

## Signature Treatments

*The heart and soul of our spa. Carefully designed to envelop you in pure relaxation, using our incredibly natural product ranges. Feel tension slip away and your body and mind revitalised.*

### **DR. HAUSCHKA FACIAL**

120m R2530

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The Signature facial is the ultimate Dr Hauschka experience. It begins with a fragrant foot bath and the application of nurturing body products. Then it is time for the most exquisite facial. You will be transported into a deep relaxation while we treat every need your skin can possibly have. You will feel completely relaxed, rejuvenated and in harmony.

### **SENSES**

75m R1485

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Awaken your senses with this relaxing and refreshing experience. Enjoy a head, foot and exfoliating body massage, with the stimulation and release of pressure points. A light snack with an anti-oxidant fresh juice is included in your Senses Treatment.

### **DÉCOLLETÉ, NECK, FACE & SCALP MASSAGE**

45m R1045

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By relaxing the muscles of the neck, face and head, facial and décolleté massage is an effective tool to relief the tension, improve general mood, soothe and reduce tiredness as well as relieve headache. It can help you keep your skin firm and resilient and prevent or delay the aging of your skin.

## Facials

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### DR. HAUSCHKA

90m R1925 / 60m R1441

A facial with the natural, certified Dr. Hauschka range of products. Cleansing, clarifying masks, activating ampoules and regenerating intensive care products are a great addition to the lymph stimulation with fine brushes and hands.

### DR. HAUSCHKA ANTI-AGEING

120m R2750 / 90m R2145 / 60m R1661

Skin ageing is a completely natural process. And it can't be stopped. But a care product that supports the skin's natural activities can slow it down. Be ready to take on the day with the Dr. Hauschka Regenerating Skin Care series that gives mature, demanding skin the support it needs for more vitality. It can prevent against premature wrinkle formation for example, and your skin gets new stimulation. The end result is a radiant and nourished complexion, that is as individual as you.

### DR. HAUSCHKA BACK

60m R2761

Back facials involve a process of steaming, cleansing, exfoliating, and moisturising the skin on the back, in addition to applying a mask. Most back facials also include an extraction process to clear out blocked pores and reduce the severity of any present back acne.

### NAUTILUS PERFECT CANVAS DUO

90m R1870

Experience improved appearance and firmness of the skin, increased hydration and moisture levels, a progressing lifting effect, promotion of healthy cell renewal, and protection against environmental skin damage with the combination of active biotechnology, vitamins, minerals, essential oils, and marine algae with the advanced benefits of cupping and Guasha stone massage. Providing an overall improvement in the structure and functional recovery of the skin. Our goal is to create the perfect canvas.

### NAUTILUS ATLANTIC HYDRATION CUPPING

75m R1430

This targeted facial prevents aging and encourages optimum cellular function for nourished, younger-looking skin combining cupping and hands-on massage techniques leaving your skin hydrated, radiant and plump, stimulating the production of collagen and elastin for age-defying benefits.

### NAUTILUS CRYSTAL QUARTS GUASHA

75m R1430

Defy the hands of time with this hands-on facial adding the benefits of a Guasha to contour, sculpt, and improve the appearance of fine lines and wrinkles. The treatment will leave your skin with a youthful radiance and natural glow whilst lifting and firming the skin.

### NAUTILUS SKIN INTELLIGENCE

60m R1375

Defy the hands of time with this hands-on facial that addresses the skin's aging mechanisms on a cellular level, and automatically see results on a clinical level. Anti-wrinkle, radiance and age-defying benefits. Our goal is to create the perfect canvas and repair the sails.

#### *Add on:*

#### EYEBROW TINT OR SHAPE

R132

#### EYELASH TINT

R286

#### EYELASH & EYEBROW TINT

R330

## Massages

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Choose your own all-natural aromatherapy oils by Bellabaci, the Genies, are premium hand-crafted and target specific body systems to address localised concerns, physical, emotional and spiritual wellbeing. We've combined the finest quality organic essential oils and energetic ingredients at 4.5% activity level to create a powerful Genie in a bottle.

