skin refreshed and revitalized.	<b>20min</b>	R 150
<b>15. Back and Neck Exfoliation &amp; Mud Wrap</b> – Exfoliate with a salt scrub, apply mud and lie wrapped allowing the absorption of minerals, leaving your skin refreshed and revitalized.	<b>30min</b>	R 250
<b>16. Basalt Hot Stone Massage</b> – A massage with pre-heated earth stones that releases their energy to relieve pain and stress. It also helps to detoxify the body.  <b>An extended massage for really tense, aching muscles.</b>	<b>(back) 25 min</b>	R 200
	<b>(full) 55 min</b>	R 400
	<b>85min</b>	R 500
<b>17. Aroma Massage</b> – A gentle massage with the use of aroma oils.	<b>(full) 55min</b>	R 400
	<b>(back) 25min</b>	R 200
<b>18. Swedish Massage</b> – A deep tissue massage for relief of tension and stress.	<b>(full) 55min</b>	R 400
	<b>(back) 25min</b>	R 200

<b>19. Reflexology Feet</b> – A massage technique created by William Fitzgerald which works on the principle of homeostasis and through this treatment it's possible to stimulate the different organs of the body to bring about balance.	<b>25min</b>	<b>R 200</b>
<b>20. 4-in-1</b> – Exfoliate with salt scrub, apply mud and lie wrapped, allowing the absorption of minerals while receiving a revitalizing full facial. The treatment is ended off with a full body moisturisation, leaving the skin refreshed and rejuvenated from top to toe.	<b>90min</b>	<b>R 600</b>
<b>21. Hydro Treatments</b> – Enjoy a relaxing Jacuzzi Bath filled with jets and bubbles.	<b>(Hydro) 25min</b>	<b>R 60</b>
<b>22. Sauna Treatments</b> – Enjoy a relaxing treatment in an infra-red sauna to rid your body of unwanted toxins.	<b>15min</b>	<b>R 60</b>
<b>Fun</b>		
<b>23. Hiking</b> – Climb/walk the mountain and see the view from the top.	<b>2hr</b>	<b>Guts</b>
<b>24. Functions &amp; Weddings</b> – Group / Family bookings are also available. Conditions apply.		<b>T.B.A</b>
<b>25. Conference</b> – Combine your conference with spa and overnight stay – see options.		
<b>Accommodation</b>		
<b>26. Accommodation</b> – Double rooms all en-suite, Bed & Breakfast.	<b>Single Sharing pp</b>	<b>R 500 R 350</b>
<b>27. Restaurant</b> – Preset menus to suit all culinary needs, including steaks, lamb, ribs, fish, chicken, curries, pastas, salads, etc.	<b>2 Course Dinner</b>	<b>R 120 pp</b>

Revised  
01/03/2010      Limited Offer