



STEENBERG  
— HOTEL & SPA —





## SPA GUIDELINES

To enhance your experience, please arrive 15 minutes prior to your treatment time to complete your client card.

Late arrivals will enjoy the time remaining on their treatment and be charged for the treatment booked.

Your comfort and wellbeing is our primary concern so please inform your therapist of any health challenges, concerns or sensitivities so we can support you to choose the most suitable treatment and products.

To ensure the tranquillity and the serenity of the spa experience for everyone, we request no cell phones are used while in the spa.

We accept payment by cash, debit card, credit card and Steenberg Spa voucher.

Steenberg Spa vouchers are available for the full range of treatments. Please enquire at reception or email us to choose the perfect gift for a colleague or loved one.

There are lockers in our cloakrooms where you are welcome to place your valuable items, at your own risk.

All prices are subject to change.

## BOOKINGS & CANCELLATIONS

A 50% deposit secures your spa booking. This is 100% refundable for cancellations and rescheduling up to 24 hours before the booking time.

No shows will incur the full charge for the treatment booked and we reserve the right to redeem your voucher accordingly.

All treatment packages are offered to couples.

Please contact reception to book in-room or out of hours treatments and to be advised of the additional charge.

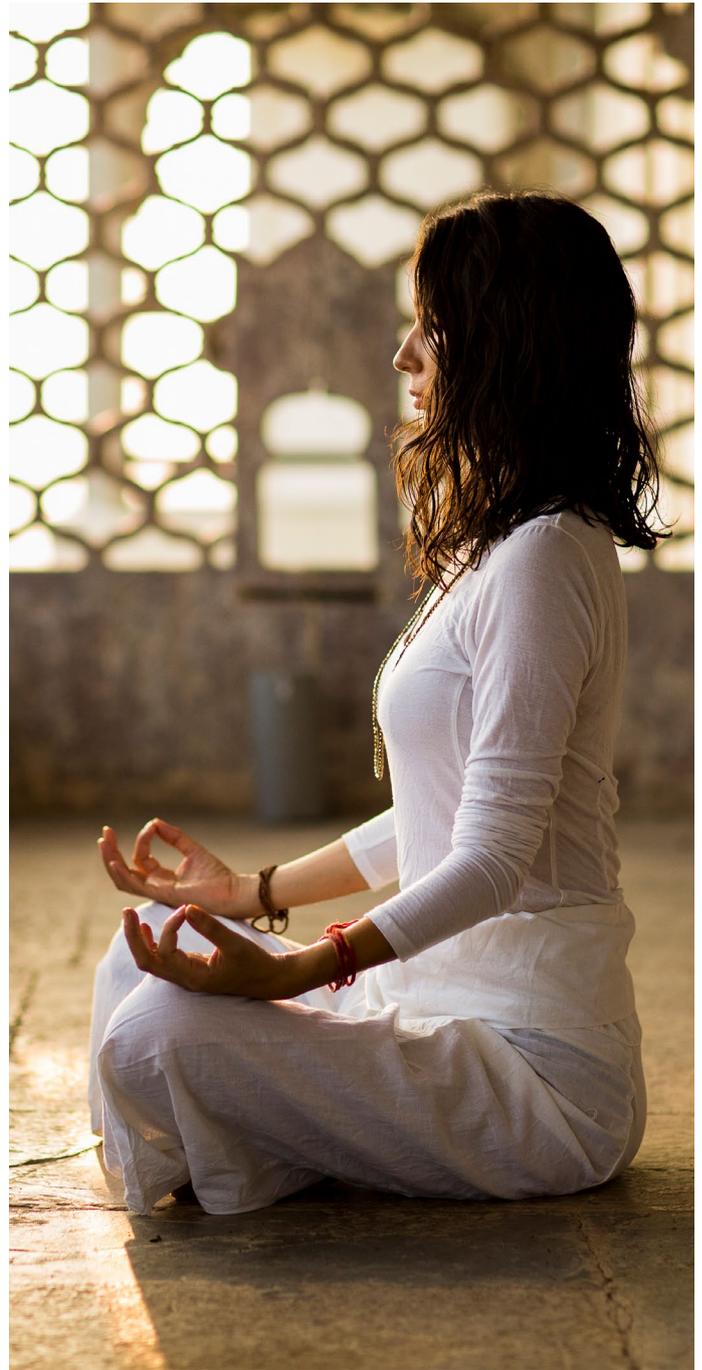
# ilā

ila defines an organic luxury skincare and lifestyle brand, rooted in mother nature, blessed with good intentions, and delivered with joy and love.

ila is named after the hindu goddess of truth and the Sanskrit word for earth. Mother earth is the embodiment of truth and truth is our essence.

ila prides itself on being a skin and heart nurturing brand supporting the age-old adage that beauty is much more than just skin deep, it is a quality within. It is a feeling.

At ila we walk a very different pathway; to be luminously ourselves, to enjoy a harmony between mind, body, and spirit and to live in a state of grace.





# FACIAL THERAPIES

## ANANDA

Nourishing - Hydrating - Rejuvenating

For stressed and exhausted skin

Using ila's Glowing Radiance Collection, this divine therapy begins with an aloe vera and pomegranate cleanse and a gentle blackcurrant and honey exfoliation to the face, followed by powerful damascena rose otto and sandalwood oils to stimulate energy to skin cells.

Specialised marma massage techniques restore natural luminance, whilst a green clay mask reduces inflammation. Skin glows with radiance and a sense of peace pervades the body.

— 60 min R3400

## RENEWED RECOVERY

Firming - Balancing - Renewing

For hormone imbalance, city living and jet lag

Using ila's Renewed Recovery Collection, this restorative face therapy draws on intensely healing rainforest extracts to rejuvenate skin cells. Lymphatic drainage techniques, warm herbal poultices and an Amazonian mud mask, encourage toxin release, reduce water retention, increase blood supply and boost collagen production. Skin tone is brightened and muscle contraction is inhibited, softening fine lines and wrinkles.

— 60 min R3400

## CBD REJUVENATE

Calming - Tension release - Brightening - Hydrating - Anti-aging

For dull and tired skin

This enlightening facial introduces active CBD into the skin to calm inflammation and fortify the skin whilst soothing anxiety and relaxing the nervous system.

CBD is supported by further botanical extracts to amplify the rejuvenation effects and three types of gold to infuse the skin with new energy. A unique 'nerve point therapy' massage technique is used to smooth out facial nerves releasing tension and stress within the face, leaving the complexion brighter and spirit lighter.

— 75 min R4400

# MASSAGE THERAPIES

## KUNDALINI BACK TREATMENT

Soothing - Grounding

For exhaustion, stress and chronic fatigue

Ideal for emotionally exhausted souls, this nurturing treatment has an extraordinary restorative effect on the sympathetic and parasympathetic nervous systems. Ancient marma therapy and warm herbal poultices are massaged into the back of the body, whilst sound healing and chakra balancing lift away your tension. Energy is released from the base of the spine, negativity is dissolved and the body is brought back to a state of balance.

