

## Signature Treatments

*\*Suggested as a duo treatment*

**Caledon Signature Rain Spa Experience\*** 120min R1400  
 We have taken all elements of a rainforest, such as extreme heat alternated with pouring "rain", stirred in some humidity, and then mixed in some African fragrances. This treatment is called an experience because it involves various treatments such as scrubs, therapeutic showers, steam treatments and completed with a 60 minute therapeutic Caledon Signature Massage.

**Caledon Signature Massage** 60min R850  
 A therapeutic full body massage incorporating Thai stretches, Hawaiian flowing techniques and deep drainage movements. Firm pressure and slow strokes assists to relieve muscle tension and reduce toxins in the body.

## Massages

**Classic Swedish Massage** 60min R750  
90min R1100  
 Experience a deeply relaxing massage with rolling invigorating arm movement over your complete body. The fragrant massage oil will calm your senses and leave your body nourished and deeply relaxed.

**African River Stone Massage** 60min R800  
90min R1200  
 This ancient body treatment uses the therapeutic heat from stones that is slowly released into the muscle for a deeply relaxing de-stressing experience. Small, warm stones are placed on your back while warm, luxurious oils are massaged deeply into the body for a deep relaxation experience.

**Deep Tissue Massage** 60min R800  
90min R1200  
 This is a firm pressured massage, to ease stress and tension, releases muscle stiffness in your back and reduce aches and pain.

**Mum-To-Be** 60min R750  
 This treatment will soothe away any stress or discomfort that you experience in your back during pregnancy, followed by a relaxing foot massage that will soothe away tension and relieve any swelling in the legs

**Back Massage** 30min R450  
 Deeply relaxing massage focusing on the main structure of the body.

**Reflexology** 30min R450  
 A complete body treatment is done through the feet. It involves stimulating reflexes aligned to the body's systems. As the circuitry of the body is activated through stimulation of the feet, dormant and blocked energy is released and healing can begin. Reflexology is extremely effective for stress and tension, and essential to optimal lifestyle and chronic disease management.

**African Scalp** 30min R400  
 Fragrant botanical oils are gently poured over your forehead and then massaged into your scalp and neck. This treatment takes you on a journey of deep relaxation while leaving your scalp hydrated and nourished and your mind cleared.

## Add On Treatments To Massage And Body Treatments

*Increase the result of your massage by adding any of the following treatments*

**Body Exfoliation** 30min R300  
 A stimulating and refreshing full body exfoliation that will stimulate blood circulation while unwanted rough skin will be buffed away

**Add in Hot Stones** R150  
 The therapeutic heat from stones that is slowly released into the muscle for a deeply relaxing de-stressing experience

**Express Facial** 30min R300  
 Treatment for a quick, targeted solution

**Back Cleanse** 30min R350  
 This is a deep-cleansing skin treatment for your back that includes exfoliation and extractions.

**Private Jacuzzi / Steam / Sauna Session** 30min R200

## Body Treatments

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|--|--------------|-------------|
| <b>Grapeseed Exfoliating Wrap</b>  | <b>45min</b> | <b>R500</b> |
| A unique body exfoliating experience, combining gentle exfoliation with warm oils. After a stimulating exfoliation the entire body will be wrapped followed with a soothing scalp massage. A luxurious body balm will leave your skin soft and smooth.   |              |             |
| <b>Purifying Body Wrap</b>   | <b>60min</b> | <b>R580</b> |
| A warm re-mineralizing clay and oil helps to draw out impurities, smooth and clarify the skin by restoring purity to the body. This promotes the extraction of dirt, toxins and excess water from the skin. This body wrap is formulated to gently detox the body and moisture dry and/or dehydrated skin. |              |             |
| <b>Relaxing Body Wrap</b>  | <b>60min</b> | <b>R580</b> |
| Drift away with this relaxing anti-stress treatment with application of soothing oil and clay infusion, to deeply relax the mind and body. Promote wellbeing and a deeper state of therapeutic relaxation.   |              |             |

