



# LANZERAC

HOTEL & SPA

*Est. 1692 Since*



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SPA TREATMENT

MENU

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## FACILITIES INCLUDE

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- Six treatment rooms, including a couple's room
- Disabled therapy room, equipped with shower and bathroom
- Four manicure & pedicure stations
- Neoqui Mediq cocoon room where ThalasoVine™ 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

LANZERAC  
**SIGNATURE JOURNEYS**  
HOTEL & SPA

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**Lanzerac Signature Treatment**

2 h **1800**

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 **1680**

*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 & Full Day Packages**

2 ½ h **1400**  
4 h **2500**

Indulge with a Half Day Package which includes a back massage, express manicure, express pedicure and a 60min facial, or treat yourself to a Full Day Package which includes a manicure, pedicure, 60min hot stone massage, 60min facial with a light lunch and drink included from our Vitality Corner.

**RVB Youth Venom Hot Stone Facial**

1 ½ h **850**

Lethal on expression lines and wrinkles this RVB treatment is one of a kind. Enjoy ultimate relaxation with this hot stone treatment that instantly improves fine lines and wrinkles. Includes a peeling, welcome massage and a hot stone facial massage.

**RVB ICONTIME™ Anti-Ageing Treatment**

1 ½ h **720**

Give your skin the anti-age treat it deserves with the Italian luxury of a RVB ICONTIME facial. Including a new patented double layer mask that ensures optimal penetration of active ingredients for instant results. Also enriched with the precious metals Silver, Gold and Platinum to treat specific needs of the skin during different stages of ageing. Includes a 20% peeling and 2 signature massages.

LANZERAC

# SIGNATURE JOURNEYS

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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 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 **450**

*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 **950**

*Includes an invigorating aroma sauna experience coupled with a toning vibromassage and a pressure point scalp massage.*

After being exfoliated with the salt crystal 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 **950**

*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.

### ThalasoVine™ Contouring Envelopment

60 min **1050**

*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 **950**

*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.

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# TOUCH THERAPIES

HOTEL & SPA

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*Be nurtured with our de-vine packages...*

<b>MusculaVine™ Muscle-Release Spa Ritual</b>	<b>2 hrs</b>	<b>1250</b>
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		
<b>TheraVine™ Face &amp; Body Glow Experience</b>	<b>2 hrs</b>	<b>1100</b>
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		
<b>Sculpt-O-Vine™ Cellulite Treatment</b>	<b>60 min</b>	<b>620</b>
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.		
<b>TheraVine™ Hair &amp; Scalp Treatment</b>	<b>30 min</b>	<b>390</b>
<b>CirculaVine™ Leg Treatment</b>	<b>30 min</b>	<b>350</b>

## 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.*

<b>Spa for One</b>	<b>45 min</b>	<b>450</b>
<b>Spa for Two</b>	<b>45 min</b>	<b>850</b>

LANZERAC  
**MASSAGES**

HOTEL & SPA

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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...*

MusculaVine™ Back Massage	30 min	<b>450</b>
AromaVine™ Pinotage Massage	60 min	<b>720</b>
	90 min	<b>950</b>
TheraNaka™ African Wood Massage	60 min	<b>750</b>

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.

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.*

Elemis Freestyle Deep Tissue Back Massage	30 min	<b>460</b>
Elemis Freestyle Deep Tissue Massage	60 min	<b>850</b>
	90 min	<b>1100</b>
Elemis Hot Stone Massage	60 min	<b>950</b>
	90 min	<b>1250</b>

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

Elemis Peaceful Pregnancy Massage	75 min	<b>950</b>
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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.

LANZERAC  
**FACIAL THERAPIES**  
HOTEL & SPA  

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**ELEMIS**

**Elemis Pro-Collagen Age Defy**

60 min **750**

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 **780**

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 **810**

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 **750**

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 **750**

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 **750**

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.

**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.*

**Upgrade any standard facial a BIOTEC facial**

60 min **950**  
90 min **1250**

LANZERAC

# FACIAL THERAPIES

HOTEL & SPA

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THERAVINE™

**TheraVine™ Classic Facial** 60 min **580**  
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 **580**  
3 key fundamentals: cleanse, hydrate & revitalise helps restore freshness & clarity, whilst leaving your skin comfortably soothed.