— 60 min R3400

## DEEP THERAPEUTIC MASSAGE

For muscular fatigue and joint pain, computer shoulders and deep rest

A firm, effective full-body massage with Shiatsu stretches along with rhythmic, hypnotic pressure points that work together to release deeply-held patterns of tension and pacify your mind.

The whole experience has been lovingly designed to be both remedial and relaxing: ideal for anyone needing a strong release of physical tension from the body.

— 60 min R3400 • 90 min R5150

## PRANA VITALITY MASSAGE

Energy Boosting - Detoxifying - Positive Mood Enhance

For low energy and sluggish circulation

This revitalising full body massage helps release toxins, reduce fatigue and restore physical and mental strength. Invigorating massage and marma therapy with energy-enhancing essential oils of juniper berry, geranium, lemongrass and patchouli leave mind, body and spirit sparkling with vitality.

— 60 min R3400

## CBD BODY BALANCE MASSAGE

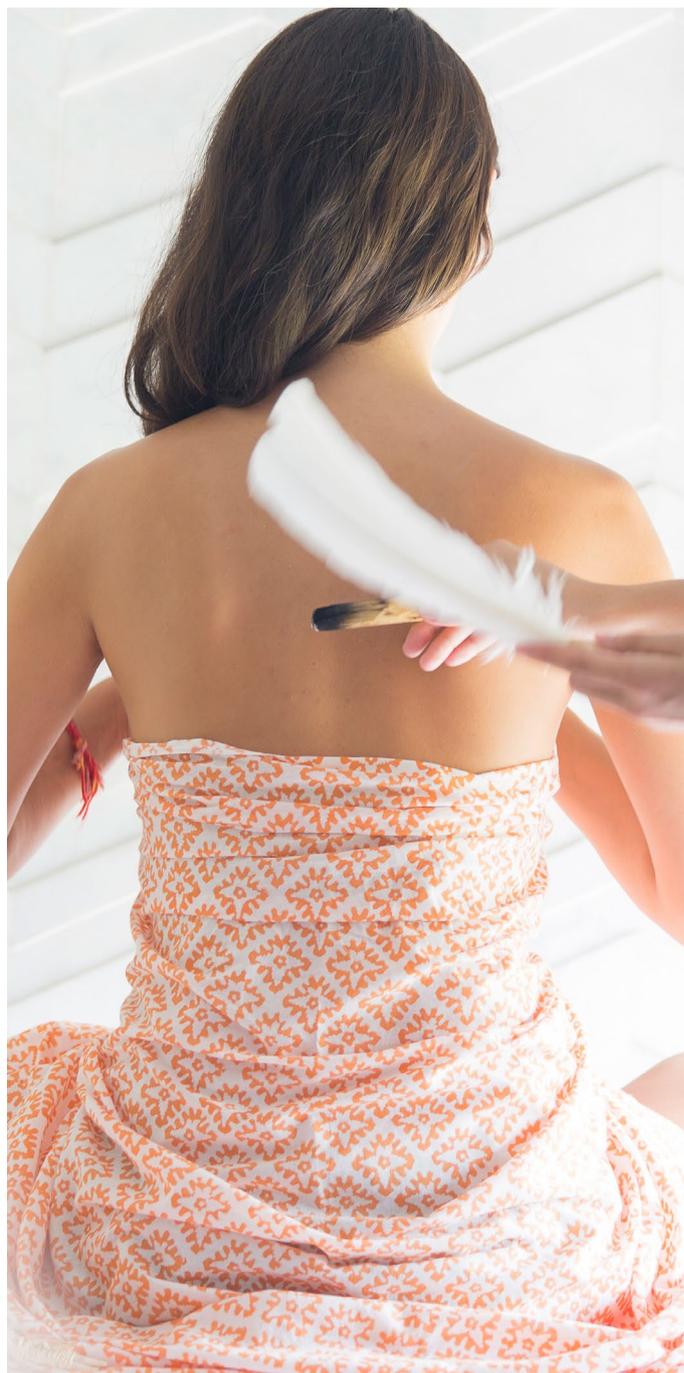
Harmony - Balance - Relaxation

For deep peace and renewal

Using powerfully infused CBD and herbal oils, this Ancient marma therapy massage with warm herbal poultices is exceptionally calming and balancing for the whole body whilst helping to relieve aches and pains.

Beginning with the back of the body to soothe and calm the entire nervous system, and concluding with soothing chest and abdomen massage (arms if preferred) you will be deeply relaxed before a beautifully grounding foot massage gently brings you back down to Earth feeling calmer, fresher and connected.

— 60 min R3400



# SCRUBS AND WRAPS

## ENERGISING AND DETOXIFYING BODY RENEWAL

Toning - Illuminates skin - Cleansing

For exhaustion and combatting cellulite

Using the ionising properties of Himalayan salt crystals, this body renewal is subtly massaged into the skin resulting in rapid exfoliation and the elimination of toxins and tension.

On a subtle level, it cleanses and strengthens the bio-energy fields leaving mind, body and spirits uplifted.

— 60 min R3400

## BLISSFUL BODY RENEWAL

Nourishing - Illuminates skin - Restorative

For depletion and fatigue

Drawing on the healing properties of Himalayan salt crystals, this heavenly body scrub nourishes both physical and emotional wellbeing – ideal for when special pampering is required. Pure essential oils of damascena rose otto, jasmine and sandalwood works directly with the sensory organs to settle the nervous system and revive stressed or neglected cells. Skin is left glowing with health and a sense of joy is restored.

— 60 min R3650

## BODY WRAP FOR BIO-ENERGISING

Detoxifying - Cleansing - Energising

For sluggish and tired body and mind

In this deeply rejuvenating treatment, an energising and detoxifying scrub is intensified by the addition of a mud wrap, drawing deeper toxins from the cells. Revitalising the skin and lymphatic system, the wrap physically detoxifies and cleanses the body – removing waste products, re-energising and softening skin. On a subtle level, it can also promote profound healing in the energy body.

— 90 min R5150

## PEARL AND JASMINE SCRUB WITH AMETHYST WRAP

Restoring nervous system - Reconnection - Radiance

- Life's transitions

Fatigue and energy depletion is one of the biggest afflictions plaguing today's 24/7 societies. This amazing pearl and jasmine Himalayan salt crystal scrub has the immediate effect of restoring vitality and energy levels, mental clarity, wellbeing and strength. The ensuing amethyst gel body wrap relaxes and balances the nervous system, stimulating circulation, regeneration of skin cells and cell growth.

— 90 min R5400



# ILA EXPERIENCES

## ILA CHAKRA WELLBEING

The ultimate ritual for restoring mind, body and soul

As exquisite as it is holistic, this bespoke treatment – tailored to the needs of each individual – works on the muscles, lymph and nervous system as a whole.

Based around seven blends of chakra-balancing essential oils, each unique ritual involves deep relaxation of the nervous system, sensuous lymphatic drainage, subtle healing of the chakras and the pouring of warm oil over the third eye to restore and relax every sense.