## Hydro Treatments

*\*Suggested as a couples treatment*

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|---|--------------|-------------|
| <b>Rain Spa Experience*</b>   | <b>60min</b> | <b>R580</b> |
| We have taken all elements of a rainforest, such as extreme heat alternated with pouring "rain", stirred in some humidity, and then mixed in some African fragrances. This treatments is called an experience because it involves various treatments in a 10-step program that includes scrubs, therapeutic showers, steam treatments and more. |              |             |
| <b>Clay Rasul*</b>  | <b>60min</b> | <b>R450</b> |
| DIY fun and unique experience. Getting muddy from head-to-toe greatly improve the health and vitality of your skin and hair. After application sit back close your eyes and unwind to allow the steam to do its work.   |              |             |
| <b>Relaxing Bath Ritual</b>   | <b>60min</b> | <b>R500</b> |
| Let the pressure of everyday life melt away. Indulge in a full body exfoliation before you submerge in a relaxing bath.   |              |             |

## Spa Packages

*Access to our Natural Warm Mineral Pools and a Spa Lunch included to all Packages above R1000*

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|--|--------------|
| <b>Quick Fix 1</b>   | <b>R1250</b> |
| 30min Back Massage   |              |
| 30min Foot Massage   |              |
| 30min Body Exfoliation   |              |
| <b>Quick Fix 2</b>   | <b>R1400</b> |
| 30min Express Manicure   |              |
| 30min Express Pedicure   |              |
| 30min Express Facial   |              |
| 30min Massage  |              |
| <b>Pick a Pamper</b>   | <b>R2800</b> |
| <i>Pick any 4 of the treatments listed below to create your own experience</i> |              |
| 60min Classic Swedish Massage  |              |
| 60min Basic Facial   |              |
| 60min Manicure   |              |
| 60min Pedicure   |              |
| 60min Rain Spa Delight   |              |
| 60min Purifying Body Wrap  |              |
| <b>The Grape Escape</b>  | <b>R2500</b> |
| 15 min Pinotage Facial Exfoliation   |              |
| 15 min Hydravine Chardonnay Facial Mask  |              |
| 30min Grape Infused Full Body Exfoliation                                      |              |
| 30min Private Jacuzzi Session  |              |
| 30min Nourishing Grapeseed Oil Body Wrap                                       |              |
| 60min African River Stone Massage  |              |
| R500 Dinner Voucher  |              |



## Spa Facilities

*\*Complimentary use of The Aqua Spa facilities for guest enjoying treatments valued R1000 and more*

### Indoor Treatment Rooms

2 Dual and 4 single rooms

### Hydro Room

Private Sauna, Steam room, Jacuzzi with different types of showers.

### Natural Warm mineral Pools\*

3 pools with different temperatures.

### Garden Jacuzzi\*

Seats up to 10 people

### Steam Room\*

Seats up to 10 people

### Sauna\*

Seats up to 15 people

### Zen Garden\*

Tranquil garden where you can relax and listen to the soothing Spa music.

### Flotation Pool\*

Water jets create a current around an island

### Historical Bath House\*

Open air bath house build in 1897

### Gymnasium (Hotel Guests Only)

## Facial Collection

### *Theravine Classic Facial*

#### Theravine™ Balancing Facial

60min R450

A deep-cleansing facial customized to gently remove surface impurities followed by a personalized mask while utilizing specially selected aromatic botanicals for restoring balance to the skin, leaving your skin soft and restored.

#### Theravine™ Hydrating Facial

60min R450

A Facial designed for extreme relaxation with the aromatic scent of essential oils designed to deeply hydrate your skin, leaving you with a radiant complexion.

#### Theravine™ Mature Facial

60min R450

A facial performed to firm and visibly tone the skin whilst smoothing out wrinkles. Your skin is left looking serene and the complexion more radiant and uniform.



