



# SPA TREATMENT MENU

## CLASSIC MASSAGES

### BACK, NECK & SHOULDER MASSAGE

30 MINS – R520 | 45 MINS – R690 | 60 MINS – R920

Ease tension and restore balance with a targeted massage focused on the back, neck and shoulders. Designed to relieve muscle tightness, improve circulation and promote deep relaxation.

### SWEDISH FULL BODY MASSAGE | 60 MINS – R920 | 90 MINS – R1100

A timeless relaxation massage using flowing techniques to ease muscular tension, improve circulation and leave the body feeling renewed.

### DEEP TISSUE FULL BODY MASSAGE | 60 MINS – R920 | 90 MINS – R1130

A therapeutic massage designed to target deeper layers of muscle tension, relieve stiffness and support physical recovery.

### BELLABACI AROMATHERAPY FULL BODY MASSAGE

60 MINS – R980 | 90 MINS – R1160

A deeply restorative full body massage enhanced with aromatherapy oils to calm the senses, release tension and encourage complete relaxation.

### HOT STONE FULL BODY MASSAGE | 60 MINS – R1020 | 90 MINS – R1200

Experience profound relaxation as warm stones melt away tension, soothe tired muscles and restore harmony to body and mind.

### PRE-NATAL BACK, NECK & SHOULDER MASSAGE

30 MINS – R560 | 60 MINS – R980

A nurturing treatment designed to ease pregnancy-related discomfort, improve circulation and encourage relaxation for mother-to-be.

### LEG & FOOT MASSAGE | 30 MINS – R520

Revive tired legs and feet with a soothing treatment that relieves fatigue, boosts circulation and restores comfort.

### SCALP MASSAGE | 30 MINS – R460

A deeply calming treatment designed to release stress, ease tension and encourage complete relaxation.

## ADD-ON ENHANCEMENTS

**HOT STONES – R50:** Enhance your massage with the comforting warmth of heated stones.

**CUPPING – R50:** Targeted therapy to relieve tension, stimulate circulation and support muscle recovery.

**MUSCLE RELIEF GEL – R100:** A soothing enhancement to ease sore, fatigued muscles.

**AROMATHERAPY OILS – R100:** Personalised essential oil blends to elevate relaxation and wellbeing.

## BODY EXPERIENCES

### FULL BODY EXFOLIATION | 30 MINS – R570

A refreshing scrub to remove dead skin cells, leaving your skin smooth and glowing.

### BABOR SIGNATURE FULL BODY EXPERIENCE | 90 MINS – R1290

A deeply relaxing treatment using combining a full body exfoliation, application of body wrap and partial massage.

### THALGO PACIFIQUE ISLANDS JOURNEY | 90 MINS – R1450

A combination of full body scrub and massage for relaxing and calming. Perfect if you are feeling stressed, tense or just need to completely switch off.

### THALGO EAST & INDIAN OCEAN JOURNEY | 90 MINS – R1450

A combination of full body scrub and massage for more revitalising and detoxing. Great if you are feeling heavy, tired or in need of a body reset.

### THALGO ATLANTIC COAST JOURNEY | 90 MINS – R1450

A combination of full body scrub and massage to detoxify, replenish and revitalise. Ideal for improving skin firmness, hydration and overall body tone.

## FACIAL COLLECTION

### BABOR HYDRA BOOST FACIAL | 30 MINS – R520

A refreshing hydration treatment designed to replenish moisture, restore radiance and leave skin feeling revitalised.

### SIX ENERGISING SKIN TREATMENT | 30 MINS – R440

A revitalising facial treatment that refreshes tired skin, restores glow and promotes a healthy complexion.

### SIX DOUBLE EXFOLIATING SKIN TREATMENT | 45 MINS – R610

A results-driven exfoliating treatment designed to refine skin texture, brighten dullness and reveal smoother skin.

### BABOR SIGNATURE FACIAL EXPERIENCE | 60 MINS – R920

An indulgent facial experience tailored to restore balance, deeply nourish the skin and enhance natural radiance.

