

## Signature Treatments

*\*Suggested as a duo treatment*

**Caledon Signature Rain Spa Experience\*** 120min R1400  
 We have taken all elements of a rainforest, such as extreme heat alternated with pouring "rain", stirred in some humidity, and then mixed in some African fragrances. This treatments is called an experience because it involves various treatments such as scrubs, therapeutic showers, steam treatments and completed with a 60 minute therapeutic Caledon Signature Massage.

**Caledon Signature Massage** 60min R850  
 A therapeutic full body massage incorporating Thai stretches, Hawaiian flowing techniques and deep drainage movements. Firm pressure and slow strokes assists to relieve muscle tension and reduce toxins in the body.

## Massages

**Classic Swedish Massage** 60min R750  
 90min R1100  
 Experience a deeply relaxing massage with rolling invigorating arm movement over your complete body. The fragrant massage oil will calm your senses and leave your body nourished and deeply relaxed.

**African River Stone Massage** 60min R800  
 90min R1200  
 This ancient body treatment uses the therapeutic heat from stones that is slowly released into the muscle for a deeply relaxing de-stressing experience. Small, warm stones are placed on your back while warm, luxurious oils are massaged deeply into the body for a deep relaxation experience.

**Deep Tissue Massage** 60min R800  
 90min R1200  
 This is a firm pressured massage, to ease stress and tension, releases muscle stiffness in your back and reduce aches and pain.

**Mum-To-Be** 60min R750  
 This treatment will sooth away any stress or discomfort that you experience in your back during pregnancy, followed by a relaxing foot massage that will soothe away tension and relieve any swelling in the legs

**Back Massage** 30min R450  
 Deeply relaxing massage focusing on the main structure of the body.

**Reflexology** 30min R450  
 A complete body treatment is done through the feet. It involves stimulating reflexes aligned to the body's systems. As the circuitry of the body is activated through stimulation of the feet, dormant and blocked energy is released and healing can begin. Reflexology is extremely effective for stress and tension, and essential to optimal lifestyle and chronic disease management.

**African Scalp** 30min R450  
 Fragrant botanical oils are gently poured over your forehead and then massaged into your scalp and neck. This treatment takes you on a journey of deep relaxation while leaving your scalp hydrated and nourished and your mind cleared.

## Add On Treatments To Massage And Body Treatments

*Increase the result of your massage by adding any of the following treatments*

**Body Exfoliation** 30min R360  
 A stimulating and refreshing full body exfoliation that will stimulate blood circulation while unwanted rough skin will be buffed away

**Express Facial** 30min R360  
 Treatment for a quick, targeted solution

**Back Cleanse** 30min R390  
 This is a deep-cleansing skin treatment for your back that includes exfoliation and extractions.

**Private Jacuzzi / Steam / Sauna Session** 30min R200

**Add in Hot Stones** R150  
 The therapeutic heat from stones that is slowly released into the muscle for a deeply relaxing de-stressing experience

## Body Treatments

<b>Grapeseed Exfoliating Wrap</b>	45min	R500
A unique body exfoliating experience, combining gentle exfoliation with warm oils. After a stimulating exfoliation the entire body will be wrapped followed with a soothing scalp massage. A luxurious body balm will leave your skin soft and smooth.		
<b>Detox Body Wrap</b>	60min	R580
A warm re-mineralizing clay and oil helps to draw out impurities, smooth and clarify the skin by restoring purity to the body. This promotes the extraction of dirt, toxins and excess water from the skin. This body wrap is formulated to gently detox the body and moisture dry and/or dehydrated skin.		
<b>Relaxing Body Wrap</b>	60min	R580
Drift away with this relaxing anti-stress treatment with application of soothing oil and clay infusion, to deeply relax the mind and body. Promote wellbeing and a deeper state of therapeutic relaxation.		

## Hydro Treatments

*\*Suggested as a couples treatment*

<b>Rain Spa Experience*</b>	60min	R580
We have taken all elements of a rainforest, such as extreme heat alternated with pouring "rain", stirred in some humidity, and then mixed in some African fragrances. This treatments is called an experience because it involves various treatments in a 10-step program that includes scrubs, therapeutic showers, steam treatments and more.		
<b>Clay Rasul*</b>	60min	R500
DIY fun and unique experience. Getting muddy from head-to-toe greatly improve the health and vitality of your skin and hair. After application sit back close your eyes and unwind to allow the steam to do its work.		
<b>Relaxing Bath Ritual</b>	60min	R500
Let the pressure of everyday life melt away. Indulge in a full body exfoliation before you submerge in a relaxing bath.		

