

## 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 R2300

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Treat your feet, arms and legs to a relaxing treatment with fragrant essential oils, followed by 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.

### **SENSES**

75m R1350

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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 R950

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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

### **DR. HAUSCHKA** 90m R1750 / 60m R1310

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 R2500 / 90m R1950 / 60m R1510

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 R2510

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

### **NAUTILUS PERFECT CANVAS DUO**

90m R1700

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 R1300

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 R1300

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 R1250

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** R120

**EYELASH TINT** R260

**EYELASH & EYEBROW TINT** R300

## Massages

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**

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

FULL BODY: 90m R1550 / 60m R1250  
BACK & NECK: 45m R1100 / 30m R840

### **DEEP TISSUE MASSAGE**

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.

FULL BODY: 90m R1750 / 60m R1450  
BACK & NECK: 45m R1200 / 30m R1040

### **MOTHER-TO-BE MASSAGE** 60m R1450

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**

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.

FULL BODY: 90m R1750 / 60m R1450  
BACK & NECK: 45m R1200

### **DRY BODY BRUSH RITUAL** 30m R600

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**

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.

FULL BODY: 75m R1550 / 90m R1750  
BACK & NECK: 45m R1200

## Hands & feet

### **MANICURE** 60m R690

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

FRENCH ADD ON: 15m R100

### **PEDICURE** 60m R710

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

FRENCH ADD ON: 15m R100

### **GELISH MANICURE** 60m R840

Ultra-luxurious treatment for total nail and hand care.

FRENCH ADD ON: 15m R100

### **GELISH PEDICURE** 60m R910

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

FRENCH ADD ON: 15m R100

### **NAIL CARE WITH GELISH** 60m R550

**NAIL CARE WITH MORGAN**

**TAYLOR NAIL VARNISH** 30m R400

**SOAK OFF & NAIL CARE** 60m R510

**SOAK OFF GEL** 15m R150

**SOAK OFF ACRYLIC** 30m R250

## Add on:

### **MEDIHEEL** 15m R450

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 R300

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 R950

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

## Waxing

**LIP, CHIN & BROW** from 15m to 30m R120

**UNDER ARMS** 30m R300

**HALF LEG TILL UNDER YOUR KNEE**  
30m R380

**FULL LEG** 45m R560

**BIKINI** from 30m to 45m R360

**BRAZILIAN** from 45m to 60m R390

**HOLLYWOOD** from 45m to 60m R420

## Grootbos kids

FOR CHILDREN UP TO THE AGE OF 12

**BACK AND HEAD MASSAGE** 30m R540

**PEDICURE OR MANICURE** 30m R470

This includes a foot or hand bath.

**EXPRESS FACIAL** 30m R580

This includes a hand or foot massage.

## Customised

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