



**LANZERAC**

1692

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JULY REDUCED  
SPA TREATMENT MENU

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## OPERATING INFORMATION

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Dear Lanzerac Spa Guest,

We want to keep you informed so you can make the most of your visit.

At this time, the Vitality Corner, Fitness Area, Heated Pool, Jacuzzi, Steam Room, and Sauna will not be available. Check-in will take place at the Front Desk, and while we're currently without a dedicated relaxation or waiting area, we'll do our best to make your experience as smooth and comfortable as possible.

Thank you for your patience and understanding—we look forward to welcoming you and providing a rejuvenating visit in every way we can.

Lanzerac Spa Manager

*Fairoza Tippens*

# MASSAGES

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## LANZERAC MASSAGES

Deep Tissue Massage	60 min	1 550
	90 min	1 795

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

Aromatherapy Massage	60 min	1 550
	90 min	1 795

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	1 550
	90 min	1 795

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	1 695
	90 min	2 095

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	1 695
	90 min	2 095

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	1 695
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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

1 695

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

1 795

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 Hydra-Soothe Envelopment Wrap

2 hrs

2 250

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.

## 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

1 295

90 min

1 595

# FACIAL THERAPIES

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## ACADÉMIÉ FACIAL THERAPY

Académie Instant Radiance Ritual	60 min	1 295
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A remarkably effective Radiance treatment. Ideal for dehydrated and dull skin. The skin is revitalized and luminous. The complexion recovers luminosity and vitality instantly.

Académie D-Tox Ritual	60 min	1 295
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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.

Académie Hydraderm Ritual	60 min	1 295
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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.

Académie Pureness Ritual	60 min	1 295
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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.

Académie Hypo-Sensible Ritual	60 min	1 295
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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.

Académie Age Repair Ritual	60 min	1 295
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This Age Repair Ritual helps to fight against the signs of cutaneous ageing such as first lines. Leaving the skin relaxed, luminous and hydrated.

Académie Eye Contour Ritual	20 min	495
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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>	<b>60 min</b>	<b>1 050</b>
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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>	<b>60 min</b>	<b>1 050</b>
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3 key fundamentals: cleanse, hydrate & revitalise helps restore freshness & clarity, whilst leaving your skin comfortably soothed.

<b>HydraVine™ Facial</b>	<b>60 min</b>	<b>1 095</b>
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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>	<b>60 min</b>	<b>1 295</b>
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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>	<b>60 min</b>	<b>1 295</b>
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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>	<b>90 min</b>	<b>1 550</b>
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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>	<b>20 min</b>	<b>495</b>
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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.
- Treatment prices will be charged as advertised, regardless of age.

### 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



WHERE LUXURY MEETS EXCELLENCE

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## CONTACT US

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