— 120 min R6800

## CBD RITUAL

Harmony - Balance - Brightening

A restorative face and body treatment to reduce fatigue and instil deep calm and harmony within.

A specialist Marma-point massage on the back of the body releases tension and loosens up the body. The enlightening facial introduces active CBD into the face and neck to calm inflammation and fortify the skin whilst soothing anxiety and relaxing the nervous system.

A unique 'nerve point therapy' massage technique is used to smooth out facial nerves releasing tension and stress within the face, leaving the complexion brighter and spirit lighter.

Emerge feeling serene, calm and collected.

— 120 min R6200

## COUPLES CONNECT

Reconnection - Love - Happiness

Designed for couples to experience together, this sensual ritual helps calm the nervous system and promote reconnection on a physical, emotional and spiritual level.

Focusing on the heart, sacral and crown chakras, it draws on the strength of three exquisite oils – rose (the flower of love), orange blossom (the flower of bliss) and jasmine (the flower of uniting love). Chakra healing and the pouring of warm oil over the third eye encourage a beautiful union of body, mind and soul.

— 120 min R11000

# ILA EXPRESS TREATMENTS

## ILA EXPRESS BLISS FACE THERAPY

This treatment uses delicate techniques to open the energy centres of the face, working with the body's blissful higher energy to induce feelings of deep peace and beautifully glowing skin. A perfect quick-fix for dehydrated and tired skin.

— 30 min R2300

## ILA INSTANTLY DETOXIFYING SCRUB

This energising full-body scrub targets cellulite, stress and exhaustion. Drawing on the ionising properties of Himalayan Salt Crystals, it stimulates circulation and toxin elimination, uplifting mind, body and spirits.

— 30 min R2500

## ILA IMPECCABLY PERFECT HANDS

Release tension from the hands and restore a noticeably younger, smoother appearance with this blissful combination of scrub, rose balm, marma massage and hydrating rose quartz gel mask.

Treatment ritual- Exfoliation and soak, massage, marma therapy, gel mask, cream application.

— 30 min R760

## ILA BACK AND SHOULDER RECOVERY

Using a unique blend of five elements oil, this Tibetan-style massage combines gentle cupping and kneading to stimulate the flow of energy along the spine and strengthen the nervous system.

— 30 min R2500

## ILA SCALP AND HEAD REVIVER

Combining scrub, mask and acupressure, this invigorating and restorative treatment relieves tension in the head and neck whilst nourishing the hair and hair follicles with vital minerals and oils.

— 30 min R1850

## ILA FLAWLESS FEET TREAT

A relaxing and energising treat for flawless feet, comprising an Energising and Detoxifying scrub to smooth, marma massage and foot mask to stimulate, and vital energy cream to soften. Perfect for jetlag. Treatment ritual - Exfoliation and soak, massage, marma therapy, mud mask, cream application.

— 30 min R1450

# STEENBERG SIGNATURE SPA PACKAGES

A selection of Steenberg Spa's offerings that reflect our holistic approach to your wellbeing.

These therapies restore harmony and an energised sense of being.

## DRIFT AWAY

Release tension from your mind, body, and soul and relish in an Exfoliating Body Polish of your choice, followed by a balm-infused signature Hot Stone Massage and Scalp Ritual to leave your skin feeling refined and alive. Drift away as you enjoy your Scalp Ritual and Pressure Point Foot Massage.

— 2 hrs R2000

## SOULFUL DECADENCE

Embark on your journey of pure decadence with a signature energising massage of your choice. End your blissful experience with a bespoke facial, scalp ritual, and pressure point foot massage.

— 2 hrs R2950

## SCENTED BLISS

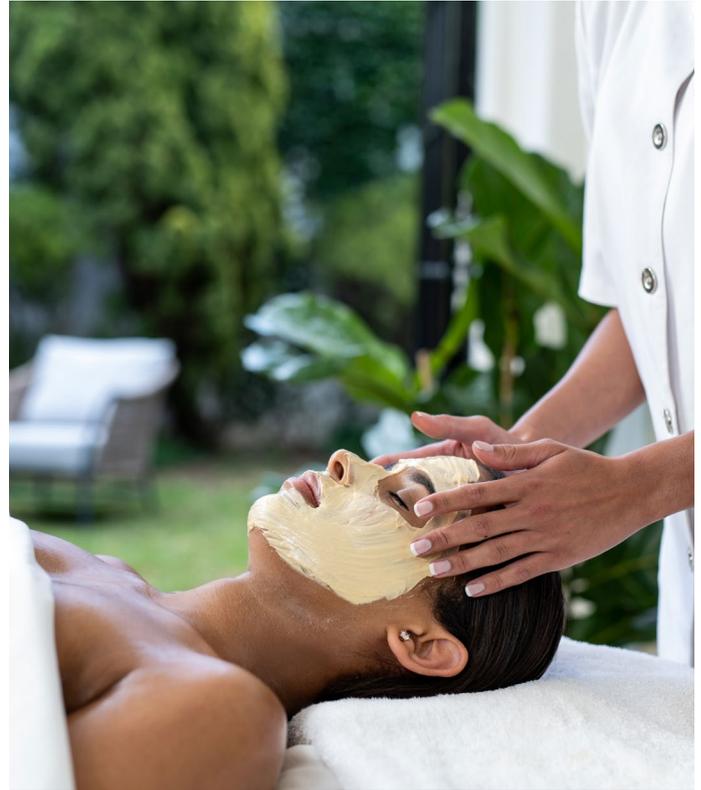
Soak up the sounds and scents of nature with a side-by-side Bespoke Herbal Oil Massage, Pressure Point Foot Massage and Scalp Ritual in our Scented Garden. To round off your al fresco treatment, refresh with a dip in the pool while sipping a glass of Steenberg 1682 Chardonnay Cap Classique.

— 60 min R2800 per couple • 90 min R3400 per couple

## BEING IN BALANCE

When you need the best of both worlds, begin with an Exfoliating Body Polish and Signature Massage, Pressure Point Foot Massage followed by your Bespoke Facial and Scalp Ritual, leaving your skin feeling revitalised and refreshed. Complete your experience with a flavourful light lunch.

— 2.5 hrs R3500



## BLOOMING MARVELOUS

Realign your body's natural balance with our half-day package to re-energise and re-invigorate your senses. Begin your journey with a Signature Massage, anti-ageing Bespoke Facial, Pressure Point Foot Massage, and Scalp Ritual, followed by a luxurious manicure or pedicure. End your restorative journey with a delectable light lunch.

— 5.5 hrs R4400

## MIND BODY AND SOUL

Start your full day journey with an Exfoliating Body Scrub and a beautifully cocooned Wrap. Release all the essential oils by enjoying a steaming shower followed by a Sleep Therapy Massage, Bespoke Facial and Scalp Massage, and Pressure Point Massage. End your treatment with a luxurious manicure and pedicure. Included is a two-course seasonal lunch.