## *Theravine Specialised Facial*

**Theravine Melanovine™ Pro-brilliance Brightening Facial** 90min R790  
 This treatment is specifically aimed at diminishing uneven skin tone while also minimizing the appearance of fine lines and wrinkles.

**Theravine Acnivine™ Facial** 90min R790  
 This treatment is for those suffering with acne to help matify and stimulate cell renewal for the prevention of scars and excessive sebum production.

**Theravine™ Deluxe Anti-ageing Facial** 90min R790  
 The infinite replenishing treatment, assisting in reducing fine lines and wrinkles by implementing specialised boosters and serums to combat the signs of ageing.

## *Nimue Classic facial*

**Therapeutic Facial** 60min R550  
 Our unique basic facial where our therapists will accurately assess and attend to your basic skin concerns. Standard facial suitable for all skin types

**Active Rejuvenation** 60min R550  
 A gentle, safe rejuvenating, exfoliating treatment that consists of Nimue Bio-Active Complex. Rejuvenation for environmentally damaged, hyper pigmentation and problematic skin classifications.

**Thermal Detox** 60min R550  
 Formulated to oxygenate, deep cleanse, detoxify and exfoliate the skin.

## *Nimue Corrective Facial*

**35% Glycolic Treatment** 60min R750  
 Superficial peeling treatment that gradually removes dead skin cells, improves skin texture and rejuvenates rough textured skin, enlarged pores, congested skin, dull complexion, fine lines and wrinkles.

**Smart Resurfacer Treatment** 60min R750  
 An anhydrous (waterless) peel that has the benefits of a medium depth peel without any of the side effects or downtime. Indicated for environmentally damaged, hyper pigmentation and problematic skin classifications.

**Micro-Needling** R600  
 An anhydrous (waterless) peel that has the benefits of a medium depth peel without any of the side effects or downtime. Indicated for environmentally damaged, Hyper-pigmentation and problematic skin classifications. (Roller purchase is essential prior to first treatment – last up to six treatments)

## **Add In Treatments To Facial Treatments**

Increase the result of your facial by adding any of the following treatments/  
 no additional time required

Super fluids R150  
 Plasticising mask R150  
 Eye Treatment R150

## **Add on Microdermabrasion**

Microdermabrasion is an innovative procedure that is using a Diamond Head wand.  
 The skin is gently resurfaced with no down time.

Facial Treatments R300  
 Body Stretch Marks R450  
 Hand Surface Renewal R300



## Hand And Foot Care

Classic Spa Manicure A Classic manicure including cuticle care, nail shaping, buff, polish, hand exfoliation and a nourishing warm stone massage to the hands and forearms.	60min	R400
Express Manicure Cuticle care, nail shaping, buff and polish	30min	R250
Classic Spa Pedicure A Classic pedicure including cuticle care, nail shaping, buff, polish, heel filing, foot exfoliation and a nourishing warm stone massage to the feet and legs.	60min	R460
Express Pedicure Cuticle care, nail shaping, buff and polish	30min	R250

## Add On

Increase the result of your treatment by adding any of the following treatments

French Nail Paint	15min	R100
Gel Paint	15min	R150
Medi-heel Chemical Heel Peeling	15min	R190
Gel Soak Off	30min	R150
Foot Massage	30min	R350

## Waxing Hair Removal

Exfoliate 1-2 days prior to your waxing appointment. Do not apply any creams, depilatory creams or any products containing alcohol for 24 hours after the treatment.

Hollywood	R290
Brazilian / Full leg / Full Face	R250
Under Arm / Half Leg / Arm	R190
Back	R290
Eyebrow / Lip / Nose / Ear / Chin	R80
Brow Tint	R80
Lash Tint	R90
Lash and Brow Tint	R150

Operating Hours: Sun – Fri 08h00 – 19h00 and Sat 08h00-20h00  
 Please Contact: 028 214 5100 or 028 214 5384 to make a booking.  
 All bookings are provisional for 24 hours.  
 It will only be confirmed once deposit payment is received.  
 Prices subject to change without notice.

