



THE SPA

Specialised Spa Packages

Pick and Mix

PICK AND MIX ONLY AVAILABLE
MON TO THURSDAY

	Standard	Member
2 TREATMENTS	850	750
3 TREATMENTS	1095	995
4 TREATMENTS	1350	1250
60 MIN FULL BODY MASSAGE		
60 MIN HEALING EARTH FACIAL		
60 MIN SIGNATURE MANICURE		
60 MIN SIGNATURE PEDICURE		
60 MIN THERMAL RELAX		

Mom to be Package

	3,1/4HRS	Standard	Member
BODY EXFOLIATION	30 MIN	1800	1290
FULL PREGNANCY MASSAGE	75 MIN		
EXPRESS FACIAL	30 MIN		
SIGNATURE PEDICURE	60 MIN		

Refresh Him

		Standard	Member
MUSCLE MELT DEEP TISSUE MASSAGE	90 MIN	1750	1250
EXPRESS FACIAL	30 MIN		
HAND AND FEET TREAT SCRUB, FILE, BUFF	60 MIN		

Forest Fabulosity

	4 1/2 HRS	Standard	Member
QMS DEEP CLEANSE FACIAL	60 MIN	2200	1890
HEALING EARTH MUSCLE MELT JOURNEY	90 MIN		
SIGNATURE HOT STONE MANICURE	60 MIN		
SIGNATURE HOT STONE PEDICURE	60 MIN		

Silver Serenity

	5 HRS	Standard	Member
SIG PEDI WITH MASK AND HOT STONE	60 MIN	2500	2125
SIG MANI WITH MASK AND HOT STONE	60 MIN		
AFRICAN MIRACLE POTATO BALM MASSAGE	90 MIN		
LUXURY SPA FACIAL	60 MIN		
INDIAN HEAD MASSAGE	30 MIN		

Forest Bliss

	3 HRS	Standard	Member
90 MINUTE MASSAGE WITH FOREST BODY BALM	90 MIN	1100	995
CLASSIC MANICURE	45 MIN		
CLASSIC PEDICURE	45 MIN		



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Massage Therapies

		Standard	Member
SWEDISH MASSAGE	30 MIN	430	330
SWEDISH MASSAGE	45 MIN	550	395
SWEDISH MASSAGE	60 MIN	695	495
SWEDISH MASSAGE	90 MIN	895	695
INDIAN HEAD MASSAGE	30 MIN	400	280
PREGNANCY MASSAGE	60 MIN	750	595
LYMPHATIC DRAINAGE	60 MIN	650	550
HOT STONE MASSAGE	60 MIN	795	595
	90 MIN	950	795
DEEP TISSUE / SPORT MASSAGE	60 MIN	795	595
	90 MIN	975	795
AROMATHERAPY MASSAGE	60 MIN	750	595
	90 MIN	975	795
SIGNATURE MASSAGE	60 MIN	895	650
BACK NECK AND SHOULDERS	30 MIN	400	350
	45 MIN	550	400
REFLEXOLOGY	30 MIN	400	300
	45 MIN	500	400

Tinting

	Standard	Member
BROW	100	80
LASH	100	80
LASH AND BROW	150	130

Hand and Feet Treatments

		Standard	Member
CLASSIC MANICURE	45 MIN	290	230
CLASSIC PEDICURE	45 MIN	330	270
SIGNATURE MANICURE	60 MIN	450	350
SIGNATURE PEDICURE	60 MIN	480	380
GELISH CLASSIC MANICURE	60 MIN	425	350
GELISH CLASSIC PEDICURE	60 MIN	450	380
GELISH SPA MANICURE	75 MIN	485	420
GELISH SPA PEDICURE	75 MIN	525	450
GELISH FRENCH MANI	90 MIN	445	350
GELISH FRENCH PEDI	90 MIN	490	390
MINI MANI	30 MIN	250	200
MINI PEDI	30 MIN	290	220
GELISH APPLICATION ONLY	30 MIN	300	250
SOAK OFF	15 MIN	120	80
FOOT SOAK SCRUB FILE MASSAGE	30 MIN	295	230
MEDI PEEL ADD ON		150	100
MEDI PEDICURE INC PAINT	60 MIN	520	450
MEDI PEDICURE GELISH	75 MIN	590	490
MANICURE FOR MENS HANDS	60 MIN	400	300
SOLE THERAPY FOR MENS FEET	60 MIN	450	370



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Body Treatments

		Standard	Member
BODY EXFOLIATION	30 MIN	350	250
QMS ANTI CELLULITE CONTOURING TREATMENT	60 MIN	850	770
UPPER BODY TONE AND HYDRATE	60 MIN	850	770
PROLIFT UPPER ARM TREATMENT	60 MIN	850	770
ACTIVE BACK TREATMENT OPTIPHI	45 MIN	600	450

Thermal Suite Sauna, Steam Room, Cool Hydro Pool, Showers

		Standard	Member
ROMANTIC RASUL FOR TWO	40 MIN	1000	850
RASUL FOR TWO	40 MIN	800	600
THERMAL SUITE (ALONE)	60 MIN	400	280
THERMAL (When added to a 60 minute body treatment)	60 MIN	300	200