— 8 hrs R6500

## CELEBRATIONS

Whether you are celebrating a special occasion or just in need of some downtime, we have a custom package to meet your needs. Choose from the options below:

— 1.5 hrs R1500

### Any 3 of the following

Back Massage  
Scalp Massage  
Express Manicure  
Express Pedicure

OR

### Any 2 of the following (45min)

Express Facial  
Back Massage  
Pressure Point Foot Massage  
Indian Head Massage

\*Minimum of 3 guests

## PURE HARMONY

This rejuvenating package will have you glowing and renewed with a Body Polish and Wrap whilst creating a radiant glow followed by a Sleep Therapy Massage, Pressure Point Foot Massage, and Scalp Ritual.

— 3 hrs R2800

## MEN'S JOURNEY TO RESTORATION

Take time out from the hustle-bustle of daily life and enjoy our Signature Deep Tissue Massage followed by an energising Facial, Scalp, and Foot Ritual leaving you feeling revitalised. End your treatment with our delectable seasonal two-course lunch.

— 3 hrs R2700

## MOTHER TO BE

This pampering package is perfect for spoiling moms-to-be. Rebalance your body with a soothing new arrival massage designed to ease physical strains on the body, allowing mom a restful escape, followed by a restorative Activator Facial and energising Foot and Scalp Ritual. Conclude your day of self-care with a nourishing light lunch.

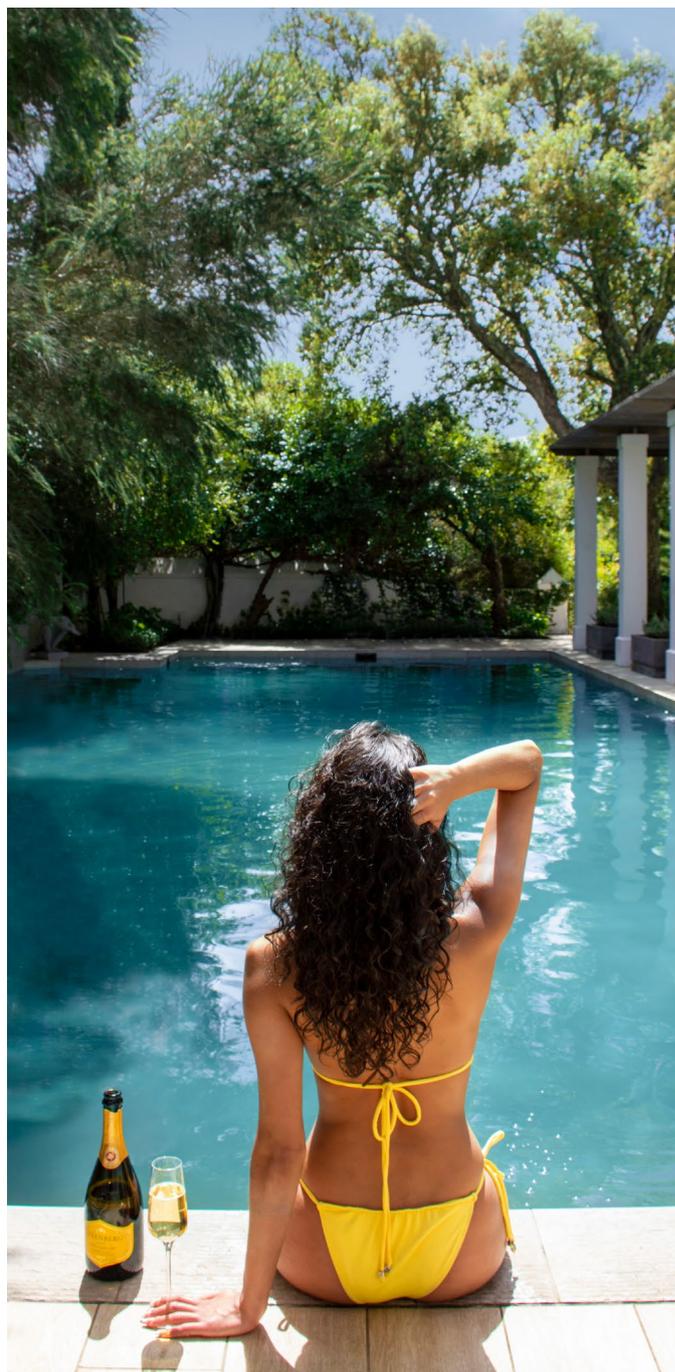
— 4 hrs R3700

## ROMANTIC ESCAPE

Escape to a harmonious dimension and restore your couple's unity. Relax and unwind with a luxurious couple's massage followed by a 3-course dinner.

— 60 min R3400 per couple

\*All Spa packages include leisure time at The Pool House.



## PERSONALISED SPA GROUP

Create your ideal spa group experience by selecting your favourite treatments to personalise your wellness journey.

**120 minute Spa Package**

R3300 per person

**180 minute Spa Package**

R4700 per person

**30 minute options:**

Pressure Point Foot Massage

Indian Head Massage

Back, Neck and Shoulder Massage

Express Manicure

Express Pedicure

**60 minute options:**

Holistic Touch Massage

Cupping Massage

Deep Tissue Massage

Deep Cleanse Facial

Classic Manicure

Classic Pedicure

Each package includes leisure time at the Pool House. End off with a delicious 2-course seasonal lunch at Tryn whilst sipping on a glass of Steenberg Cap Classique.



## WEDDING PACKAGES

### ETERNAL LOVE ENSEMBLE BRIDE TO BE

Full Body Exfoliation

60 minute Magnesium Majic Massage

Pure Oxygen Facial

Gel Polish Manicure

Gel Polish Pedicure

— R5500

### MAN OF THE MOMENT

60 minute Deep Tissue Massage

Urban Repair Facial

Gentlemen's Manicure and Pedicure

— R3700

### COUPLE'S SCENTED BLISS

Couple's Holistic Touch Massage in the Scented Garden.

Includes a bottle of Steenberg 1682 Chardonnay Cap Classique.

— 60 min R2800 per couple • 90 min R3400 per couple

### BRIDAL BLISS – BACHELORETTE BASH

30 minute Back, Neck and Shoulder Massage

Activator Facial

Classic Gel Polish Manicure

Classic Gel Polish Pedicure

R3900 per person

In-room services available on request at an additional cost of R500.

# MASSAGES

Whether you need a gentle detox, a deep tissue or rebalancing ritual, we have the ideal massage for you.

## INDIAN HEAD MASSAGE

This treatment is based on old Ayurvedic techniques, involving massage movements on the upper back, shoulders, neck, scalp and face. Reducing stress and increasing mental clarity, this treatment relaxes and rejuvenates the body, mind and soul.

— 45 min R700 • Add a hot oil hair and scalp treatment R200

## PRESSURE POINT FOOT MASSAGE

A focussed pressure point foot massage technique that boosts the immune system, relaxes the body and restores energy.

— 45 min R600

## MERIDIAN APPRAISE SCALP AND FOOT MASSAGE

A balancing massage treatment helping to relax, relieve tension in the scalp, legs and feet as well as working on calming and relaxing pressure points to help restore energy balance.