### SIX REJUVENATING SKIN TREATMENT | 60 MINS – R810

A rejuvenating treatment focused on renewing the skin, improving texture and restoring a youthful glow.

### BABOR HSR® LIFTING FACIAL | 90 MINS – R1400

A luxurious lifting facial designed to target visible signs of aging, improve firmness and redefine facial contours.

### DOCTOR BABOR ADVANCED FACIAL | 90 MINS – R1560

An advanced, results-driven facial tailored to your skin's unique needs for exceptional rejuvenation and visible radiance.

## MANICURES & PEDICURES

### EXPRESS MANICURE | 30 MINS – R320

An express grooming treatment to refresh and restore hands. Cuticle care, massage OR paint.

### EXPRESS PEDICURE | 30 MINS – R350

An express grooming treatment to refresh and restore feet. Cuticle care, massage OR paint

### CLASSIC SPA MANICURE | 60 MINS – R405

A nourishing treatment including exfoliation, cuticle care, massage and nail polish for beautifully groomed hands.

### CLASSIC SPA PEDICURE | 60 MINS – R460

A nourishing treatment including exfoliation, cuticle care, massage and nail polish for beautifully groomed feet.

### GEL MANICURE | 60 MINS – R520

A nourishing treatment including exfoliation, cuticle care, massage and gel overlay for beautifully groomed hands.

### GEL PEDICURE | 75 MINS – R640

A nourishing treatment including exfoliation, cuticle care, massage and gel overlay for beautifully groomed feet.

### MEDI SOLUTIONS FOOT PEEL TREATMENT | 60 MINS – R640

A restorative treatment designed to renew dry, tired feet, leaving them smoother, softer and revitalised.

## PAMPER JOURNEYS

### LOVERS OR FRIENDS PACKAGE FOR TWO

90 MINS – R3750 PER COUPLE | 90 MINS – R1925 SINGLE RATE

Enjoy a light lunch to the value of R400 (R200 single rate) with a glass of sparkling wine each.

30 min Full Exfoliation | 60 min Swedish Full Body Massage | Spa Gift

### BOND & BALANCE COUPLES PACKAGE | 120 MINS – R4750 PER COUPLE

Enjoy a light lunch to the value of R400 with a glass of sparkling wine each.

30 min Scalp Massage | 30 min Foot Treatment (exfoliation & massage) | 60 min Swedish Full Body Massage

### THE GENTLEMAN'S RETREAT | 180 MINS – R2275 PER PERSON

Enjoy a light lunch to the value of R200 with a glass of sparkling wine.

Deep Tissue Full Body Massage | SIX Double Exfoliating Skin Treatment | Men's Foot Grooming

### THE ENCHANTED ESCAPE | 180 MINS – R2780 PER PERSON

Enjoy a light lunch to the value of R200 with a glass of sparkling wine.

Babor Signature Full Body Experience | Hotstone Full Body Massage | SIX Energising Skin Treatment

### THE LUXE ESCAPE | 180 MINS – R2670 PER PERSON

Enjoy a light lunch to the value of R200 with a glass of sparkling wine.

Bellabaci Aromatherapy Full Body Massage | Babor Signature Facial | Deluxe Pedicure with Foot Wrap

## BOOKINGS & CANCELLATION POLICY

Pre-booking treatments is essential. Voucher details or full payment is required to secure your Spa booking. Resident guests please make changes or cancellations 12 hours prior to treatments and Day-visitors a 48 hour treatment change or cancellation notice period.

## HOURS OF OPERATION

The Spa is open from Sunday to Thursday 09h00 - 17h00,  
Friday & Saturday 09h00 - 20h00.

## COMPLIMENTARY USE OF SPA FACILITIES

Spa guests may make use of the Steam Room, Heated Outdoor Jacuzzi, Heated Floatation Pool, Infinity Pool and Reflexology Walkway.

## CHILDREN POLICY

No children under the age of 16 allowed at the spa pools or for treatments.

# MOUNT GRACE

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