## Spa Packages

*Access to our Natural Warm Mineral Pools and a Spa Lunch included to all Spa Packages excluding The Grape Escape*

<b>Quick Fix 1</b>		R1250
30min Back Massage		
30min Foot Massage		
30min Body Exfoliation		
<b>Quick Fix 2</b>		R1400
30min Express Manicure		
30min Express Pedicure		
30min Express Facial		
30min Massage		
<b>Pamper Me Package</b>		R2800
60min Classic Swedish Massage		
60min Purifying Body Wrap		
60min Classic Facial		
60min Manicure		
60min Pedicure		
<b>The Grape Escape</b>		R2500
30 min Pinotage Facial Exfoliation		
30 min Hydravine Chardonnay Facial Mask		
30min Grape Infused Full Body Exfoliation		
30min Nourishing Grapeseed Oil Body Wrap		
30min Foot Massage		
60min African River Stone Massage		
30min Private Jacuzzi Session		
R250 Dinner Voucher		



## Facial Collection

*Theravine Classic Facial* 60min R550

### Theravine Balancing Facial

A deep-cleansing facial customized to gently remove surface impurities followed by a personalized mask while utilizing specially selected aromatic botanicals for restoring balance to the skin, leaving your skin soft and restored.

### Theravine Hydrating Facial

A Facial designed for extreme relaxation with the aromatic scent of essential oils designed to deeply hydrate your skin, leaving you with a radiant complexion.

### Theravine Mature Facial

A facial performed to firm and visibly tone the skin whilst smoothing out wrinkles. Your skin is left looking serene and the complexion more radiant and uniform.

*Theravine Specialised Facial* 60min R790

### Theravine Ultravine Advance Cellular Gold Facial

This treatment is specifically aimed at diminishing uneven skin tone while also minimizing the appearance of fine lines and wrinkles.

*Nimue Classic facial* 60min R600

### Therapeutic Facial

Our unique basic facial where our therapists will accurately assess and attend to your basic skin concerns. Standard facial suitable for all skin types

### Active Rejuvenation

A gentle, safe rejuvenating, exfoliating treatment that consists of Nimue Bio-Active Complex. Rejuvenation for environmentally damaged, hyper pigmentation and problematic skin classifications.

### Thermal Detox

Formulated to oxygenate, deep cleanse, detoxify and exfoliate the skin.

*Nimue Corrective Facial* 60min R750

### 35% Glycolic Treatment

Superficial peeling treatment that gradually removes dead skin cells, improves skin texture and rejuvenates rough textured skin, enlarged pores, congested skin, dull complexion, fine lines and wrinkles.

### Smart Resurfacer Treatment

An anhydrous (waterless) peel that has the benefits of a medium depth peel without any of the side effects or downtime. Indicated for environmentally damaged, hyper pigmentation and problematic skin classifications.

## Add In Treatments To Facial Treatments

Increase the result of your facial by adding any of the following treatments/no additional time required

Super fluids R150  
Plasticising mask R150  
Eye Treatment R150



## Hand And Foot Care

Classic Spa Manicure A Classic manicure including cuticle care, nail shaping, buff, polish, hand exfoliation and a nourishing warm stone massage to the hands and forearms.	60min	R400
Express Manicure Cuticle care, nail shaping, buff and polish	30min	R250
Classic Spa Pedicure A Classic pedicure including cuticle care, nail shaping, buff, polish, heel filing, foot exfoliation and a nourishing warm stone massage to the feet and legs.	60min	R460
Express Pedicure Cuticle care, nail shaping, buff and polish	30min	R250

## Add On

Increase the result of your treatment by adding any of the following treatments

French Nail Paint	15min	R100
Gel Paint	15min	R190
Chemical Heel Peeling	15min	R150
Gel Soak Off	30min	R150

## Waxing Hair Removal

Exfoliate 1-2 days prior to your waxing appointment. Do not apply any creams, depilatory creams or any products containing alcohol for 24 hours after the treatment.

Hollywood	R320
Brazilian / Full leg / Full Face	R275
Under Arm / Half Leg / Arm	R210
Back	R320
Eyebrow / Lip / Nose / Ear / Chin	R80
Brow Tint	R80
Lash Tint	R90
Lash and Brow Tint	R150



## Spa Facilities

*\*Complimentary use of The Aqua Spa facilities for guest enjoying treatments valued R1000 and more*

### Indoor Treatment Rooms

2 Dual and 4 single rooms

### Hydro Room

Private Sauna, Steam room, Jacuzzi with different types of showers.

### Natural Warm mineral Pools\*

3 pools with different temperatures.

### Garden Jacuzzi\*

Seats up to 10 people

### Steam Room\*

Seats up to 10 people

### Sauna\*

Seats up to 15 people

### Zen Garden\*

Tranquil garden where you can relax and listen to the soothing Spa music.

### Flotation Pool\*

Water jets create a current around an island

### Historical Bath House\*

Open air bath house built in 1897

### Gymnasium (Hotel Guests Only)

*Operating Hours: Mon – Sun 09h00 – 19h00*

*Please Contact: 028 214 5100 or 028 214 5384 to make a booking.*

*All bookings are provisional for 24 hours.*

*It will only be confirmed once deposit payment is received.*

*Prices subject to change without notice.*