— 60 min R760

## BACK, NECK AND SHOULDER MASSAGE

Targeted massage to release tension and restore equilibrium.

(Upgrade to a specialised back massage at additional cost of R150).

— 45 min R760 • 60 min R960

## HOLISTIC TOUCH MASSAGE

Our signature Swedish style massage allows you the opportunity to customize your treatment, by selecting your massage oils and areas that are focused on.

— 60 min R1100 • 90 min R1400

## CLASSIC DEEP TISSUE MASSAGE

A firm pressure massage that concentrates on the deeper layers to target stiff and tired muscles.

— 60 min R1300 • 90 min R1600

## MAGNESIUM MAGIC

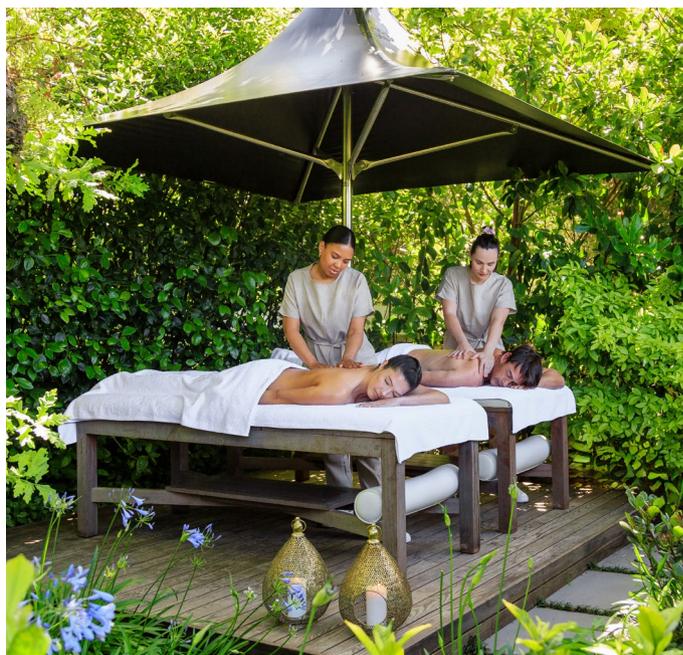
Re-energise the body while treating symptoms of insomnia, pain and fatigue. Our luxurious magnesium therapy induces a state of calm and promises a good night's sleep.

— 60 min R1300 • 90 min R1600

## NEW ARRIVAL MASSAGE

A tailor made, relaxing full body massage using our safe but effective pre-natal techniques. Includes a superb leg wrap to help with water retention. Available in your second and third trimester.

— 60 min R1300 • 90 min R1600



## BELLABACI SIGNATURE MASSAGE

A tailor made experience of cupping techniques designed to relax your mind, body and soul. Enhances circulations and eliminates toxins whilst relieving tension.

— 60 min R1300 • 90 min R1600

## HOT STONE MASSAGE THERAPY

A specialist massage technique using smooth heated basalt stones which help to alleviate pain and eases tense muscles.

— 60 min R1300 • 90 min R1600

## BREATH OF LIFE MASSAGE

A deep tissue sports massage which includes specialised stretching techniques and focuses on enhancing circulation, flexibility, increasing tissue elasticity and reducing muscle tension.

— 90 min R1700

Massage treatment upgrades: R200

Personalise your massage with one of the following massage upgrades:

Hot stones | Bellabaci cupping

Choose to experience your massage in our scented garden  
R200 per person (Please note this option is weather dependant)

# CELEBRATE YOUR EXPRESSION

QMS Medicosmetics are targeted and proven treatments that transform your skin delivering immediate and long-term results. Founded by doctors and grounded in science.

*Discuss the option of treatment enhancements with your therapist*

## QMS FACIALS

### QMS PURE OXYGEN FACIAL

This highly rejuvenating facial encourages circulation and stimulates cell renewal, by using high concentrations of collagen and QMS Oxygen Machine.

— 75 min R1700

### QMS COLLAGEN RECOVERY FACIAL

An advanced anti-aging treatment featuring QMS Medicosmetics, high-grade, natural soluble collagens combined with pioneering exfoliating technology. This will restore, rejuvenate and revitalise.

— 75 min R2300

### QMS ACTIVATOR FACIAL

Based on QMS innovative activation techniques, this energising treatment regenerates and refuels the skin through the supply of active ingredients leaving it firm, fresh and glowing. The perfect post-flight treatment.

— 60 min R1300

### QMS URBAN REPAIR

Facial treatment to target the damaging effect of daily pollutants on the skin. Restore your skin's natural wellness with radiance, brightening and glow!

— 60 min R1300

### QMS DEEP CLEANSE FACIAL

An intensely purifying facial to remove impurities and dead skin cells, restore natural balance and boost moisture levels through the use of the QMS signature soothing and hydrating algae mask.

— 60 min R1200

### QMS NEO-TISSUE DERMIE FACIAL

Styled to combat the signs of ageing, this firming and toning treatment is especially beneficial for more mature skin.

— 75 min R1900



### QMS COLLAGEN RENEWAL FACIAL

Restores and revitalises the complexion whilst improving moisture levels. Skin is left firmer, fine lines reduced and texture is improved.

— 60 min R1500

### QMS SK-ALPHA FACIAL

An Intensely stimulating facial using a thermal-active revitalising mask to stimulate microcirculation giving an instant boost and leaving the skin visibly smoother. For skin with sluggish circulation.

— 60 min R1300

### QMS PIGMENT CORRECTOR FACIAL

This facial effectively treats age and dark spots, brightens the skin and helps prevent the formation of further hyperpigmentation.

Highly recommended as a 3 month course with home use of Skin Tone light.

— 75 min R2100

### QMS SENSITIVE SKIN REPAIR

Soothes, calms and reduces sensitivity and inflammation without causing further irritation.

— 60 min R1300

### QMS SKIN CELL RENEWAL

A luxurious hydrating facial that refuels and energises the skin using innovative activation techniques which increase the supply of active ingredients to revitalise the skin. Uses advanced stem cell technology to enhance product absorption while calming and soothing the skin. Provides instant vitality for jet-lagged and tired skin.

— 75 min R1500

### QMS EPIGEN ANTI-STRESS TREATMENT

Supporting the body's own detox system by activating the lymph, this treatment combines manual and QMS formulated products to stimulate and help the skin recover from the effect of cortisol, our stress hormone, on the skin. This treatment leaves you feeling refreshed and renewed from the daily aspects that can cause the skin to become dull and tired.

— 75 min R1800

### QMS LOVE THE SKIN YOUR BABY IS IN

Combines the benefits of intensely moisturizing and energizing facial with a relaxation massage of the arms, neck and shoulders in order to release tensions. Helps to maintain wellbeing and vitality of the skin throughout pregnancy.

— 60 min R1400

## TREATMENT ENHANCEMENTS

### QMS OXYGEN MACHINE

This gentle and non-invasive treatment helps detox the skin from environmental pollutants which encourages collagen production, a decrease in acne scarring as well as reducing the appearance of pigmentation, fine lines and wrinkles.

