



LANZERAC

1692

SPA TREATMENT
MENU

FACILITIES INCLUDE

- Five single treatment rooms
- One couple's treatment room
- One universally accessible room
- Four manicure & pedicure stations
- Neoqi Mediq cocoon room where TheraVine™ treatments are enjoyed
- Sauna
- Steam room
- Two mist rooms
- Indoor heated swimming pool
- Jacuzzi
- Two Rasul chambers
- Experience shower
- Fully equipped Fitness Room for Hotel guests
- Vitality Corner serving healthy cuisine

SIGNATURE JOURNEYS

Lanzerac Signature Treatment

2 h 2250

This signature spa treatment combines a detoxing body polish treatment with a mineral-packed facial. The extraordinary cleansing power of salt releases toxins from the body, whilst smoothing the skin ready to absorb the velvety texture of the Frangipani Monoi Oil with a hot stone back massage. Meanwhile, your complexion will receive a nutritional boost with powerfully energising actives that feed every layer of the skin leaving it plumped and radiant, glowing with health.

Lanzerac Bridal Package

2 ½ h 2100

Relax before your big day with the following:

- Deeper than Deep Hot Stone Massage 60 min
- Express Manicure 30 min
- Express Pedicure 30 min
- TheraVine™ Hair & Scalp Treatment or CirculaVine™ Leg Treatment 30 min

Lanzerac Half Day Package

2 ½ h 1690

Indulge in a Half Day Package which includes:

- TheraVine Classic Facial 60 min
- MusculaVine Back Massage 30 min
- Express Pedicure 30 min
- Express Manicure 30 min

Lanzerac Full Day Package

4 h 2990

Treat yourself to a Full Day Package which includes:

- Elemis Hot Stone Massage 60 min
- Elemis Pro Collagen Age Defying Facial 60 min
- Manicure 60 min
- Pedicure 60 min
- Light Lunch and drink at our Vitality Corner

SIGNATURE JOURNEYS

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 handpicked 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 550

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.

TheraVine™ Detox Treatment

90 min 1150

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.

TheraVine™ Wellbeing Spa Ritual

90 min 1150

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 wellbeing ritual. Discover the healing and energizing effects of soaking in a marine bath, rich in active ingredients that promote relaxation and wellbeing.

TheraVine™ Contouring Envelopment

60 min 1290

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

50 min 1150

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

Be nurtured with our de-vine packages...

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| MusculaVine™ Muscle-Release Spa Ritual | 2 hrs | 1550 |
| 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 | 1350 |
| 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 | | |
| Sculpt-O-Vine™ Cellulite Treatment | 60 min | 790 |
| Reduce the appearance of cellulite and enhance your natural body shape by improving microcirculation, optimizing lipolysis and strengthening the epidermis of your skin. For optimum results, a course of 6 or 12 treatments is recommended. | | |
| TheraVine™ Hair & Scalp Treatment | 30 min | 490 |
| CirculaVine™ Leg Treatment | 30 min | 450 |

RASUL

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

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| Spa for One | 45 min | 550 |
| Spa for Two | 45 min | 1050 |

MASSAGES

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...

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| MusculaVine™ Back Massage | 30 min | 550 |
| AromaVine™ Pinotage Massage | 60 min | 890 |
| | 90 min | 1150 |

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.

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| TheraNaka™ African Wood Massage | 60 min | 950 |
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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.

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| TheraNaka™ Ginger and Lavender Poultice Massage | 90 min | 1450 |
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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.

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| TheraNaka™ Marula and Sandalwood Sugar Buff | 40 min | 550 |
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Indulge your senses 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.

MASSAGES

ELEMIS

Your specialist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

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| Elemis Freestyle Deep Tissue Back Massage | 30 min | 550 |
| Elemis Freestyle Deep Tissue Massage | 60 min | 1050 |
| | 90 min | 1350 |
| Elemis Hot Stone Massage | 60 min | 1150 |
| | 90 min | 1550 |

Balinese stones bathed in the Frangipani Monoi Body Oil are worked into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

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| Elemis Peaceful Pregnancy Massage | 75 min | 1150 |
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These thoroughly researched and carefully formulated spa treatments have been designed to nurture and support a woman through the rich experience of each trimester. The mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

