



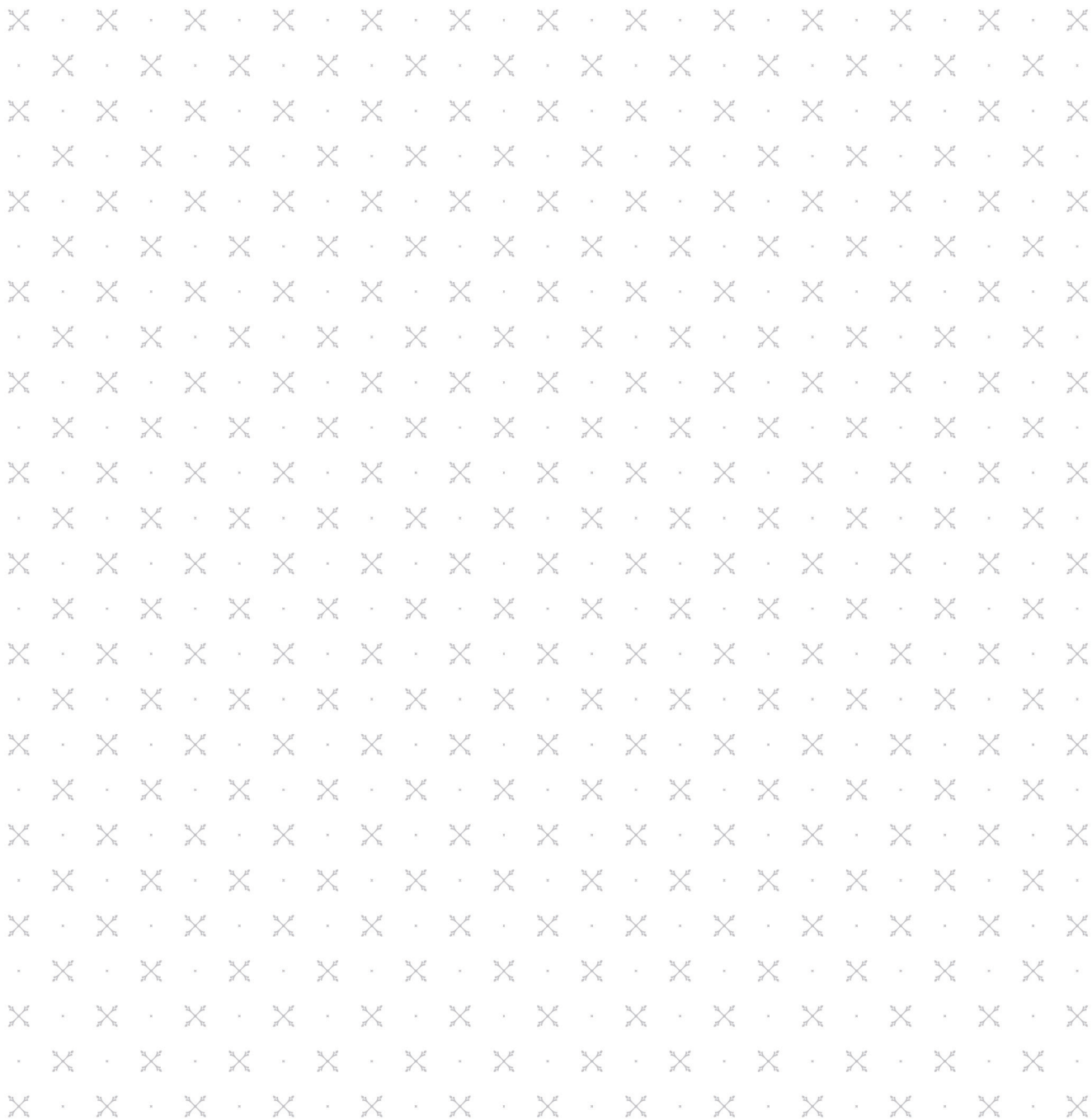
**LANZERAC**

1692

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DAY GUEST  
SPA TREATMENT MENU

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## FACILITIES INCLUDE

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- Five single treatment rooms
- Two couple's treatment rooms
- One universally accessible room
- Neoqi Mediq cocoon room where treatments are enjoyed
- Sauna
- Steam room
- One mist room
- Indoor heated swimming pool
- Jacuzzi
- Two Rasul chambers
- Fully equipped Fitness Room for Hotel guests
- Vitality Corner serving a limited day menu

