

# Spa @ Plettenberg Park Hotel



## Massage Therapy

### **Back neck shoulder massage**

**30 min / ZAR 250 – 45 min / ZAR 350**

*Relaxing massage to ease away tension*

### **Hot stone back neck and shoulder**

**30 min / ZAR 300 – 45 min / ZAR 400**

*Ease away the tension with heated stones.*

### **Trio of Style Massage**

**45 min / ZAR 400 – 60 min / ZAR 550**

*Combination of hot stone on the back, stimulating scalp massage and a healing foot massage using a heated scented candle*

### **Deep tissue full body massage**

**60 min / ZAR 500 – 90 min / ZAR 650**

*Full body massage using a firm pressure, concentrating on specific tension areas*

### **Hot stone full body massage**

**60 min / ZAR 500 – 90 min / ZAR 650**

*Ease away the tension with heated stones*

### **Aromatherapy full body massage**

**60 min / ZAR 450 – 90 min / ZAR 550**

*Relaxing light massage using essential oils*

### **Swedish massage**

**60 min / ZAR 480 - 90 min / ZAR 600**

*Basic full body massage using medium pressure*

### **Indian head massage**

**30 min / ZAR 250 – 45 min / ZAR 350**

*Detoxifying and relaxing neck, face and scalp massage using pure Indian oils*

### **Reflex foot massage**

**30 min / ZAR 250**

*Relaxing pressure point massage*

## Skin Care

### **Thalgo revitalizing facial**

**60 min / ZAR 450**

*Relaxing skin treatment for all skin types*

### **Thalgo anti stress & oxygenating facial**

**60 min / ZAR 480**

*Intensive treatment for dull, tired and stressed skins*

### **C-Spa aroma wellness hydrating facial**

**60 min / ZAR 250**

*Hydrate and balance dehydrated skins*

### **C-Spa aroma wellness rebalancing facial**

**60 min / ZAR 230**

*A soothing and healing treatment to rebalance the oil and water in the skin. Excellent treatment for oily, acne or problematic skins.*

### **C-Spa aroma wellness anti-ageing facial**

**60 min / ZAR 300**

*A rich rejuvenating treatment that regenerating the skins natural collagen and elastin*

## Spa Body Care

### **Salt Glow**

**30 min / ZAR 200**

*A natural full body exfoliation that stimulates the skin, leaving it soft, rejuvenated, wonderfully smooth and nourished.*

### **Aroma wellness hydrating body wrap**

**60 min / ZAR 250**

*The perfect wrap for relaxation and indulgence, leaving the skin silky soft and hydrated, while the blend of vanilla and neroli essential oils relaxes the mind, body and soul*

*\*add a full body massage to prolong your journey*

### **Aroma wellness detox body wrap**

**60 min / ZAR 280**

*The specialised blend of stimulating essential oils in this wrap detoxes the body, while the hydrating oils leave the skin soft, pampered and hydrated.*

*\*add a full body massage to prolong your journey*

# Hand and Foot Care

## Express Manicure/Pedicure

30 min / ZAR 120

Cuticle work and re varnish

## Spa Manicure

60 min / ZAR 200

Exfoliate, soak, cuticles, massage and re varnish

## Exceptional Spa Manicure

90 min / ZAR 250

Exfoliate, soak, cuticles, hot stone massage, paraffin treatment, scalp/foot massage and re varnish

## Spa Pedicure

60 min / ZAR 260

Exfoliate, soak, cuticles, massage and re varnish

## Exceptional Spa Pedicure

90 min / ZAR 300

Exfoliate, soak, cuticles, hot stone massage, paraffin treatment, scalp/hand massage and re varnish

# Tailor-make your Journey

Design your own spa package by choosing any 3 or more individual treatments from this spa brochure and receive 15% discount on the standard rate.

# Terms & Conditions

## When to arrive

We recommend that you arrive 20 minutes before your treatment starts.

## What if I am late for my appointment?

Arriving late will unfortunately limit the time allocated to your treatment.

## Health condition:

It is of vital importance that you advise your therapist of any health conditions.

## Notice:

The spa does not take responsibility for any injury, theft or damage to any people or persons who enter the spa.

## Spa Cuisine.

Food and beverage items can be organised on request 24 hours prior to arrival.

## Spa Cuisine.

Gift cards available from the spa.

## Operating hours:

Out of school holidays

Mon.-Sat. 9:00-17:00

Sun. closed

School holidays

Mon.-Sat. 8:00-19:00

Sun. 8:00-13:00

Closed on the 25<sup>th</sup> Dec and 1<sup>st</sup> Jan

## Contact Details:

Spa @ Plettenberg Park Hotel

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Situated on the corner of Robberg Road and Airport Road

