

Situated on the edge of a fresh-water lake and inspired by surrounding nature and elements that guide us, our selection of body and beauty treatments cater for all. A soul journey of unsurpassed solitude, leaving your skin, body and mind balanced.

As a Mantis Collection Spa member we strive for quality, excellence and distinction. The ultimate synergy between professional yet personalised care.

- ▶ Prices are subject to change without prior notice
- ▶ Gift Vouchers are available for specific treatments
- ▶ Retail products
- ▶ Steam
- ▶ Heated Pool
- ▶ Refreshment Stand
- ▶ Gym
- ▶ Lifestyle assesment
- ▶ Detox retreats



## SPA TREATMENTS

*Steam or sauna followed by an all over body exfoliation using Dermalogica Spa Body Therapy with a full body massage. A body mask, suited to the specific treatment, is applied to the entire body and a scalp treatment completes the session.*

Calming Aloe Wrap	2hrs	R 800
Purifying Mud Wrap	2hrs	R 800
Replenish Grape Seed Oil	2hrs	R 800
Revitalise	2hrs	R 800

## HYDRO THERAPY

*Hydro Therapy delivers underwater massage to deep lying muscle layers & abdominal organs while salts, oils or seaweed remineralises the body.*

Hydro Bath & Skin Scrub	45min	R 300
Hydro Mineral Salt Bath	30min	R 280
Hydro Botanical Petal Bath	30min	R 280
Hydro Toxin Relief Bath	30min	R 280

## FACIAL TREATMENTS

*Dermalogica facials & face mapping using only the finest ingredients are non-comedogenic & contain no occlusive mineral oil or lanolin, no irritating colours or fragrance, and no alcohol. Customised for your skin type daily.*

Skin Renewal	90min	R 300
Multi-Vitamin Power	90min	R 300
Brighten & Up	90min	R 300
Medicated Cleaning	90min	R 300
Purifying Back	60min	R 250
Pour Homme	90min	R 300
Environmental Control	90min	R 300
<i>... Add Touch Therapy:</i>		
Back	15min	R 100
Relaxing Scalp	15min	R 100
Multi-Vitamin Hand & Foot	15min	R 100
Revitalising Eye Rescue	15min	R 100

## HANDS & FEET

*The ultimate in indulgence for feet and hands. Spa bath & massages with pampering oils and balms.*

Spa Manicure	90min	R 300
Spa Pedicure	90min	R 300
French/Colour Varnish	30min	R 60
Hand/Feet Paraffin Wax	15min	R 40

## FINISHING TOUCHES

Eyelash Tint	30min	R 50
Eyelash and Brow Tinting	30min	R 80
Eyebrow Shape	30min	R 40
Eyebrow Wax & Shape	30min	R 60

## WAXING

Full leg	R 180	3/4 Leg	R 140
Half Leg	R 110	Full Arm	R 90
U/Arm	R 50	Bikini	R 90
Bikini (G-String)	R 120	Brazilian	R 150
Full Back/chest	R 120	Chin	R 40

## MASSAGE THERAPIES

Hot Stone Therapy	60min	R 400
	90min	R 550

*A dynamic, stimulating & creative massage to assist you to let go of tension or stress.*

Swedish Massage	60min	R 400
	90min	R 500

*A deep, firm, full-body massage designed to relieve muscle tension and increase blood circulation.*

Aromatherapy Massage	60min	R 420
	90min	R 500

*A full body massage, which is a slow, relaxing lymphatic draining style massage using aromatic essential oils extracted from various plants for their therapeutic benefits.*

Golfer's delight	60min	R 480
	90min	R 600

*This massage is designed to focus on relieving knots and tense muscles using a selected blend of oils.*

Hawaiian/Kahuna Massage	90min	R 660
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*A sensual intuitive relaxing massage in the island tradition of the tropics performed by professionally trained therapists in our natural spa surrounds.*

Mother's Bliss	60min	R 500
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Back, Neck & Shoulder Massage	30min	R 200
	60min	R 300

With Hot Stone	30min	R 250
	60min	R 350

Indian Head Massage	30min	R 250
	60min	R 500

Leg Massage	30min	R 250
	60min	R 400

Foot Massage/Reflexology	30min	R 180
	60min	R 300

Lymph Drainage with Ess. oils	60min	R 550
	90min	R 660

## SIGNATURE TREATMENTS

Pour Femme / Homme	90min	R 550
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*A relaxing ½ hour back, neck and shoulder massage, followed by a Dermalogica facial & touch therapy of your choice.*

Flamingo Water Massage	2hrs	R 800
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*Combining a suitable essential oil, warm water and an Indian head massage, back & leg massage to give a soothing result.*

Sugar Bird Retreat	3hrs * R 1000
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*Sweet indulgence of an exfoliating sugar skin scrub, mineral salt bath, followed by a back, neck & shoulder massage and completed with a soothing body hydrating glow balm.*

Sun Bird Retreat	4hrs * R 1200
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*Specifically for muscle & body stiffness, which includes a steam sauna, exfoliating salt scrub, deep tissue massage; Body Mud Mask and aromatic Hydro Bath. Complete the treatment with a Spa pedicure & Solar Bronz, manicure, reflexology & scalp treatment.*

Flufftail Retreat	5hrs * R 1800
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*The ultimate in relaxation, incorporating every aspect of our Spa. Start off with a steam and sauna, followed by a full body exfoliation scrub mineral bath and Hydro Gel Wrap Full body massage. Thereafter breaking for a light meal next to the pool. Continue with a Dermalogica facial and manicure. Finish with a pedicure & scalp treatment and touch therapy of your choice.*

Marsh Owl Retreat	5hrs * R 2600
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*Over 2 days let your body be pampered from head to toe... choose the sequence of your treatments & we shall customize your retreat to your heart's desire.*

\* Accommodation rates on request.