# SIGNATURE JOURNEYS

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|  |        |       |
|--|--------|-------|
| <b>Lanzerac Half Day Package</b>             | 2 hrs  | 2 695 |
| - Lanzerac Facial                            | 60 min |       |
| - Deep Tissue Back Massage                   | 30 min |       |
| - Back Treatment                             | 30 min |       |
| <b>Lanzerac Full Day Massage Package</b>     | 4 hrs  | 4 650 |
| - Face, Shoulder & Décolletage Massage       | 60 min |       |
| - Scalp Massage                              | 60 min |       |
| - Hand & Arm Massage                         | 60 min |       |
| - Foot Massage                               | 60 min |       |
| - Light Lunch & Drink at our Vitality Corner |        |       |
| <b>Lanzerac Full Day Body Package</b>        | 4 hrs  | 4 650 |
| - Hot Stone Massage                          | 60 min |       |
| - Bespoke Facial                             | 60 min |       |
| - Full Body Scrub                            | 60 min |       |
| - Body Wrap                                  | 60 min |       |
| - Light Lunch & Drink at our Vitality Corner |        |       |
| <b>Lanzerac Full Day Beauty Package</b>      | 4 hrs  | 4 650 |
| - Hot Stone Massage                          | 60 min |       |
| - Bespoke Facial                             | 60 min |       |
| - Manicure                                   | 60 min |       |
| - Pedicure                                   | 60 min |       |
| - Light Lunch & Drink at our Vitality Corner |        |       |

# TOUCH THERAPIES

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## ACADÉMIÉ BODY THERAPY

This collection is the true expression of an olfactory, sensorial and visual universe. The journeys consists of a body scrub, modelling wax or wrap and massage.

**Sakura Delicate – Cherry Blossoms of Japan** 2 hrs 2 675

An energizing moment of well-being enchanted by the subtleness of the Japanese Cherry Blossom. A subtle mix of tradition and modernity makes you travel throughout Japan where flowers open out and the earth is full of joy ready to start anew.

**Tere des Vahines – Polynesian Islands** 2 hrs 2 675

Inspired by French Polynesia, this collection invites you to a sensory journey surrounded by the sophisticated and voluptuous fragrance of the Tiaré flower. Evoking island paradise, exotic days, and South Seas adventures.

**Jungle Tropicale – Amazonian Jungle** 2 hrs 2 675

Amazonian tropical jungle is a symbol of rich and wild nature that fascinates for its exuberance and its large green sanctuary. Incorporating a mix of sea salt, sugar, chia seeds and papaya extract which envelopes the body, revealing a refined and velvety skin.

**Expidition Polaire – Northern Climes** 2 hrs 2 675

Inspired by the far North, this collection is a true polar escape. Pine Extract, is an emblématique active ingredient with a fresh and comforting fragrance. This olfactory experience mimics a total immersion into a lake and forest territory covered with a thick layer of snow.

**Palais Majesteaux – Colourful Ayurvedic** 2 hrs 2 675

*Palais Majestueux.* Discover Ayurveda which is based on harmony between body and mind. Let yourself be lulled by the sweetness of an authentic and holistic beauty ritual. An invigorating pleasure for a journey to the heart of legendary India.