**HydraVine™ Facial** 60 min **610**  
90 min **670**  
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™ Intensive Exfoliating Facial** 60 min **650**  
A 70% glycolic acid peeling treatment for mature, sun damaged, wrinkled skins or any form of facial scarring using a natural fruit acid – the safer alternative to harsh chemical peels or resurfacing treatments.

**TheraVine™ Deluxe Anti-Ageing Facial** 60 min **750**  
90 min **830**  
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 **750**  
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 **850**  
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 **280**  
*Add to facial or 20min 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.



LANZERAC  
**BODY WRAPS**

HOTEL & SPA

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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	105 min	<b>720</b>
TheraVine™ Recharge Body Clay Wrap	60 min	<b>720</b>
	90 min	<b>950</b>
TheraVine™ Contouring Body Gel Wrap	60 min	<b>720</b>
	90 min	<b>950</b>

ELEMIS

<b>Elemis Intensely Cleansing Salt Scrub</b>	45 min	<b>700</b>
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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.

<b>Elemis Body Nectar Nourishing Wrap</b>	60 min	<b>850</b>
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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.

<b>Elemis Thousand Flower Detox Wrap</b>	60 min	<b>890</b>
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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.

<b>Elemis Garden of England Rose Restore Wrap</b>	60 min	<b>890</b>
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Take a walk in an English rose garden with this lavishly hydrating massage, micro wrap, and body wrap.

The unique trio of rose, camelina and poppy seed oils leaves skin exquisitely moisturised, intensely supple and delicately scented.

LANZERAC  
**EXTRAS**  
HOTEL & SPA

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### LANZERAC MANICURES

OPI Deluxe Manicure	90 min	<b>475</b>
OPI Manicure	60 min	<b>365</b>
OPI Express Manicure	30 min	<b>210</b>

### LANZERAC PEDICURES

OPI Deluxe Pedicure	90 min	<b>510</b>	French Paint add on to		
OPI Pedicure	60 min	<b>420</b>	Manicure/Pedicure	20 min	<b>110</b>
OPI Express Pedicure	30 min	<b>230</b>			

### LANZERAC GEL

OPI Gel Manicure	75 min	<b>510</b>	OPI Gel Overlay	45 min	<b>390</b>
OPI Gel Pedicure	75 min	<b>600</b>	French Paint add on		<b>130</b>

### MEDIHEEL

MediHeel Pedicure	60 min	<b>400</b>	MediHeel add on	20 min	<b>150</b>
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### LANZERAC SMOOTHING & PERSONAL TOUCHES

Half Leg Wax	30 min	<b>200</b>	Back Wax	30 min	<b>198</b>
Full Leg Wax	50 min	<b>250</b>	Stomach Wax	30 min	<b>198</b>
Bikini Wax	30 min	<b>165</b>	Lip Wax	20 min	<b>80</b>
G-String Wax	30 min	<b>180</b>	Chin Wax	20 min	<b>80</b>
Brazilian Wax	45 min	<b>230</b>	Brow Wax/Shape	20 min	<b>90</b>
Full Bikini Wax	45 min	<b>275</b>	Brow Tint	20 min	<b>60</b>
Arm Wax	30 min	<b>130</b>	Lash Tint	30 min	<b>80</b>
Underarm Wax	20 min	<b>110</b>	Lash & Brow Tint	30 min	<b>140</b>
Chest Wax	30 min	<b>198</b>			

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## TERMS & CONDITIONS

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### **Spa Child Policy:**

Regrettably the Lanzerac Spa does not accommodate children under 10 years of age. 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. 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, with the exception of producing a full time Student Card, which will entitle you to 10% discount.

### **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 – 20h00)

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 only.
- All spa facilities are used at own risk.
- All spa facilities are unisex.
- The Rasul and Experience Shower do not form part of the spa facilities, and can only be used as part of a treatment including these services.

WHERE LUXURY MEETS EXCELLENCE

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CONTACT US

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