Skin Care Therapy

		Standard	Member
HEALING EARTH EXPRESS FACIAL	30 MIN	435	375
HEALING EARTH JASMINE AND BAOBAB SKIN PROTECTOR <small>Powerful synergy of antioxidant and protective actives leaves skin soft and renewed giving youthful radiance and a plumping effect.</small>	60 MIN	675	495
HEALING EARTH MARULA AND ROSE HYDRATOR SKIN PROTECTOR <small>Tone and Renew, excellent for tired and dehydrated skin</small>	60 MIN	675	495
HEALING EARTH NEROLI AND ROSE SKIN BALANCE <small>Pollution and Decongesting, replenishes and decongests skin leaving it cleansed, hydrated and flawless.</small>	60 MIN	675	495

QMS Medicosmetics is the ultimate in anti-aging and skin regeneration with each product developed from a medical understanding of skin functioning

QMS DEEP CLEANSE <small>This is a deep pore cleansing treatment with an algae mask, leaving a healthy, balanced, hydrated skin.</small>	60 MIN	795	695
QMS SENSITIVE SKIN REBALANCE <small>Clears impurities calms inflammation and regenerates the skin, designed for problematic and acne skin..</small>	60 MIN	895	795
QMS SENSITIVE ACTIVATOR REBALANCE <small>Hydrates, refuels and energises the skin, perfect for tired skin and Brides to be</small>	60 MIN	975	850
QMS COLLAGEN REJUVENATION <small>Skin is left firmer with more volume, fine lines are reduced and texture improved.</small>	60 MIN	995	870
QMS SK ALPHA TREATMENT <small>Combats damaged, exhausted and tired skin through microcirculation, skin left visibly smoother.</small>	60 MIN	975	750
QMS NEO TISSUE DERMIE TREATMENT <small>Combats signs of aging, perfect for mature skin.</small>	90 MIN	1195	950
QMS PIGMENT CORRECTOR TREATMENT <small>Target excessive and irregular pigmentation</small>	90 MIN	1400	1190

Wax Treatments

	Standard	Member
FULL LEG	290	200
3/4 LEG	270	200
HALF LEG	190	150
UNDERARM	150	100
BIKINI	160	120
G STRING BRAZILIAN	240	200
HOLLYWOOD	320	280
FULL BACK	220	180
HALF BACK	190	150
FULL ARM	170	150
HALF ARM	150	120
LIP	85	60
CHIN	85	60
CHEEKS	85	60
BROW	85	60
CHEST	220	150
ABDOMEN	130	100
FULL FACE	240	200
BROW LIP CHIN	220	180

Luxurious Healing Earth Experiences

		Standard	Member
AFRICAN FOREST JOURNEY <small>An energising, detoxing body polish followed by a full body wrap in a coffee, cinnamon and orange gel to eliminate toxins, firm and energise skin. enjoy a mini facial whilst the wrap is working relax further with a full body massage</small>	135 MIN	995	850
SACRED TREE SENSORY EXPERIENCE <small>A Marula and Neroli body polish followed by a full body massage.</small>	90 MIN	925	695
WINE CRUSH JOURNEY <small>Warm Pinotage body polish followed by a pinotage clay wrap allowing open pores to absorb powerful antioxidants, vitamins and minerals deep into the skin. Relaxes tired muscles and joints, invigorates circulation and repairs skin damage and glow. End with an aromatherapy massage tailored to your needs. Hydra'vine - Hydrate Detox'vine - Detoxing Relax'vine - Relaxing De-stress'vine - Destress and Energise.</small>	135 MIN	995	975
AFRICAN POTATO MIRACLE <small>Luxurious treatment to repair and heal skin on a cellular level. A miracle healing anti aging treatment our African potato balm is used to treat all skin ailments from eczema, rough skin, painful skin, dry and damaged skin. Start with a gentle body polish followed by a luxurious full body massage using our miracle balm.</small>	90 MIN	895	695
MUSCLE MELT JOURNEY <small>Deep Tissue work with a therapeutic Forest body butter Hot stones are incorporated on the most tense and troublesome muscles by melting away stress and tightness. A finishing application of a cooling detox gel to flush out toxins and inflammation.</small>	90 MIN	895	695
UPLIFTING AND ENERGISING <small>Organic Rosemary and Rose oil in the Joy body butter to create a pleasant ambience and awaken your senses. The energising massage is where movements of our therapist hands encourage circulation, toning muscles and refreshing your body</small>	90 MIN	895	695
DETOX JOURNEY <small>A Mongongo Nut Full Body Polish followed by a powerful lymph drainage massage using our Mongongo nut oil finished off with a detox gel applied to tight muscles</small>	90 MIN	995	735
PINOTAGE AROMATHERAPY CRUSH MASSAGE <small>Rich in reserol and grape stem cells our Pinotage Grapeseed Oil is blended with essential oils chosen for their efficiency to create the maximum benefits and an enhanced sense of wellbeing. Hydra'vine - Hydrate Detox'vine - Detoxing Relax'vine - Relaxing De-stress'vine - Destress and Energise</small>	90 MIN	895	695