# TOUCH THERAPIES

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## LILLIAN TERRY

|   |               |              |
|---|---------------|--------------|
| <b>Lillian Terry Body Polish</b>  | <b>30 min</b> | <b>895</b>   |
| <p>Lillian Terry Body Polish can be used to exfoliate and hydrate all skin types before body wrap treatments. Walnut shell powder and biodegradable beads provide a gentle yet effective exfoliation, with a natural perfume of Yarrow, Bitter Orange &amp; Myrrh.</p>  |               |              |
| <b>Lillian Terry Cellulite Body Wrap</b>  | <b>2 hrs</b>  | <b>2 675</b> |
| <p>This body wrap may reduce stubborn fatty deposits, improve circulation, and detoxify areas of cellulite, thereby improving skin texture and tone.</p>  |               |              |
| <b>Lillian Terry Detoxifying Body Wrap</b>  | <b>2 hrs</b>  | <b>2 675</b> |
| <p>This wrap has been designed to accelerate the removal of foreign chemicals to decrease the damaging effect of free radicals. Excellent treatment for people who are exposed to high levels of stress and pollution and those who suffer from lack of energy due to unhealthy lifestyles and lack of exercise. This treatment is suitable for all types of skin and especially benefits dry skin.</p> |               |              |
| <b>Lillian Terry Muscle Ease Body Wrap</b>  | <b>2 hrs</b>  | <b>2 675</b> |
| <p>This body wrap is particularly recommended for aching muscles and joints. It is ideal to aid the recovery of muscle stiffness and soreness.</p>  |               |              |
| <b>Lillian Terry Pregny Body Wrap</b>   | <b>2 hrs</b>  | <b>2 675</b> |
| <p>This body wrap is nourishing, moisturising, relaxing with an anti-spasmodic effect on skeletal muscles. The perfect wrap for moms to be and can be incorporated into a pregnancy treatment protocol along with our Pregny Massage Oil.</p>   |               |              |

# TOUCH THERAPIES

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## NEOQI THERAPIES

NeoQi® hydrotherapy treatments are aimed at improving well-being and achieve complete body relaxation through the use of aromatherapy, steam and thalassotherapy. Our hand-picked selection of body enhancement therapies will assist in eliminating muscular and vascular tension, improve circulation and release vital energies.

### Grape Infused Sponge Soap Exfoliation

45 min 975

Includes a relaxing aroma sauna experience.

Something totally unique! Your body is cleansed with an exfoliating sponge embedded with a blend of red grape skin extract and red bush extract.

### ThalasoVine Detox Treatment

90 min 1 750

Includes an invigorating aroma sauna experience coupled with a toning vibromassage and a pressure point scalp massage. After being exfoliated with the salt buff, you are submerged in a heated, aromatic bath infused with a detoxifying mineral rich marine blend that promotes elimination of toxins and induces perspiration.

### ThalasoVine Wellbeing Spa Ritual

90 min 1 750

Includes a relaxing aroma sauna experience coupled with a soothing vibromassage and a pressure point scalp massage. Escape the signs of fatigue with this luxurious well-being ritual. Discover the healing and energizing effects of soaking in a marine bath, rich in active ingredients that promote relaxation and well-being.

### ThalasoVine Contouring Envelopment

90 min 1 750

Includes a relaxing aroma sauna experience and a pressure point scalp massage.

Based on ancient Greek philosophies believing in the medical use of seawater, a specialized, lymphatic drainage technique is performed underwater to assist in the detoxification process. Experience the peak of marine pleasures whilst you are enveloped with our contouring seaweed mask, rich in minerals, trace elements and alginates.

### HydraVine Rich Milk Bath Ritual

90 min 1 750

Includes a relaxing aroma sauna experience coupled with a soothing vibromassage and a pressure point scalp massage.

Starting with a refreshing grape infused soap exfoliation, let the pressure of everyday life melt away as you submerge in a rich grape-milk bath containing actives of red bush extract, panthenol and hyaluronic acid.

# TOUCH THERAPIES

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## RASUL

Enter our private haven and indulge all your senses with this traditional self-applied ceremony incorporating an exfoliator with signature face and body clays. This ancient cleansing ritual will leave your skin deeply moisturised and your mind beautifully calmed.

|               |        |       |
|---------------|--------|-------|
| Rasul for One | 45 min | 985   |
| Rasul for Two | 45 min | 1 790 |

## THERAVINE

|                                       |       |       |
|---------------------------------------|-------|-------|
| MusculaVine Muscle-Release Spa Ritual | 2 hrs | 2 675 |
|---------------------------------------|-------|-------|

Ease the pains of muscle spasms, arthritis, rheumatism and fatigue and be left feeling refreshed and invigorated.

- Full body exfoliation using a warming sugar scrub
- Hydrotherapy bath with muscle warming actives
- Full body massage for muscular aches and pains followed by a circulatory boosting gel application

|                                       |       |       |
|---------------------------------------|-------|-------|
| TheraVine Face & Body Glow Experience | 2 hrs | 2 675 |
|---------------------------------------|-------|-------|

A full sensory signature indulgence of pure bliss.