FACIAL THERAPIES

ELEMIS

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| Elemis Pro-Collagen Age Defy | 60 min | 950 |
| Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged padina pavonica and red coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin. | | |
| Elemis Pro-Definition Lift & Contour | 60 min | 950 |
| Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support extra-cellular matrix. Creates a profoundly sculpted, youthful effect. | | |
| Elemis Dynamic Resurfacing Precision Peel | 60 min | 990 |
| Clinically proven to target the signs of ageing and uneven skin, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. A new start for smoother, younger-looking skin. | | |
| Elemis Superfood Pro-Radiance | 60 min | 950 |
| A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven to leave skin plumper, radiant and lit up with good health. | | |
| Elemis Sensitive Skin Soother | 60 min | 950 |
| Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protects against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm. | | |
| Elemis Anti-Blemish Mattify & Calm | 60 min | 950 |
| A revelation for oily, congested or hormonal skin. This mattifying facial helps combat oil and shine, while intuitive massage helps restore micro-circulation. A deeply detoxifying treatment for clear, bright skin. | | |
| Peptide 24/7 Skin Sync | 60 min | 950 |
| Target tired skin with this radiance-restoring Peptide 24/7 facial. Powerful botanical formulations, exclusive to ELEMIS, are combined with specialist massage techniques to replenish skin with a well-rested glow. | | |
| Men's High Performance Skin Energiser | 60 min | 950 |
| For ageing, dehydrated, or stressed skin and tired eyes, this energising treatment restores vital moisture and maximises cell regeneration. A steam and extraction cleanses and purifies, while dynamic facial massaging boosts circulation and targeted scalp and foot massages deeply relaxes, creating a vibrant, revitalised complexion. | | |

TECHNOLOGY: BIOTEC

The pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy. Technology turbo-charges touch. The clinically proven result? Visibly healthy, nourished and energised skin.

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| Upgrade any standard facial to a BIOTEC facial | 60 min | 1150 |
| | 90 min | 1550 |

FACIAL THERAPIES

— THERAVINE™

TheraVine™ Classic Facial

60 min 750

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.

TheraVine™ MEN's Active Daily Facial

60 min 750

3 key fundamentals: cleanse, hydrate & revitalise helps restore freshness & clarity, whilst leaving your skin comfortably soothed.

HydraVine™ Facial

60 min 790

90 min 890

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!

TheraVine™ De-polluting Radiance Repair Facial

60 min 750

Address the detrimental assault of daily exposure to both urban and digital pollution while expertly detoxifying any skin type. Experience skin renewal with a deep cleansing exfoliation and the purifying properties of a charcoal clay mask to remove built up toxins; after which the revolutionary De-polluting Radiance Souffle Mask restores and replenishes the skin's natural well-being for a skin feeling soft and smooth with a rejuvenated glow.

TheraVine™ Deluxe Anti-Ageing Facial

60 min 920

90 min 1100

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.

MelanoVine™ Pro-Brilliance Facial

60 min 920

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 and feeling radiant.

UltraVine™ Advance Cellular Gold Facial

90 min 1050

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.

TARGETED TREATMENT ENHANCEMENT

UltraVine™ Advance Retinol Eye Treatment

20 min 350

Add to facial or 20 min individual treatment.

This advanced eye mask treatment, combined with a super serum, will help to smooth away lines and wrinkles, creating a fresh and radiant looking eye contour, while visibly reducing the signs of ageing.

FACIAL THERAPIES

THERAVINE™ AESTHETIC RANGE

Theravine™ Professional Peeling Facial

30-50 min

The 4 tier professional-grade step-up peel system of various percentage Lactic and Glycolic Acid with Charcoal and Tartaric Acid assists to stimulate the skin's cell turnover for a more youthful and rejuvenated skin.

Regular treatments improve the skin texture, fine lines and wrinkles, superficial imperfections and pigmentation while giving the overall complexion a subtle glow. Each treatment concludes with a moisture infusion delivered through a high-potency Hyaluronic Acid Mask, so your skin can maintain a plump and hydrated appearance. Your most youthful skin awaits.

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| - Single peel treatment | 1 050 |
| - Treatment course of 6 peel treatments over 8 weeks | 5 650 |
| - Treatment course of 12 peel treatments over 16 weeks | 11 350 |

Micro-dermal Needling Treatment (Face & Neck)

45 min 1 500

The TheraVine™ professional grade dermal micro-needling pen creates precise piercings into the epidermis allowing the stimulation of naturally occurring growth factors and fibroblasts.

This completely safe and effective professional micro-needling system treats advanced skin concerns, obtains specific skin goals and delays the indicators of skin aging.