— 15 min R400

### QMS EYE RECOVERY TREATMENT

To lift tired and puffy eyes and rejuvenate the delicate eye area with intense hydration to nourish, refresh and smooth.

— 15 min R400

### QMS LIP ZONE REPAIR

Combining the revolutionary action of the Lip Line Corrector to treat the fine lines and wrinkles of the upper lip zone with Intensive hydration.

— 15 min R400

### HIGH FREQUENCY

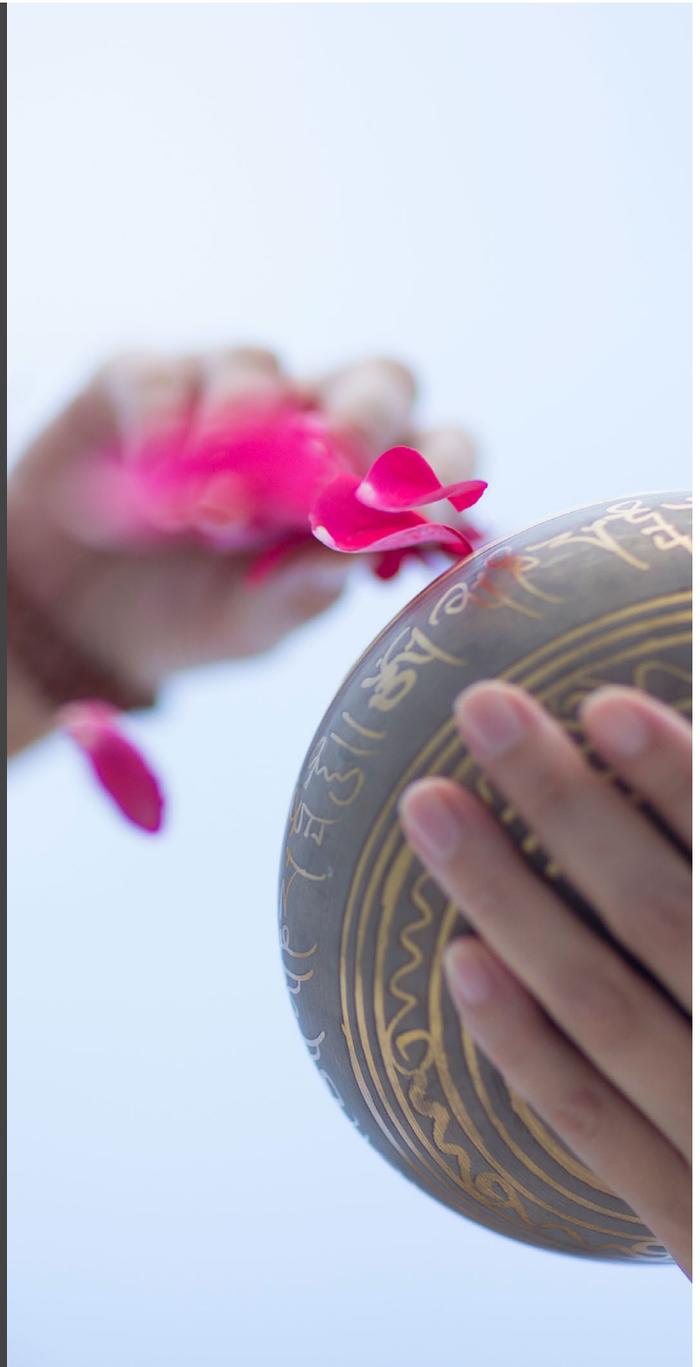
Helps treat and prevent stubborn acne, shrink enlarged pores, reduce the appearance of fine lines and wrinkles, decongest puffy eyes and fade dark eye circles. This treatment cleanses, increases blood circulation, hydrates and tones and thus improves the skin's overall appearance.

— 15 min R250

### QMS-HAND RECOVERY

Hands will look younger and feel smoother with this intensive exfoliating and moisturising treatment. This treatment can be adapted to target excess pigmentation marks.

— 15 min R350



# Margaret Dabbs®

LONDON

Margaret Dabbs™ London is the globally recognised British Beauty Brand created by Margaret Dabbs OBE that fuses the best of medical science with the best of beauty, to produce a unique and unrivalled range of hugely effective, credible yet luxurious Spa and Clinic Treatments and Retail and Professional beauty products for Feet, Hands and Legs.



## NAIL & SPA TREATMENTS

### PEDICURES

Margaret Dabbs™ London – the leading name for foot products which beautify as well as effectively treat the skin of the feet. Outstanding formulations give you “new feet” and deliver that “Walking on Air” experience that you will only ever get from a Margaret Dabbs™ London foot treatment.

#### PURE GOLD LUXURY PEDICURE

Our advanced luxury vegan friendly pedicure with expert treatment techniques indulging the feet and hands in PURE luxury. Performed on dry skin with advanced expert techniques to medical standards with the indulgent scent of Bergamot and Petitgrain. A treatment balm mask is smoothed onto the feet and covered with the luxury hemp socks and The PURE colloidal Gold Elixir is indulgently massaged into the hands, feet, and legs, leaving the skin with a luminous golden glow. Indulge with a relaxing PURE Hand Mask and Luxury Treatment Gloves whilst the pedicure is being performed. The most opulent Spa Pedicure yet.

— 70 min R1350

#### SUPREME PEDICURE WITH MASSAGE

Luxury Supreme Pedicure is an outstanding treatment which transforms the feet. Performed on dry skin with expert techniques to medical standards of hygiene utilising sterilised, single-use tools created by Margaret Dabbs™ London to provide optimum results for men and women alike. The results driven branded products and tools, along with the expert treatment protocols, transform the skin of the feet and the condition of the toenails, including hard skin removal. The feet are bathed with the signature aromas of lemon myrtle scented foot soak, and exfoliated with a pumice and tea tree Exfoliating Foot Scrub. This is followed by an intensive and revitalising foot massage with deeply hydrating and soothing Intensive Treatment Foot Oil and Intensive Hydrating Foot Lotion where you will be immersed into a new world of pure relaxation. Feet are left looking renewed and younger, soft, silky, illuminated, and light. Can be followed by a toenail paint.

— 60 min R800

### **PURE SUPREME PEDICURE**

Performed on dry skin and utilising sterilised professional tools created by Margaret Dabbs, giving exceptional results. Our outstanding luxury pedicure treatment focuses on foot health and returns the foot and toenails back to a more youthful appearance. Extra attention is given to the skin with foot filling and hard skin removal and provides long lasting treatment results. Using the full range of Margaret Dabbs™ London PURE Feet; our vegan friendly range of foot products are enriched with powerful active botanicals and natural plant extracts, scented with gorgeous Bergamot and Petitgrain and formulated to transform the way your feet both look and feel. Finish with a nail polish if you wish to add some colour.