- A foot cleanse ritual followed by a face and body exfoliation
- AromaVine™ Pinotage oil face and body massage
- Moisturising vine embalmment followed by a warm, botanical infused compress



# TOUCH THERAPIES

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## THERANAKA

### TheraNaka Hydra-Soothe Envelopment Journey

2 hrs

2 675

Quench your skin's thirst as it is gently polished with a botanical-rich body exfoliating cream followed by the application of the skin plumping vegan friendly Hyaluronic and Lactic Acid Shea Butter preparation before being cocooned in a warm oil application of hydrating Olive and Shea Butter. Ideal for dry skin in need of intense nourishment, excellent for post-holiday.

### TheraNaka Moisturising Bath Ceremonies

2 hrs

2 675

Experience a sublime body cleansing ceremony, beginning with a full body exfoliation, thereafter immersion in a luxurious bath treatment to relax the muscles in preparation of an indulging full body massage, with its roots originating in African tribal influences of our region.

#### TREATMENT OPTIONS:

- Forest Stream Milk Bath Ceremony – Relaxing
- River Rapids Milk Bath Ceremony – Uplifting
- Waterfall Milk Bath Ceremony – Detoxifying

### TheraNaka Body Wrap Treatments

60 min

1 400

To commence this sensory journey you will receive a full body exfoliation, followed by a herbal fusion oil application. Let your mind drift off whilst you are cocooned in a comforting envelopment of fragrant oils and African wraps from our therapeutic range. Choose the wrap that will treat, renew or invigorate the skin and drift away during a relaxing scalp massage. Bringing this journey to a close is the healing touch of your therapist applying nourishing Baobab lotion.

#### TREATMENT OPTIONS:

- Detoxifying Mud Wrap
- Revitalising Gel Wrap
- African Earth Nurturing Wrap (Pregnancy)

### TheraNaka Full Body Exfoliation

30 min

895

A cleansing ritual that symbolises the renewal of the body. Our cleansing preparatory body scrubs are made with a 100% natural blend of plant botanicals to gently and effectively eliminate dead skin cells, moisturise and leave the skin soft to the touch.

#### TREATMENT OPTIONS:

- Apricot Kernel Body Cream Scrub
- Marula and Sandalwood Sugar Buff
- African Earth Salt Polish

# MASSAGES

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## LANZERAC MASSAGES

|                     |        |       |
|---------------------|--------|-------|
| Deep Tissue Massage | 60 min | 1 695 |
|                     | 90 min | 1 995 |

A therapeutic focus on area of muscle tension and knotting which may prevent degeneration of spinal discs and ease muscle spasms with anti-inflammatory, analgesic and acidity draining properties.

|                      |        |       |
|----------------------|--------|-------|
| Aromatherapy Massage | 60 min | 1 695 |
|                      | 90 min | 1 995 |

A blissful, deep relaxation treatment to elevate mood or balance and restore sleep patterns which may optimize serotonin levels or may re-establish circadian rhythms.

|                 |        |       |
|-----------------|--------|-------|
| Swedish Massage | 60 min | 1 695 |
|                 | 90 min | 1 995 |

A traditionally medium pressure flowing massage which optimizes circulation and lymphatic drainage throughout the body. May improve circulation, neuropathy and vitality of the skin which may drain excess fluid from the tissues to ease heavy legs and contribute to an balanced immune system.

|                   |        |       |
|-------------------|--------|-------|
| Hot Stone Massage | 60 min | 1 895 |
|                   | 90 min | 2 265 |

Our Hot Stone Massage uses heated stones that are worked into the muscles, getting into areas of tension with the added bonus of intensely hydrated skin.

|                  |        |       |
|------------------|--------|-------|
| Slimming Massage | 60 min | 1 895 |
|                  | 90 min | 2 265 |

A combination of specialized massage techniques which may assist in draining excess fluid from tissues, regulating peristalsis in the colon, balancing hormones, stimulating metabolism and toning the tissues. This treatment is not suitable in pregnancy, but may be commenced post natal.

|                            |        |       |
|----------------------------|--------|-------|
| Peaceful Pregnancy Massage | 75 min | 1 895 |
|----------------------------|--------|-------|

Our prenatal massage is carefully designed to address all pregnancy needs as from the 2nd trimester to birth and beyond. The formulated Pregny oil soothes back and neck pain, eases tired legs, moisturises skin to prevent stretch marks and calms a anxious mind. This treatment uses specialized positioning and massage techniques to nurture mom and baby.

