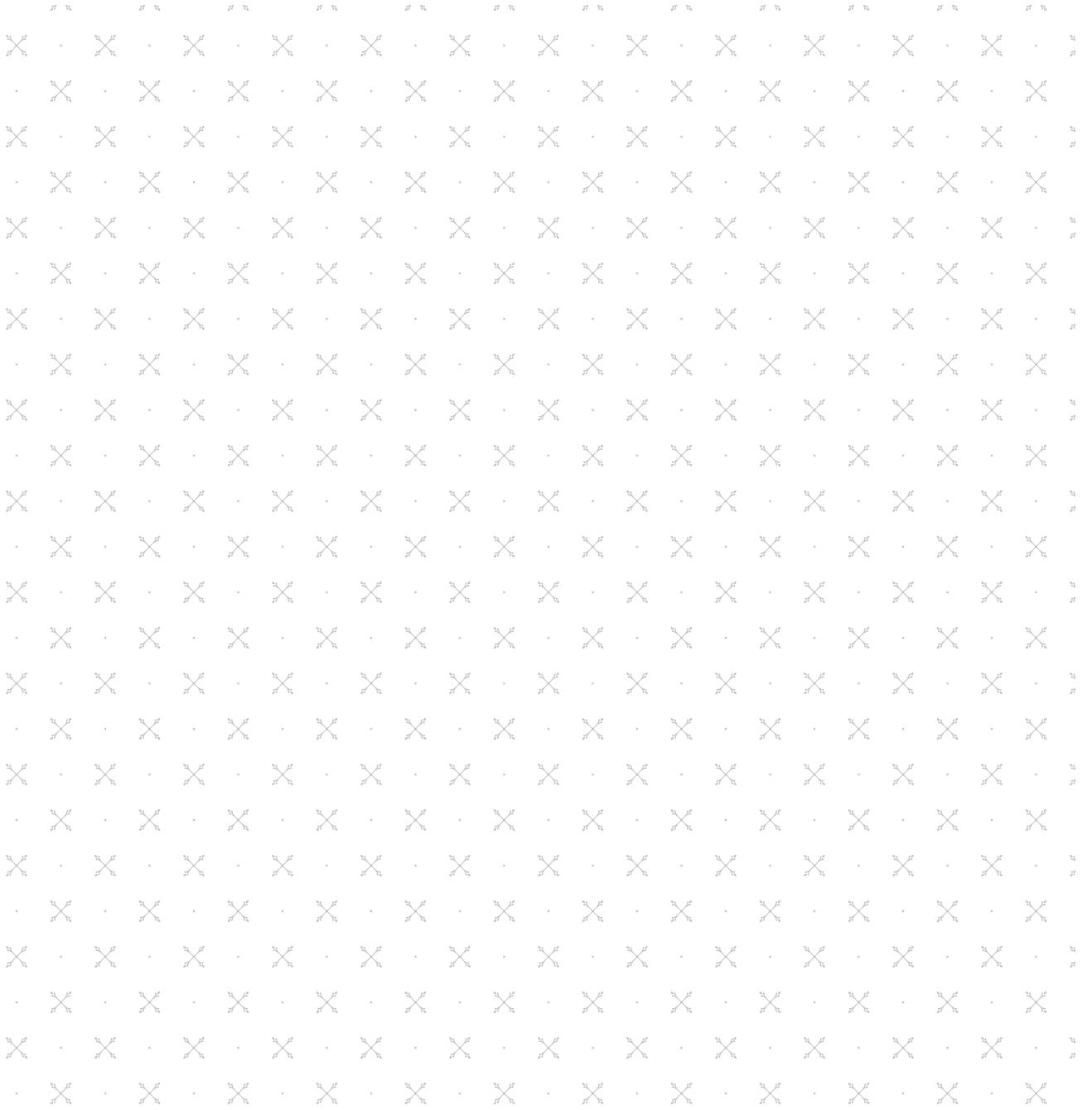




LANZERAC

1692

SPA TREATMENT
MENU



FACILITIES INCLUDE

- Five single treatment rooms
- One couple's treatment room
- One universally accessible room
- Four manicure & pedicure stations
- Neogi 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
- OPI Express Pedicure 30 min
- OPI 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
- OPI Manicure 60 min
- OPI 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...

MusculaVine™ Muscle-Release Spa Ritual	2 hrs	1550
<p>Ease the pains of muscle spasms, arthritis, rheumatism and fatigue and be left feeling refreshed and invigorated.</p> <ul style="list-style-type: none">- 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
<p>A full sensory signature indulgence of pure bliss.</p> <ul style="list-style-type: none">- 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
<p>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.</p>		
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.

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...

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.

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.

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.

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.

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.

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

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.

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

Micro-dermal Needling Treatment (Face & Neck)

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.

- Single peel treatment	45 min	1050
- 6 peel treatment course over 8 weeks	45 min	8 100
- 12 peel treatment course over 16 weeks	45 min	16 200

Tuesday & Wednesday only

Professional Peeling Facial

The 4 tier professional-grade step-up peel system, is made up from various percentages of Lactic and Glycolic Acid, with Charcoal and Tartaric Acid, assisting with the skin's cell turnover for a more youthful skin.

Regular treatments improve the skin texture, wrinkles and fine lines as well as pigmentation. Leaving you with a subtle glow. Each treatment concludes with a moisture infusion through a high-potency Hyaluronic Acid Mask, leaving your skin with a hydrated appearance.

- Single needling treatment	30 - 50 min	1500
- 6 peel treatment course over 8 weeks	30 - 50 min	5 650
- 12 peel treatment course over 16 weeks	30 - 50 min	11 350

Tuesday & Wednesday only

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	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

Elemis Intensely Cleansing Salt Scrub 45 min **890**

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.

Elemis Body Nectar Nourishing Wrap 60 min **1050**

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.

Elemis Thousand Flower Detox Wrap 60 min **1050**

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.

Hot Mineral Body Boost 60 min **1250**

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

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

LANZERAC PEDICURES

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

LANZERAC GEL

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

LANZERAC SMOOTHING & PERSONAL TOUCHES

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 - 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. 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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