

WELLNESS MENU



*Bonatea speciosa
orchidaceae*

WE CARE ABOUT YOUR WELL-BEING

Escape from the pressures of daily life, surrender your senses and experience treatments second to none.

Carefully developed by a specialised team using extensive clinical and scientific studies, the **TheraNaka™** range boasts indigenous Pinotage cultivar grape derivatives to which internationally acclaimed active ingredients, powerful anti-oxidant ingredients and organically grown indigenous botanicals have been added.

All our treatments begin with an in-depth skin consultation by a **TheraVine™** expert, trained and skilled to assess your specific concerns because beauty goes beyond the radiance of your skin and body.

Each phase that follows has been expertly woven to meet the needs of mind, body and skin while aromas and indulgent textures provide for a multi-sensory experience, each treatment expertly crafted for your ultimate treatment satisfaction.

BOOKINGS: SPA@CAPECADOGAN.CO.ZA | +27 21 480 8080
OPERATING HOURS: 8AM - 7PM DAILY

SPA ETIQUETTE & POLICIES

Appointments: Booking in advance is recommended.

Punctuality: Please ensure you are ready when your therapist arrives; should you begin later than your scheduled appointment, your treatment time will be reduced or cancelled, with the full treatment fee charged regardless.

Cancellation policy: A 4-hour notice period is required; appointments not cancelled in time will be charged for in full.

Mobile phones: Kindly ensure your device is switched to silent mode or off

Children: A childminding service is also available at the lodge should parents wish to enjoy spa time to themselves.

Prices: All prices are subject to change without prior notice.

Indemnity: The spa, its therapists and TheraNaka™/TheraVine™ will not be held responsible for any injuries, adverse reactions or complications before, during or after a treatment/s; or for any theft, damage, loss or accident that occurs on the premises.



Targeted Express Treatments

Perfect for the busy professional, working mom or pressed time traveler.

ULTRAVINE™ ADVANCE CONTOURING RETINOL EYE TREATMENT 30min • R450

An advanced eye mask treatment combined with a super-charged serum that helps to smooth away lines and wrinkles, creating a fresh and radiant looking eye contour, while visibly reducing the signs of ageing.

HYDRAVINE™ CHARDONAY MASK 30min • R450

A revolutionary cloth mask, pre-moistened with a unique botanical lotion containing anti-oxidant Chardonnay grape and botanical rich concentrates.

RESURFACING BODY PEEL 30min • R650

Your body is cleansed of rough, dead skin cells using a gentle fruit acid peel. Ideal to book before any body massage to prepare the skin for maximum absorption.

FASCIASTRETCH BODY CUPPING THERAPY 30min • R450

Address a range of needs from sluggish circulation causing orange peel effect, lethargy, and overall irritability to skin rejuvenation with this alternative suction therapy.

CIRCULA-VAC FACIAL CUPPING 30min • R450

An alternative facial therapy creating local suction which aids with improving micro-circulation to help rejuvenate and brighten the skin. Add to any facial to promote new oxygen-rich blood circulation, which helps strengthen the skin and connective tissue.

Luxury Facial Treatments

DELUXE ANTI-AGING FACIAL 90min • R1320

This replenishing treatment assists in reducing fine lines and wrinkles with peptide-rich boosters and serums to combat the signs of ageing while a plasticizing mask further enhances the actions of the active ingredients.

HYDRAVINE™ FACIAL 60min • R1160

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!

BALANCING FACIAL 60min • R910

A deep-cleansing facial to gently remove surface impurities using a customised purifying mask while specially selected aromatic botanicals restore balance to the skin.

Relaxation & Muscle-Ease

DESTRESS MASSAGE WITH CBD OIL 60min R1430 • 90min R1700

Surrender to the calming benefits in the ultimate massage experience as you are transported to a state of pure relaxation. Expert therapeutic massage movements paired with the synergistic calming effect of CBD and a refreshing cocktail of citrus essential oils make this a skin nourishing, sensory experience 'out of this world'!

AROMAVINE™ RELAXING PINOTAGE MASSAGE Back 45min • R910 Full Body 60min • R1340 90min • R1490

A revolutionary cloth mask, pre-moistened with a unique botanical lotion containing anti-oxidant Chardonnay grape and botanical rich concentrates.

MUSCULAVINE™ MASSAGE Back 45min • R970 Full Body 60min • R1430 90min • R1700

Relieve muscular tension with an intensive massage and muscle reconditioning techniques followed by the application of a refreshing gel.

AFRICAN SHEA BODY BUTTER LUXURY MASSAGE Full Body 60min • R1300 90min • R1490

Pure luxury from the African Savannah. Tension melts away as the luxurious herb-infused Avo and Shea- massage butter caresses your body and your senses.

Body Rituals

FACE AND BODY GLOW EXPERIENCE 120min • R1850

We commence this sensory signature experience by sipping on an antioxidant rich health drink. After the foot cleanse ritual, both face and body are exfoliated followed by a relaxing face and body massage using AromaVine™ Pinotage oils. Relax while embalmed in a moisturising vine treatment cream to hydrate and nourish your skin and awaken to a warm, botanical infused compress.

Health drink, Foot cleanse ritual, Facial cleanse and exfoliation, Body exfoliation, Facial massage, Body massage, Hydrating Body Embalm, Warm botanical compress

AGE-DEFYING RESURFACING BODY TREATMENT 30min • R1080

A highly advanced, result driven 2-step body treatment to rapidly resurface a dull skin complexion while scientific actives help to rejuvenate the skin and reduce the visible signs of ageing and the loss of skin tone. Defy aging one application at a time for instantly smoother, softer, more radiant and luminous skin!

Couples Experiences

AROMAVINE™ SOY CANDLE MASSAGE Full Body 60min • R1340 90min • R1490

Infused with plant botanicals and 100% natural superior blend of plant waxes and butters, this massage is designed to help nourish and moisturise the skin while making you feel luxuriously pampered.

SERENITY COUPLES ESCAPE 120min • R1740

Experience a serene state of togetherness. Your retreat starts with a relaxing full body massage followed by a Balancing Facial to comfort all skin types.

Hand and Foot Treatments

TheraVine™'s Hand and Feet Spa Rituals are designed to nourish & tone, leaving hands and feet satin smooth, supple and re-hydrated.

THERAVINE™ LUXURY MANICURE 60min • R650

A gentle grapeseed exfoliation is followed by a moisturising hand oil massage. To soften and smooth the epidermis, a moisturising cream mask is applied. This treatment includes nail and cuticle attention as well as a nail colour of your choice.

THERAVINE™ LUXURY PEDICURE 60min • R800

Pamper tired feet and legs beginning with a foot cleansing ritual and a stimulating friction scrub to remove dead skin cells. Feet are massaged with luxurious foot oil and treated to a refreshing menthol gel to improve circulation. This treatment includes nail and cuticle attention as well as a nail colour of your choice.

TheraNaka™
SOUTH AFRICA

THERAVINE™

