

Arabella

SPA



treatment menu price list

"You cannot pour from an empty cup. Take care of yourself first."

Massages

Deep Tissue Massage 60min | R1350

A very firm full-body massage tailored to suit your needs. Working deeply into the muscle with pressure points and kneading movements. Great for sport's people, golfers and stressed tight muscles.

Swedish Massage 60min | R1350

Designed to energise the body and improve overall health. Medium to light pressure applied with oils. This is a more relaxing and calming massage.

Hot Stone Massage 90min | R1800

Your choice of one of the following three components: Heated volcanic stones, Himalayan Salt or Rose Quartz. Benefits include relaxation, stress release, relief from back pain and reduced depression or anxiety.

Aromatherapy Massage 60min | R1450

Aromatherapy is a specific type of therapy that incorporates the use of scented essential oils. The body benefits from direct contact with the essential oils and their many beneficial properties.

Mother-to-be Massage 60min | R1450 or 30min | R850

Swedish massage, with long strokes to the muscles focusing on the back shoulders and feet which will help relieve discomfort during pregnancy. Oils used are special LT oils for pregnancy.

Express Massages

Back, Neck & Shoulder 45min | R900

Back, Neck & Shoulder 30min | R750

Foot & Lower Leg Massage 45min | R860

Indian Head Massage 45min | R1000

Prevents headaches and migraines by releasing built-up tension in the head and neck area and relieving muscle stiffness. Concentrating on the scalp, décolleté neck and face.

Couples Massage 60min | R2700 per couple

Allows two people to have a shared experience that can result in a closer bond. Simply relax and enjoy the experience together.

Foot Reflexology 60min | R960

The theory behind reflexology is that areas of the foot correspond to organs and systems of the body. Pressure applied to the foot nerve endings will bring relaxation and healing to the different parts of the body.

Ladies facials

Classic Babor Facial 60min | R1300

Recover Touch 45min | R970

Sublime Facial 90min | R1700

Hydrmemory 60min | R1400

Refining Facial 75min | R1500

Anti Aging/Anti Wrinkle 90min | R2000

Ultimate Sensational Skin Treatment 90min | R1700

Includes a back massage

Express Facial 30min | R900

Gents facials

Man on the Move 40min | R950

Man Energising Facial 60min | R1300

Including peel off mask

Man First Class Treatment 90min | R1550

Wraps and body journeys

A Spa treatment created to enhance the health and appearance of the skin. These body rituals take you on a journey to the Oceans of the World. Included in these treatments is a gentle yet effective body scrub, followed by a full body massage based on Swedish, Ayurveda and energising movements.

A Journey to the most beautiful Pacificque Islands 90min | R1870

A Journey through the Far East & Indian Ocean 90min | R1060

A Journey to the Bachelors of the Atlantic Coast 90min | R1650

Detox, Well-Being, Slimming Booster 60min | R2040

A full body scrub, followed by a mud wrap filled with marine seaweed and end with a nourishing cream application. Revitalizing, demineralizing and detoxing.

Draining, Cellulite, relief for heavy swollen legs 45min | R670

For travellers and anyone suffering from swollen, painful legs, to drain fluids and increase circulation.

Arabella Hydrotherapy Tub Journey 45min | R670

Chromo Therapy (colour therapy) and deep tissue massage jets, work together to bring relaxation, to increase blood circulation, detoxify and rejuvenate the body and mind.

Choose between:

- Lagoon water bath
- Precious milk bath
- Arctic spring salts

Waxing/tints

Available on request.

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Hands and feet grooming

Ladies and gents

A manicure refers to the curation and care of a client's hands and pedicure refers to the curation and care of a client's feet.

Express Nail Treatment 30min | R450

A hand or feet treatment where we cut, file and treat cuticles with a balm application. Excludes varnish.

Summer Ready Heel Treatment 30min | R450

This intensive Mediheel treatment assists with the appearance of dry and cracked heels. Includes a lower leg massage.

Spa Manicure 60min | R600

A luxury manicure to leave you with soft, nourished hands and nails. Kindly inform us of existing gel polish for removal.

Deluxe Manicure 75min | R750

Full luxurious hand pampering including a scrub, mask, varnish and extended massage.

Gel Polish (hands only) 45min | R530

Spa Pedicure 60min | R650

A relaxing pedicure designed to leave you with pampered and hydrated feet. Kindly inform us of existing gel polish for removal.

Deluxe Pedicure 75min | R750

A luxurious foot pampering including varnish. The Mediheel specialised heel treatment and soothing, hydrating wrap makes this ideal for cracked heels. Kindly inform us of existing gel polish for removal.

*Add-on gel polish @ R200, available upon request.

*Add-on gel soak-off @ R150, available upon request.

Packages

Arabella Spa Half-Day Package 120min | R2300

- Babor Facial 60min
- Back, Neck and Shoulder Massage 30min
- Leg and Foot Massage 30min
- Relax in our Hydrotherapy pool area unwinding and enjoying our eucalyptus steam room, sauna with cold stream showers. The experience will leave you invigorated with glowing skin (complimentary).

Arabella Spa Full-Day Package 180min | R3300

- Hot Stone Massage 60min
- Babor Facial 60min
- Body Wrap 60min
- Relax in our Hydrotherapy pool area unwinding and enjoying our eucalyptus steam room, sauna with cold stream showers. The experience will leave you invigorated with glowing skin (with our compliments).

Hours of operation

The Spa is open 7 days a week. Sunday to Thursday: 08h00 to 17h00 | Friday to Saturday: 08h00 to 20h00

Vouchers

Vouchers can be purchased at the Hotel Reception or online.

Packages for groups

Enquire directly with Reservations.

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 12 hours prior to treatments and day visitors a 48-hour treatment change or cancellation notice period is required. Group cancellations must give a minimum of 72 hours' notice prior to scheduled booking. Treatments cancelled after this time will incur a cancellation tariff of 100%.

Children policy

No children under the age of 16 allowed at the Spa Hydrotherapy Pool area.