Your treatment includes a Post Treatment Recovery Kit specifically designed for use as a post care treatment for aesthetic procedures.

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| - Single treatment | 1 500 |
| - Treatment course of 6 treatments over 8 weeks | 8 100 |
| - Treatment course of 12 treatments over 16 weeks | 16 200 |
| - Include décolleté | 800 |

BODY WRAPS

THERAVINE™

Scientifically tested & proven with its unique leading technologies and anti-oxidant, free radical-fighting characteristics, TheraVine™'s Body Rituals are able to firm, purify, relax and recharge while its delicate aromas will transport you into a place of complete harmony.

* All wraps include a full body exfoliation.

*All 90 minute wrap options include a 30 minute massage.

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|-------------------------------------|---------|------|
| TheraVine™ Relaxing Body Cream Wrap | 105 min | 890 |
| TheraVine™ Recharge Body Clay Wrap | 60 min | 890 |
| | 90 min | 1150 |
| TheraVine™ Contouring Body Gel Wrap | 60 min | 890 |
| | 90 min | 1150 |

ELEMIS

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| Elemis Intensely Cleansing Salt Scrub | 45 min | 890 |
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Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

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| Elemis Body Nectar Nourishing Wrap | 60 min | 1050 |
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The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

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| Elemis Thousand Flower Detox Wrap | 60 min | 1050 |
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This nutrient-rich detox wrap uses the deeply nourishing green tea balm to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

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| Hot Mineral Body Boost | 60 min | 1250 |
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A powerful treatment to stimulate every cell in the body, helping alleviate muscular pain and remove toxins. This is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness.

EXTRAS

LANZERAC MANICURES

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|------------------|--------|-----|---------------------|--------|-----|
| Deluxe Manicure | 90 min | 590 | French paint add on | 20 min | 150 |
| Manicure | 60 min | 450 | | | |
| Express Manicure | 30 min | 250 | | | |

LANZERAC PEDICURES

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|------------------|--------|-----|---------------------|--------|-----|
| Deluxe Pedicure | 90 min | 620 | French Paint add on | 20 min | 150 |
| Pedicure | 60 min | 510 | MediHeel Pedicure | 60 min | 550 |
| Express Pedicure | 30 min | 290 | MediHeel add on | 30 min | 200 |

LANZERAC GEL

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|--------------|--------|-----|---------------------|--------|-----|
| Gel Manicure | 75 min | 650 | French Paint add on | 30 min | 150 |
| Gel Pedicure | 75 min | 750 | Gel Soak Off | 30 min | 190 |
| Gel Overlay | 45 min | 450 | | | |

LANZERAC SMOOTHING & PERSONAL TOUCHES

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|-----------------|--------|-----|------------------|--------|-----|
| Half Leg Wax | 30 min | 250 | Back Wax | 30 min | 250 |
| Full Leg Wax | 50 min | 350 | Stomach Wax | 30 min | 250 |
| Bikini Wax | 30 min | 200 | Lip Wax | 20 min | 100 |
| G-String Wax | 30 min | 250 | Chin Wax | 20 min | 100 |
| Brazilian Wax | 45 min | 290 | Brow Wax/Shape | 20 min | 100 |
| Full Bikini Wax | 45 min | 350 | Brow Tint | 20 min | 90 |
| Arm Wax | 30 min | 150 | Lash Tint | 30 min | 100 |
| Underarm Wax | 20 min | 150 | Lash & Brow Tint | 30 min | 190 |
| Chest Wax | 30 min | 250 | | | |

TERMS & CONDITIONS

Spa Child Policy:

DAY GUESTS

- Regrettably the Lanzerac Spa does not accommodate children under 10 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.
- 16 years and older will be considered an adult, and treatment prices will be charged as advertised.

HOTEL GUESTS

- For guests staying at the hotel, the spa facilities will be available for children aged 10 – 16 years, between the hours of 08h00 – 10h00 and 17h00 – 19h00 during Winter, and 18h00 – 20h00 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:

Season: 01 September - 31 March (08h00 - 18h00)

Off-Season: 01 April - 31 August (08h00 - 18h00)

Kindly Note:

- Spa facilities can only be utilised by day visitors when the total spend on treatments is greater than R500.
- The fitness room is exclusively reserved for Hotel guests. Pre-booked personal training classes are available.
- All spa facilities are used at own risk.
- All spa facilities are unisex.
- The Rasul do 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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