— 60 min R950

### **THE LUXURIOUS FOOT AND LOWER LEG MASSAGE**

A luxurious, toning leg and foot pampering massage which utilises the Margaret Dabbs™ London Firming Leg Serum and Intensive Hydrating Foot Lotion for instant treatment results. The serum's instant cooling effect will leave your legs feeling lighter, refined, and streamlined, and the delightful foot massage will relieve and refresh over-tired, overworked feet and leave you walking on air. Can also be added on to any other treatment.

— 30 min R600

### **THE FOOT MASSAGE**

A relaxing treat, enjoy a stress relieving, foot pampering massage, guaranteed to refresh overtired, overworked feet. Using the Intensive Hydrating Foot Lotion to leave you walking on air.

— 20 min R450

### **DETOX FOOT BATH WITH EXFOLIATION AND MASSAGE**

Add a Detox Bath to your treatment for another layer of relaxation and deliver immediate relief to inflamed, aching, tired feet, and ankles. Finishing with a stress relieving, foot pampering massage to the lower legs, ankles, and feet.

— 45 min R800

### **BLACK LEG MASQUE WITH FIRMING LEG SERUM MASSAGE**

Designed to relieve the feeling of heavy legs. Working to help stimulate the circulation, as well as soothing, firming, and cooling the skin. Perfect for tired, swollen, or fatigued legs. The black leg masque works to help the feet and ankles feeling lighter, sleeker, and more comfortable. Followed by a lymphatic drainage massage with the Firming leg serum. For instant results, this treatment can be added onto any pedicure.

— 25 min R600

### **YELLOW LEG MASQUE WITH TONING LEG SCRUB**

A luxurious add on treatment created to illuminate, revive, and refine the appearance of the lower legs, ankles, and feet. First the feet and lower legs are exfoliated with the Toning leg Scrub follow by the application of the Yellow leg Masque to improve circulation and give an instant glowing complexion to the legs. The deeply hydrating Yellow Leg Masque instantly warms the feet and legs whilst the masque works to brighten, nourish, and regenerate the skin.

— 25 min R600



## MANICURES

Margaret Dabbs™ London – anti-ageing hand range has been expertly formulated to give you healthy and more youthful hands. Utilising plant extracts such as Hempseed and Seaweed to boost & maintain the moisture levels, collagen, and elasticity of the skin, with anti-inflammatory properties and scented with geranium and mandarin.

### SUPREME MANICURE WITH TREATMENT GLOVES

Unique, anti-ageing expert manicure treatment, with Pure Hand Mask and Luxury Treatment Gloves. Giving long lasting results and deep hydration, with the indulgence of the full range of Margaret Dabbs™ London Fabulous Hands professionally formulated products, scented with geranium and mandarin. Performed on dry skin with expert techniques to medical standards of hygiene the manicure finishes with a beautiful creamy scrub and a relaxing hand and lower arm massage. Simply the best, most thorough manicure you can find.  
— 50 min R850

### PURE SUPREME MANICURE WITH TREATMENT GLOVES

Our unique anti-ageing expert manicure treatment gives exceptional treatment results, with a focus on treating nails and cuticles and uses our award-winning Margaret Dabbs™ London PURE Hands product range. Including results-driven vegan PURE Nourishing Hand Lotion, PURE Overnight Hand Treatment Mask and PURE Exfoliating Hand Scrub that instantly brightens dull, dry, skin in minutes. Formulated with concentrated, cruelty-free active botanicals and natural plant extracts and the delectable scent of Bergamot and Petitgrain. Our powerful vegan hand products are exactly what you need to soothe, hydrate, and nourish the skin of the hands. The manicure is finished with a delightful lower arm and hand massage and with your choice of nail polish. Simply the best manicure you can find.  
— 50 min R750

### ANTI-AGEING HAND THERAPY

A Margaret Dabbs™ London Facial for the Hands. This anti-ageing treatment avoids any nail or cuticle work but focuses on the skin of the hands. Combining a double cleanse to start, followed by a creamy exfoliation, the powerful Hand Mask followed by serum, oil, and a cream massage to plump, rejuvenate, brighten, and hydrate the hands. A perfect treatment to have between manicures to visibly improve the appearance and comfort of the hands whilst repairing and protecting the skin.  
— 25 min R800



## LUXURY ADD-ON SERVICE

### SCALP, SHOULDER, AND UPPER ARM MASSAGE

Add a scalp, shoulder, and upper arm massage to any Margaret Dabbs™ London treatment. This dry massage includes a tension relieving scalp massage, relaxing neck and shoulder massage that works on the upper arms too. Compliment your manicure or pedicure with this relaxing upgrade.  
— 20 min R400

### HAND AND ARM MASSAGE

A relaxing treat, enjoy an anti-ageing, hand pampering massage, guaranteed to refresh hard working hands. Using the Intensive Hydrating Hand Lotion to leave your hands feeling relaxed and tension free, soft, and smooth.  
— 20 min R600

### PURE OVERNIGHT HAND MASK AND TREATMENT GLOVES ADD ON

With Buriti Oil, Turmeric, White Water-Lily and Calendula, this vegan-friendly Hand Mask will instantly reduce the visible signs of lines and wrinkles of the skin on the back of the hands, giving you younger-looking hands. The treatment mask will be gently applied over the backs of your hands and enveloped with the soft, silky bamboo and hemp gloves to allow the gentle, rose and lemon scented formulation to absorb and treat the skin of the hands.  
— 10 min R300

## LEG THERAPIES

Leg Therapies by Margaret Dabbs™ London have medical and beauty benefits and contain key ingredients of Legance™ and V-Tonic complex focusing on targeting cellulite, reducing water retention, venous de-congestion and foot and lower leg swelling whilst at the same time transforming legs leaving them feeling smooth, visibly more slender, silky, and light.

### ILLUMINATING & REFINING YELLOW LEG MASQUE TREATMENT

A luxurious treatment created to illuminate, brighten, revive, and refine the appearance of the legs whilst also working to improve circulation, cellulite, and skin complexion. The Yellow Leg Masque illuminates the skin, helps to alleviate venous decongestion, evens out the complexion and deeply hydrates the skin. Finishing with the Refining Glow Leg Spray with V-Tonic Complex to aid circulation which acts as a venous decongestant and vasoconstrictor, and Argan Oil and Sweet Almond Oil, both rich in vitamins and essential fatty acids. Legs are left radiant and bright with firmness and tone improved.

— 60 min R1200

### RELIEVING & TONING BLACK LEG MASQUE TREATMENT

This outstanding, time-reactive Black Leg Masque Treatment is designed to relieve the feeling of heavy, tired, and uncomfortable legs. It works to help stimulate circulation and reduce water retention, whilst providing a cooling sensation to soothe puffy, swollen, or fatigued legs. The products contain the key ingredients of Legance™ to help reduce water retention and refine the adipose tissue and V-Tonic Complex to aid circulation and act as a venous decongestant and vasoconstrictor. Legs are left feeling energised and looking beautifully contoured with lasting results. Intensive and revitalising Foot Massage where you will be immersed into a new world of pure relaxation. Feet are left looking renewed, younger, soft, silky, illuminated, and light.