#### SWEDISH MASSAGE

Full body: 90m R1705 / 60m R1375  
Back & neck: 45m R1210 / 30m R924

Involves long strokes using light-to-firm pressure to provide gentle relaxation, to restore a tired body and mind.

#### DEEP TISSUE MASSAGE

Full body: 90m R1925 / 60m R1595  
Back & neck: 45m R1320 / 30m R1144

A firm massage to work deeper on the muscles to suit your needs. The therapist applies slow, forceful strokes which release strains in the deeper layers of muscle and connective tissue.

#### MOTHER-TO-BE MASSAGE

60m R1595

This massage focuses on the back, shoulders and feet and helps to alleviate muscle tension and fatigue, while assisting to ease any discomfort during pregnancy. Oils and techniques used are safe from the second trimester onwards.

#### HOTSTONE

Full body: 90m R1925 / 60m R1595  
Back & neck: 45m R1320

Heated volcanic basalt stones are used along with healing hands of our therapists. That allows you to enter deeper into a state of relaxation while the therapist works to relieve muscle pain and tension.

### DRY BODY BRUSH RITUAL

30m R660

Rejuvenate dull and tired looking skin and create a sense of wellness with the Bellabaci copper dry body brush ritual. Dry body brushing, enhanced with 75% Copper fibres, promote detoxification, lymphatic drainage and remove cellular waste products from the body.

### BELLABACI CUPPING TREATMENT

Full body: 75m R1705 / 90m R1925  
Back & neck: 45m R1320

Cupping therapy promotes blood circulation, anti-cellulite, relieves pain, joint and muscle soreness, detoxifies the body, releases endorphins to promote general healing and wellbeing, and can help increase skin's firmness to reduce fine lines and wrinkles.

## Waxing

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#### LIP/CHIN/BROW

from 15m to 30m R132

#### UNDER ARMS

30m R330

#### HALF LEG TILL UNDER YOUR KNEE

30m R418

#### FULL LEG

45m R616

#### BIKINI

from 30m to 45m R396

#### BRAZILIAN

from 45m to 60m R429

#### HOLLYWOOD

from 45m to 60m R462

## Hands & feet

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#### MANICURE

60m R759 | French add on: 15m R110

Ultra-luxurious treatment for total nail and hand care. A varnish colour of your choice from Morgan Taylor is included.

#### PEDICURE

60m R781 | French add on: 15m R110

A wonderfully relaxing foot bath, exfoliation, nail and dry skin treatment, including a foot massage.

#### GELISH MANICURE

60m R924 | French add on: 15m R110

Ultra-luxurious treatment for total nail and hand care.

#### GELISH PEDICURE

60m R1001 | French add on: 15m R110

A wonderfully relaxing foot bath, exfoliation, nail and dry skin treatment, including a foot massage.

### NAIL CARE WITH GELISH

60m R605

### NAIL CARE WITH MORGAN TAYLOR NAIL VARNISH

30m R440

### SOAK OFF & NAIL CARE

60m R561

### SOAK OFF GEL

15m R165

### SOAK OFF ACRYLIC

30m R275

#### *Add on:*

#### MEDIHEEL

15m R495

This is an intense pedicure treatment used to hydrate the feet. Anti-fungal and anti-bacterial ingredients sanitize and soften the feet gently, while a Eucalyptus and Rosemary infusion helps to boost circulation.

### PARAFFIN WAX

15m R330

The wax helps to moisturise and soften the skin while providing a therapeutic and healing effect for sore and aching joints. Increased tolerance to pain and muscle relaxation can also make it particularly beneficial for those suffering from arthritis and rheumatic pain.

Paraffin Wax heat therapy increases blood flow, sweat and sebum production thus allowing beneficial nutrients to be drawn to the skins cells that rejuvenate the skin.

### FOOT MASSAGE

45m R1045

Foot massage improves circulation, stimulates muscles, reduces tension, and often eases pain.

## Grootbos kids

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For children up to the age of 12.

### BACK & HEAD MASSAGE

30m R594

### PEDICURE OR MANICURE

30m R517

This includes a foot or hand bath.

### EXPRESS FACIAL

30m R638

This includes a hand or foot massage.

## Customised

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We create customised treatments to suit your needs. Please discuss options with your therapist.