



**LANZERAC**

1692

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IN-HOUSE GUEST  
SPA TREATMENT MENU

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# WELCOME

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The Spa prides itself on aiming to bring wellness with integrity from our passionate Therapists, who adapt to our Guest needs respectfully. Our matchless setting between vineyards and endless views of the mountains has drawn weary souls for years. We invite you to dwell, relax, and rejuvenate at the Lanzerac Spa.

Lanzerac Spa Manager

*Fairoza Tippens*

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## FACILITIES INCLUDE

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- Five single treatment rooms
- Two couple's treatment rooms
- One universally accessible room
- Five manicure & pedicure stations
- Neogji Mediq cocoon room where treatments are enjoyed
- Sauna
- Steam room
- Two mist rooms
- Indoor heated swimming pool
- Jacuzzi
- Two Rasul chambers
- Fully equipped Fitness Room for Hotel guests
- Vitality Corner serving a limited day menu

# SIGNATURE JOURNEYS

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<b>Lanzerac Bridal Package</b>	2½ hrs	2 990
Relax before your big day with the following:		
- Hot Stone Massage	60 min	
- Express Manicure & Pedicure	60 min	
- TheraVine™ Hair & Scalp Treatment or CirculaVine™ Leg Treatment	30 min	
<b>Lanzerac Half Day Package</b>	2 hrs	2 450
- Lanzerac Facial	60 min	
- Deep Tissue Back Massage	30 min	
- Back Treatment	30 min	
<b>Lanzerac Full Day Massage Package</b>	4 hrs	4 250
- 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		
<b>Lanzerac Full Day Body Package</b>	4 hrs	4 250
- Hot Stone Massage	60 min	
- Bespoke Facial	60 min	
- Full Body Scrub	60 min	
- Body Wrap	60 min	
- Light Lunch & Drink at our Vitality Corner		
<b>Lanzerac Full Day Beauty Package</b>	4 hrs	4 250
- Hot Stone Massage	60 min	
- Bespoke Facial	60 min	
- Manicure	60 min	
- Pedicure	60 min	
- Light Lunch & Drink at our Vitality Corner		

# 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 hand-picked 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 895

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 1 595

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.

### ThalasoVine™ Wellbeing Spa Ritual

90 min 1 595

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 well-being ritual. Discover the healing and energizing effects of soaking in a marine bath, rich in active ingredients that promote relaxation and well-being.

### ThalasoVine™ Contouring Envelopment

90 min 1 595

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

90 min 1 595

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

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<b>MusculaVine™ Muscle-Release Spa Ritual</b>	2 hrs	2 495
Ease the pains of muscle spasms, arthritis, rheumatism and fatigue and be left feeling refreshed and invigorated.		
<ul style="list-style-type: none"><li>- Full body exfoliation using a warming sugar scrub</li><li>- Hydrotherapy bath with muscle warming actives</li><li>- Full body massage for muscular aches and pains followed by a circulatory boosting gel application</li></ul>		
<b>TheraVine™ Face &amp; Body Glow Experience</b>	2 hrs	2 495
A full sensory signature indulgence of pure bliss.		
<ul style="list-style-type: none"><li>- A foot cleanse ritual followed by a face and body exfoliation</li><li>- AromaVine™ Pinotage oil face and body massage</li><li>- Moisturising vine embalmment followed by a warm, botanical infused compress</li></ul>		

## 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.

<b>TheraVine™ Relaxing Body Cream Wrap</b>	60min	1 295
	90 min	1 550
<b>TheraVine™ Recharge Body Clay Wrap</b>	60 min	1 295
	90 min	1 550
<b>TheraVine™ Contouring Body Gel Wrap</b>	60 min	1 295
	90 min	1 550