# MASSAGES

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## LANZERAC MASSAGES

### Care Support Massage

75 min 1 895

Care Support Massage addresses the client's symptom issues, the side effects of the medical treatments and the various consequences of living with an ailment/illness. This massage may promote a greater sense of connection between the mind and body complexes.

## THERANAKA JOURNEY INTO AFRICA

Since the earliest time, Africa's original inhabitants lived in harmony with nature. Our unique treatments and rituals were inspired by, designed and based on Africa's rich heritage and created to celebrate mother earth and her connection with life.

### TheraNaka African Wood Massage

90 min 1 950

This massage blends light stretching techniques and specially designed body wooden implements used to mimic an African dance, while the drizzle of a warm olive and shea butter ointment provides blissful relaxation.

### TheraNaka Ginger and Lavender Poultice Massage

90 min 2 265

A tranquil experience designed to enhance deep relaxation, muscle recovery and increased lymphatic flow from the tips of your toes to the intricate muscles of your face. Inspired by ancient de-stressing heat therapies, your senses are calmed as the Himalayan Salt poultice bags infused with Keffir Lime and African Potato Extract release tension and restore vitality. A sensorial journey of therapeutic warmth awaits as the lingering fragrances of Lavender and Ginger invite you to escape from your busy life and restore harmonious flow, leaving your skin nourished and your soul deeply relaxed.

## THERAVINE

Focusing on relieving stress and muscle tension, receive a customised massage using your choice of one of our fragrant antioxidant blends containing pure grapeseed oil and natural botanicals. A truly unwinding experience awaits you...

### Pinotage Massage

60 min 1 695

90 min 1 950

# FACIAL THERAPIES

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## LANZERAC FACIAL THERAPY

### Lanzerac Bespoke Hydrating Facial

60 min 1 150

A hydrating facial stimulates your skin using massage and exfoliation to provide an instant brighter look and glow to your face. This facial also boosts blood circulation and allows nutrients and oxygen to be better carried throughout your face, which evens out the skin tone and texture.

### Lanzerac Bespoke Nourishing Facial

60 min 1 150

A nourishing facial for dry, devitalised and dull skin. This facial provides extreme moisture to hydrate and nourish very dry skin. It provides around-the-clock moisture in a slow-release format by providing a protective film and attracting and locking in moisture.

### Lanzerac Bespoke Anti-Ageing Facial

60 min 1 295

These facials are designed to rejuvenate mature skin. They do so by improving the thickness and smoothness of skin, thereby reducing the appearance of fine lines and brightening up the tone of the skin.

# FACIAL THERAPIES

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## ACADÉMIÉ FACIAL THERAPY

|  |        |       |
|--|--------|-------|
| <b>Académié Instant Radiance Ritual</b>  | 60 min | 1 550 |
| A remarkably effective Radiance treatment. Ideal for dehydrated and dull skin. The skin is revitalized and luminous. The complexion recovers luminosity and vitality instantly.  |        |       |
| <b>Académié D-Tox Ritual</b>   | 60 min | 1 550 |
| A sublime treatment to oxygenate and energize the skin. This unique & deep skin cleansing stimulates the skin's natural functions and boosts the efficacy of following treatments. The skin is detoxified; the complexion is uniform and radiant.  |        |       |
| <b>Académié Hydraderm Ritual</b>   | 60 min | 1 550 |
| This Hydraderm Ritual brings comfort and suppleness to the skin thanks to its hydrating active ingredients. The combination of a Hydraderm concentrate and a cocooning mask rich in Original Apple Water restores the hydrolipidic film to rebalance an optimal hydration level. The skin is rehydrated, soft, and radiant. Ideal for dehydrated skin. |        |       |
| <b>Académié Pureness Ritual</b>  | 60 min | 1 550 |
| This Pureness Ritual controls the production of sebum and reduces bacterial proliferation and the inflammation process. Calms and soothes the epidermis. Ideal oily problematic skin.  |        |       |
| <b>Académié Hypo-Sensible Ritual</b>   | 60 min | 1 550 |
| This Hypo-Sensible Ritual helps to fight and soothe sensitive and reactive skin. It calms the sensations of heating and leaves the skin relaxed and radiant. The skin is soft and comfortable, the redness disappears.   |        |       |
| <b>Académié Age Repair Ritual</b>  | 60 min | 1 550 |
| This Age Repair Ritual helps to fight against the signs of cutaneous ageing such as first lines. Leaving the skin relaxed, luminous and hydrated.  |        |       |
| <b>Académié Eye Contour Ritual</b>   | 20 min | 645   |
| This facial add-on ritual may smooth fine lines and wrinkles by illuminating the eye contour area.   |        |       |

