



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	2 495
<p>This signature spa treatment combines a body polish with a mineral-packed facial. The extraordinary cleansing releases toxins from the body, whilst smoothing the skin to the velvety self-absorbing mask which is then massaged into the skin.</p>		
Lanzerac Bridal Package	2 ½ h	2 495
<p>Relax before your big day with the following:</p>		
- Hot Stone Massage	60 min	
- Express Manicure & Pedicure	60 min	
- TheraVine™ Hair & Scalp Treatment or CirculaVine™ Leg Treatment	30 min	
Lanzerac Half Day Package	2 h	1 950
- Lanzerac Facial	60 min	
- Deep Tissue Back Massage	30 min	
- Back Treatment	30 min	
Lanzerac Full Day Body Package	4 h	3 450
- Hot Stone Massage	60 min	
- Bespoke Facial	60 min	
- Full Body Scrub	60 min	
- Body Wrap	60 min	
- Light Lunch and drink at our Vitality Corner		
Lanzerac Full Day Beauty Package	4 h	3 450
- Hot Stone Massage	60 min	
- Bespoke Facial	60 min	
- Manicure	60 min	
- Pedicure	60 min	
- Light Lunch and drink at our Vitality Corner		
Lanzerac Full Day Massage Package	4 h	3 450
- 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		

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	620
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	1 295
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	1 295
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	90 min	1 450
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	1 295
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...

MusculaVine™ Muscle-Release Spa Ritual	2 hrs	1 795
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	1 495
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	895
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	550
CirculaVine™ Leg Treatment	30 min	495

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.

Spa for One	45 min	595
Spa for Two	45 min	1 195

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

TheraVine™ Relaxing Body Cream Wrap	60 min	995
	90 min	1 295
TheraVine™ Recharge Body Clay Wrap	60 min	995
	90 min	1 295
TheraVine™ Contouring Body Gel Wrap	60 min	995
	90 min	1 295

MASSAGES

LANZERAC MASSAGES

Deep Tissue Massage	60 min	1 195
	90 min	1 495

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	1 195
	90 min	1 495

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	1 195
	90 min	1 495

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	1 295
	90 min	1 695

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.

Peaceful Pregnancy Massage	75 min	1 295
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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, moisturizes skin to prevent stretch marks and calms a anxious mind. This treatment uses specialized positioning and massage techniques to nurture mom and baby.

Slimming Massage	60 min	1 295
	90 min	1 695

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.

Care Support Massage	75 min	1 295
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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.

MASSAGES

LANZERAC MASSAGES

Lanzerac Dry Body Brushing	30 min	520
Dry body brushing involves moving a dry, natural brush over the body in long, pressured strokes. The technique lifts and buffs away dead skin cells, encourages lymph node drainage and increases circulation.		

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...

AromaVine™ Pinotage Massage	60 min	995
	90 min	1 295

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	60 min	1 095
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	1 650
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.		

TheraNaka™ Marula and Sandalwood Sugar Buff	40 min	615
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.		

FACIAL THERAPIES

LANZERAC FACIAL THERAPY

Lanzerac Bespoke Hydrating Facial	60 min	895
	90 min	995

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	895
	90 min	995

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	1 050
	90 min	1 250

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.

Lanzerac Micro-Needling Add On	30 min	895
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The professional grade dermal micro-needling pen creates precise piercings into the epidermis allowing the stimulation of naturally occurring growth factors and fibroblasts.

FACIAL THERAPIES

ELEMIS

Elemis Pro-Collagen Age Defy	60 min	1 095
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	1 095
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	1 150
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	1 095
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	1 095
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	1 095
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	1 095
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	1 095
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.		

FACIAL THERAPIES

THERAVINE™

TheraVine™ Classic Facial 60 min 850

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 850

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

HydraVine™ Facial 60 min 895
90 min 995

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 850

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 1 095
90 min 1 250

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 1 095

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 1 195

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

Advance Retinol Eye Treatment 20 min 395

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

45 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.

- Single peel treatment 1 195
- Treatment course of 6 peel treatments over 8 weeks 6 450
- Treatment course of 12 peel treatments over 16 weeks 12 900

Micro-dermal Needling Treatment (Face & Neck)

45 min

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.

- Single treatment 1 695
- Treatment course of 6 treatments over 8 weeks 9 150
- Treatment course of 12 treatments over 16 weeks 18 300
- Include décolleté 895
- Post Treatment Recovery Kit 675

GROOMING

LANZERAC MANICURES & PEDICURES

Manicure	60 min	495	Pedicure	60 min	575
French paint add on	20 min	195	MediHeel Pedicure	60 min	605

LANZERAC SMOOTHING & PERSONAL TOUCHES

Half Leg Wax	30 min	295	Back Wax	30 min	295
Full Leg Wax	50 min	395	Stomach Wax	30 min	295
Bikini Wax	30 min	250	Lip Wax	20 min	115
G-String Wax	30 min	295	Chin Wax	20 min	115
Brazilian Wax	45 min	320	Brow Wax/Shape	20 min	115
Hollywood Wax	60 min	475	Brow Tint	20 min	100
Arm Wax	30 min	175	Lash Tint	30 min	120
Underarm Wax	20 min	175	Lash & Brow Tint	30 min	215
Chest Wax	30 min	295			

TERMS & CONDITIONS

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.
- 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 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:

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 R650.
- 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 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

CONTACT US

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