# TOUCH THERAPIES

## LILLIAN TERRY

Lillian Terry Body Polish	30 min	795
<p>Lillian Terry Body Polish can be used to exfoliate and hydrate all skin types and before all body wrap treatments. Walnut shell powder and biodegradable beads provide a gentle yet effective exfoliation, with natural perfume of Yarrow, Bitter Orange &amp; Myrrh providing a lovely fragrance. Body Polish is incorporated with body wrap and/or any other treatment where exfoliation is needed.</p>		
Lillian Terry Cellulite Body Wrap	2 hrs	2 150
<p>This body wrap focuses on areas of the body that are difficult to re-shape even after weight loss. It has been designed to reduce stubborn fatty deposits, improve circulation in the areas of cellulite and detoxify, thereby improving skin texture and tone.</p>		
Lillian Terry Detoxifying Body Wrap	2 hrs	2 150
<p>This wrap has been designed to accelerate the removal of foreign chemicals to decrease the damaging effect of free radicals. Excellent treatment for people who are exposed to high levels of stress and pollution and those who suffer from lack of energy due to unhealthy lifestyles and lack of exercise. This treatment is suitable for all types of skin and especially benefits dry skin.</p>		
Lillian Terry Muscle Ease Body Wrap	2 hrs	2 150
<p>This body clay wrap is particularly recommended for aching muscles and joints. It is ideal to aid the recovery of muscle stiffness and soreness.</p>		
Lillian Terry Pregny Body Wrap	2 hrs	2 150
<p>This body clay wrap is nourishing, moisturising, relaxing with an anti-spasmodic effect on skeletal muscles. The perfect wrap for moms to be and can be incorporated into a pregnancy treatment protocol along with our Pregny Massage Oil.</p>		

## 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.

Rasul for One	45 min	895
Rasul for Two	45 min	1 590

# MASSAGES

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## LANZERAC MASSAGES

Deep Tissue Massage	60 min	1 550
	90 min	1 795

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	1 550
	90 min	1 795

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	1 550
	90 min	1 795

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	1 695
	90 min	2 095

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.

Slimming Massage	60 min	1 695
	90 min	2 095

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.



# MASSAGES

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## LANZERAC MASSAGES

<b>Peaceful Pregnancy Massage</b>	75 min	1 695
<p>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, moisturises skin to prevent stretch marks and calms a anxious mind. This treatment uses specialized positioning and massage techniques to nurture mom and baby.</p>		
<b>Care Support Massage</b>	75 min	1 695
<p>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.</p>		

## 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...

<b>Pinotage Massage</b>	60 min	1 295
	90 min	1 595

# MASSAGES

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## 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 1 395

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 1 995

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

30 min 795

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

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## LANZERAC FACIAL THERAPY

Lanzerac Bespoke Hydrating Facial	60 min	1 095
	90 min	1 295

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	1 095
	90 min	1 295

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	1 295
	90 min	1 495

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	1 095
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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

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## BLACK PEARL

### Black Pearl 24 Carat Cleopatra

90 min 1 895

This luxurious facial treatment is a marriage of science and indulgence. The heroine is a 24-karat gold mask that provides your skin the benefits of soft, finest quality and high concentration gold; specifically developed for the face. Gold increases oxygen and nutrient flow to the skin and has powerful age prevention attributes.

### Black Pearl Healing & Brightening

90 min 1 595

A treatment that harnesses the power of white pearl, black pearl and a natural, brightening complex to improve radiance and minimise skin imperfections. The use of hand-held light therapy will intensify the cream mask treatment and assure a visible result. A green amethyst, lymphatic drainage facial massage will clear toxins and impurities.

### Black Pearl Mineral Hydration Boost

90 min 1 595

The application of detoxifying zeolite, kaolin and anti-oxidant sea - buckthorn oil in a thermal mask, purifies the skin in preparation for a hydrating facial mask. This Miracle Facial Mask is an alginate mask containing high concentration pearl, collagen, 27 different minerals, hyaluronate and powerful anti-oxidants. An exceptional treatment that will delight the senses.

### Black Pearl Collagen Age Prevention Facial

90 min 1 595

This treatment plumps and lifts the skin. An alpha-hydroxy acid cleansing ritual ensures that the skin is well prepared to receive multiple masks of high concentration pearl, collagen and mineral rich Dead Sea mud. Lifting facial massage techniques, hand held light therapy technology and rose quartz precious stone massage amplify the work of these active ingredients and improve hydration and texture of the skin.