# FACIAL THERAPIES

## THERAVINE

|   |        |       |
|---|--------|-------|
| <b>TheraVine Classic Facial</b>   | 60 min | 1 150 |
| Achieve the perfect skin maintenance with a customised facial to either hydrate, rebalance or nourish your skin while the aromas and textures provide for a blissful multi-sensory experience.  |        |       |
| <b>TheraVine MEN's Active Daily Facial</b>  | 60 min | 1 150 |
| 3 key fundamentals: cleanse, hydrate & revitalise helps restore freshness & clarity, whilst leaving your skin comfortably soothed.  |        |       |
| <b>HydraVine™ Facial</b>  | 60 min | 1 195 |
| A revolutionary cloth mask containing hyaluronic acid intensely moisturises the skin and 'locks in' active ingredients for up to 3 weeks – perfect for very dry, sensitive skin needing intense hydration!  |        |       |
| <b>TheraVine Deluxe Anti-Ageing Facial</b>  | 60 min | 1 400 |
| This replenishing treatment assists in reducing fine lines and wrinkles with peptide-rich boosters and serums to combat the signs of ageing, while a plasticising mask further enhances the actions of the active ingredients.  |        |       |
| <b>MelanoVine Pro-Brilliance Facial</b>   | 60 min | 1 400 |
| Diminish uneven skin tone while minimizing the appearance of fine lines and wrinkles. Targeting hyperpigmentation with scientifically advanced actives and natural lightening plant extracts, this treatment will leave your skin looking luminous.   |        |       |
| <b>UltraVine Advance Cellular Gold Facial</b>   | 90 min | 1 675 |
| Using TheraVine™'s breakthrough anti-oxidant technology, this anti-ageing concept along with the revolutionary soft 24K gold and diamond dust collagen film mask, promotes the skin's DNA repair system while luxuriously soft and delicately scented creams, serums and balms transport your skin to an advanced state of renewal. |        |       |
| <b>Advance Retinol Eye Treatment</b>  | 20 min | 545   |
| Add to facial. This advanced eye mask treatment, combined with a super serum, will help to smooth away lines and wrinkles while visibly reducing the signs of ageing.   |        |       |

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# TERMS & CONDITIONS

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## Spa Child Policy:

### DAY GUESTS

- Regrettably the Lanzerac Spa does not accommodate children under 12 years of age.
- Children under 16 years of age will need to be accompanied by an adult, and may not make use of the Fitness Centre.
- Treatment prices will be charged as advertised, regardless of age.

### HOTEL GUESTS

- For guests staying at the hotel, the spa facilities will be available for children aged 12 – 16 years, between the hours of 08h00 – 10h00, and 17h00 – 19h00 during Winter, and 18h00 – 19h00 during Summer.

## Spa Cancellation Policy:

- 100% Cancellation charge of spa services when cancelled on the day.
- 75% Cancellation charge of spa services when cancelled 24 hours prior to treatments booked.
- 50% Cancellation charges of spa services when cancelled 48 hours prior to treatments booked.

## Opening Times:

Opening times are from 08h00 - 18h00

## Kindly Note:

- Spa facilities can only be utilised by day visitors when the total spend on treatments is greater than R895.
- The Fitness Room is exclusively reserved for Hotel guests.
- All spa facilities are used at own risk.
- All spa facilities are unisex.
- The Rasul does not form part of the spa facilities, and can only be used as part of a treatment including these services.
- Swimming caps are compulsory when using indoor heated pool.
- It is compulsory to shower before making use of any spa facilities.

WHERE LUXURY MEETS EXCELLENCE

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CONTACT US

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