— 70 min R1350

### LOWER LEG BLACK MASQUE TREATMENT

Designed to relieve the feeling of heavy legs. It works to help stimulate the circulation, as well as soothing, firming, and cooling the skin and lightening the legs with lymphatic drainage massage. Perfect for tired, swollen, or fatigued legs. This fabulous treatment leaves your legs feeling lighter, sleeker, and more comfortable. For instant results this treatment can be added onto any pedicure.

— 45 min R1000

## FINISHING TOUCHES

### HANDS AND FEET ENHANCEMENTS

- French Polish (15 min R90)
- Gel Polish (15 min R170)
- Gel Soak Off (30 min R130)
- MediHeel Peel (15 min R200)

### WAXING

Our Cirepil by Perron Rigot award-winning wax is gentle on your skin and highly effective.

|                        |             |
|------------------------|-------------|
| Lip/Brow/Chin/Nose/Ear | 10 min R120 |
| Underarms              | 15 min R170 |
| Half Arm               | 30 min R230 |
| Full Arm               | 45 min R280 |
| Half Leg               | 30 min R320 |
| ¾ Leg                  | 45 min R320 |
| Full Leg               | 45 min R380 |
| Bikini                 | 15 min R230 |
| G-String               | 30 min R280 |
| Brazilian              | 30 min R350 |
| Hollywood              | 30 min R390 |
| Full Chest or Back     | 45 min R450 |

### THREADING

|                   |             |
|-------------------|-------------|
| Lip / Brow / Chin | 15 min R130 |
| Full Face         | 30 min R360 |

### TINTING

For added depth and colour to your eyes and definition to your face.

|               |             |
|---------------|-------------|
| Lash or Brow  | 15 min R110 |
| Brow and Lash | 20 min R170 |

# TWEENS MENU

*(6–11 years old)*

## SPARKLE MANI AND PEDI

A shimmery water soak, massage and polish application.  
— 60 min R550

## COOCO BOO MINI FACIAL

A gentle facial cleanse, tone, massage and mask.  
— 30 min R500

## LIL'BEE BACK MASSAGE

A relaxing back massage to revive the senses.  
— 30 min R400

## SLEEPY SHEEP SCALP AND FOOT MASSAGE

An invigorating and soothing scalp and foot massage.  
— 30 min R500



# TEENS MENU

*(12–17 years old)*

## PORE PERFECTING FACIAL

Cleanse and reduce the appearance of facial pores with a gentle cleanse and exfoliation, facial steam, light extractions, and a calming mask.  
— 60 min R890

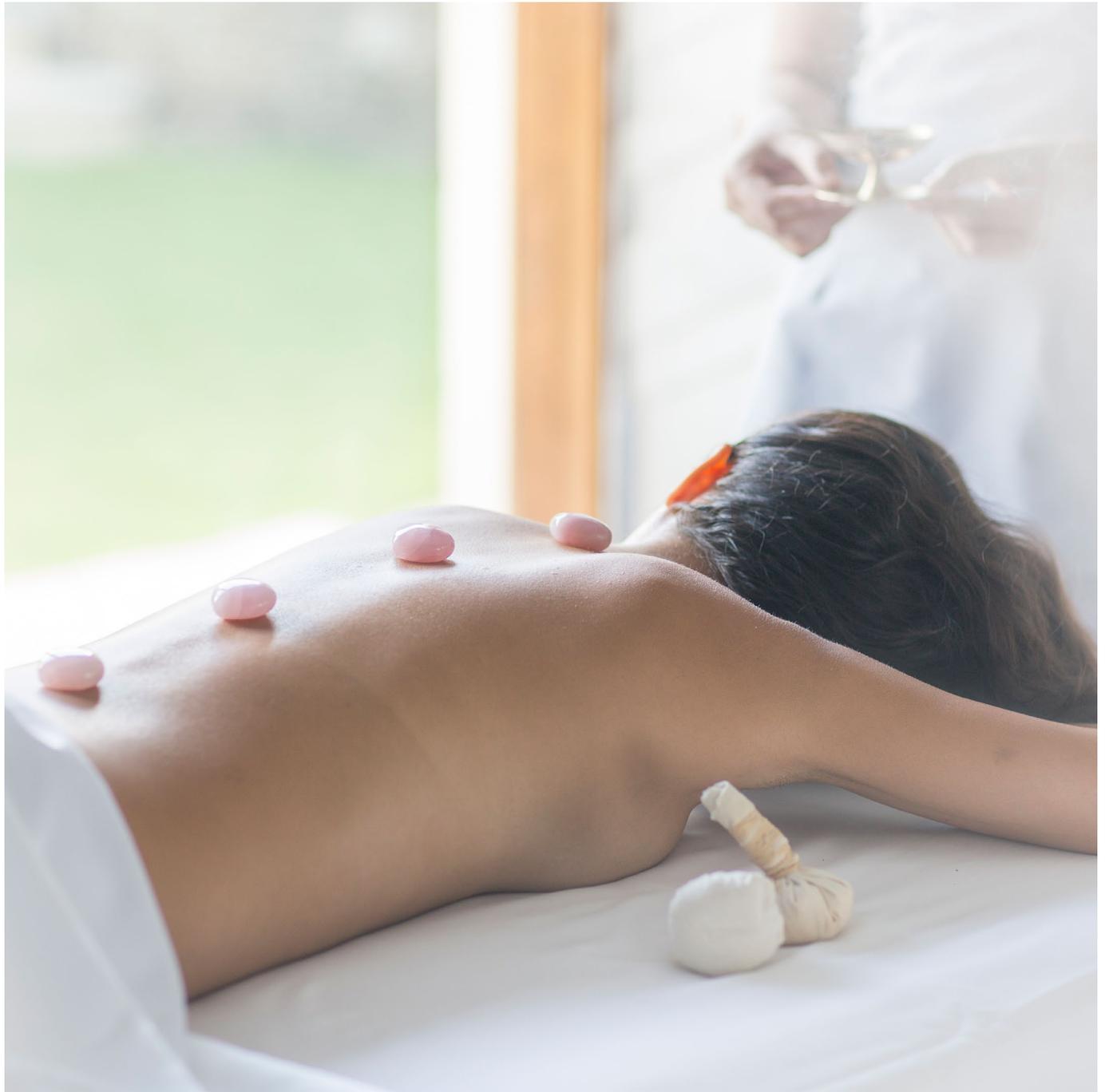
## TENSION RELEASE MASSAGE

A tension reducing massage focusing on your specific areas of concern.  
— 45 min R690

## MANICURE OR PEDICURE

Considered nail care which includes exfoliation, massage and a polish application.  
— 45 min R460

\*All Tweens and Teens treatments are offered as group bookings.





Margaret  
Dabbs<sup>®</sup>  
LONDON

ilā

  
bellabaci<sup>™</sup>  
KISS OF WELLNESS

08h00 to 18h00 Monday to Sunday (later appointments available on request)

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