# FACIAL THERAPIES

## ELEMIS

<b>Elemis Pro-Collagen Age Defy</b>	60 min	1 395
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.		
<b>Elemis Pro-Definition Lift &amp; Contour</b>	60 min	1 395
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.		
<b>Elemis Dynamic Resurfacing Precision Peel</b>	60 min	1 395
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.		
<b>Elemis Superfood Pro-Radiance</b>	60 min	1 395
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.		
<b>Elemis Sensitive Skin Soother</b>	60 min	1 395
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.		
<b>Elemis Anti-Blemish Mattify &amp; Calm</b>	60 min	1 395
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.		
<b>Peptide 24/7 Skin Sync</b>	60 min	1 395
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.		
<b>Men's High Performance Skin Energiser</b>	60 min	1 395
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

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## ELEMIS BIOTEC

The pioneering BIOTEC machine works to switch your skin back on, increasing its natural cellular energy. Technology turbo-charges touch leaving visibly healthy, nourished and energised skin.

Upgrade to an ELEMIS BIOTEC facial	60 min	1 295
	90 min	1795

## THERAVINE™

TheraVine™ Classic Facial	60 min	1 050
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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	1 050
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3 key fundamentals: cleanse, hydrate & revitalise helps restore freshness & clarity, whilst leaving your skin comfortably soothed.

HydraVine™ Facial	60 min	1 095
	90 min	1 295

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	1 295
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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 Soufflé 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	1 295
	90 min	1 550

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.

# FACIAL THERAPIES

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## THERAVINE™

<b>MelanoVine™ Pro-Brilliance Facial</b>	<b>60 min</b>	<b>1 295</b>
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.		
<b>UltraVine™ Advance Cellular Gold Facial</b>	<b>90 min</b>	<b>1 550</b>
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.		
<b>Advance Retinol Eye Treatment</b>	<b>20 min</b>	<b>495</b>
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 while visibly reducing the signs of ageing.		
<b>TheraVine™ Professional Peeling Facial</b>	<b>45 min</b>	<b>1 450</b>
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.		
<b>Micro-dermal Needling Treatment (Face &amp; Neck)</b>	<b>45 min</b>	<b>1 995</b>
The TheraVine™ professional grade dermal micro-needling pen creates precise piercings into the epidermis allowing the stimulation of naturally occurring growth factors and fibroblasts.		
- Include décolleté		<b>1 095</b>
- Post Treatment Recovery Kit		<b>735</b>

# GROOMING

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Grooming treatments not available on Public Holidays or Weekends.

## LANZERAC MANICURES

Manicure	60 min	545
French paint add on	20 min	215

## LANZERAC PEDICURES

Pedicure	60 min	715
French paint add on	20 min	220
MediHeel Pedicure	60 min	750

## LANZERAC PERSONAL TOUCHES

Half Leg Wax	30 min	360	Back Wax	30 min	350
Full Leg Wax	50 min	475	Stomach Wax	30 min	350
Bikini Wax	30 min	300	Lip Wax	20 min	145
G-String Wax	30 min	350	Chin Wax	20 min	145
Brazilian Wax	45 min	395	Brow Wax/Shape Wax	20 min	145
Hollywood Wax	60 min	595	Brow Tint	20 min	135
Arm Wax	30 min	215	Lash Tint	30 min	155
Underarm Wax	20 min	215	Lash & Brow Tint	30 min	280
Chest Wax	30 min	350			



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# TERMS & CONDITIONS

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## 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.
- Treatment prices will be charged as advertised, regardless of age.

### 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:

Opening times are from 08h00 - 18h00

## Kindly Note:

- Spa facilities can only be utilised by day visitors when the total spend on treatments is greater than R795.
- 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

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## CONTACT US

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Please contact us by dialling ext. 1230 or  
select the Spa button on the in-room phone.

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