

# Essence of Angsana

**Revitaliser Package *for couple*      150-minute session      R2, 000**

*15-minute steam ■ 30-minute body polish  
60-minute body massages ■ 30-minute Choice of bath  
15-minute Calm time*

The buzzword is recharge. Start with an enlivening steam and choose your favorite among four different body polishes to exfoliate your skin, adding the healthy fuel of Nature's gems. Purify your body with a massage that will rekindle your natural vitality. A soak in the bath oozes breezy relaxation.

**Duet for the lady      150-minute session      R1, 100**

*30-minute Flower Petal ■ 60-minute conditioning massage  
30-minute face massage ■ Choice of bath*

Start this Duet with an enchanting scrub merging the natural essence of rice flour, almond, olive oil, milk and honey with a gentle dash of flower petals for a purifying treat. The following conditioning massage is a great rejuvenator for the body. Finally, a soothing treatment releases tension in face muscles, improving blood circulation and complexion.

**Duet for the gentleman      150-minute session      R1,100**

*30-minute Jasmine Frangipani Sparkle ■ 60-minute body massage  
30-minute Indian head massage ■ Choice of bath*

Unwind to an aromatic body polish with moisturizing properties especially suited for oily skin. Fragrant jasmine and frangipani are blended with mineral salts to rub off dead skin cells for a sparkling effect, followed by a strong body massage. For a refreshing finish, chill out to an Indian massage is designed to clear your mind and eliminate fatigue.

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*All prices are inclusive of VAT.*

# Essence of Angsana

**Ayurvedic RainMist**                      **180-minute session**                      **R 1,200**

*60-minute Ayurvedic massage ▪ 30-minute Shirodhara ▪ 15-minute RainMist steam  
30-minute body polish ▪ 15-minute RainShower*

Spoil yourself with the smooth and relaxing movements of Ayurveda that ease aches and tensions while promoting blood circulation. Then lighten up with Shirodhara, as the gentle rhythmic trickle of warm oil on your forehead calms your inner self. A gentle Rainmist and refreshing body polish follows, which is washed away by an invigorating Rainshower to leave you cleansed and re-energised.

**RainMist Supreme**                      **150-minute session**                      **R 990**

*60-minute massage ▪ 15-minute Rain Mist Steam  
30-minute body polish ▪ 15-minute Rain Shower*

Begin your session with a massage of your choice for a truly satisfying experience. Then an uplifting Rain Mist awakens your senses and soothes your body. A sumptuous body polish follows, which is washed away by an invigorating Rain Shower.

**Glow**    **120-minute session**                      **R 700**

*30-minute body polish ▪ 60-minute body massage*

Surrender yourself to a pampering body massage after a cleansing body polish. This scrub helps remove dead cells, allowing you to reap the full benefits of the aromatic oil massage that follows. You'll feel lighter and fresher than ever, and it will show on your glowing skin.

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## **Choice of body polish to precede your *Rainmist* package**

### **Jasmine Frangipani Sparkle**

The allure of this scrub is the aroma. Jasmine and frangipani are no doubt among the most fragrant of flowers. Blending them with mineral salts for a thorough body scrub is a treat that's well and truly deserved. As the scented salt rubs off dead skin cells, your skin will almost sparkle. Moisturising with anti-bacterial properties, this is especially suited for oily skin.

### **Luscious Lemon**

Uncover the natural radiance of your skin with this deep cleansing scrub of grated lemon peel, yoghurt and sugar. The fruit acids dissolve dead cells and penetrate deep into the layers of your skin for complete rejuvenation. This scrub helps your skin retain its youthfulness and vitality and takes on a healthy shimmer.

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# Signature massage

**Angsana** **120-minute session** **R 720**

You won't find this anywhere but here! Using palm strokes and thumb pressure, our skilled therapist works on your bodies key pressure points to free you from stress and strengthen your inner *qi*. This 90-minute signature massage was created exclusively for the Angsana Spa and uses the specially formulated Euphoria Oil to further enhance the experience.

**Fusion** **90-minute session** **R 520**  
**120-minute session** **R 690**

This clever blend of Thai and Swedish massage techniques is unique to Angsana Spa. Our therapist uses strong palm strokes to deliver the massage while stretching you at various points of the session for maximum impact and complete relaxation that leaves your body satiated. The Invigorating Oil soothes all aches, unblocks stiffness and enhances flexibility.

# Classic massage

**Siam** **120-minute session** **R 690**

Unwind to a delicate stretching of your body to improve mobility and flexibility. This is followed by Thai massage techniques of palming and thumbing on your meridian lines to relieve tension. No oil is used in this classic ritual dating back 2,500 years – only the simple touch of your therapist, leaving you energized all over!

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# Soothing massage

<b>Dreams</b>	<b>90-minute session</b>	<b>R 520</b>
	<b>120-minute session</b>	<b>R 690</b>

Created specially for tired bodies, this calming experience is also a perfect remedy for jet lag. Long, firm palm strokes with Sesame Oil soothe tense muscle, and help to induce body, mind and soul to a state of complete relaxation.

<b>Rhythmic</b>	<b>90-minute session</b>	<b>R 520</b>
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Soothe your senses with a combination of strokes and light percussion. Our therapist will use a linen pouch filled with rice flour, dipped in warm Vitamin E-enriched oil to glide all over your body. This massage brings relief to tensed muscles and is suitable for you if you prefer to lie on your sides, instead of your stomach or back, during the massage. This is a favourite among mature guests and ladies who are pregnant.

<b>Trim &amp; Tone massage</b>	<b>90-minute session</b>	<b>R 600</b>
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Watch your body mould into shape with regular sessions of this 60 minute massage. The techniques work in harmony with a Trim-and-Tone Oil to break up fatty tissue and eliminate toxins. This is specially developed for thorough cleansing and slimming Regular visits produce best results..

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# On the Spot

## **Foot Loose**

**90-minute session**

**R 520**

Let your tired feet experience the Zen of a soothing foot soak and a cleansing salt scrub. The highlight is when the therapist gives you a massage by applying pressure on your sole, feet and leg right up to your knee, with Sesame Oil. After a warm towel wipe, you are all set to put your best foot forward.

## **Back Energy**

**60-minute session**

**R 320**

**75-minute session**

**R 430**

Enjoy renewed energy after this tension relief massage done on your back. The therapist employs medium to strong pressure, using deep strokes to iron out tensed muscles for a stronger, healthier back.

## **Head & Shoulders**

**60-minute session**

**R 320**

To clear your head and to untie all the knots on your shoulder, this is the ultimate tension reliever that fulfills the needs of fatigue and stress. A dose of this therapeutic healer is a truly heavenly experience that will let you drift into a healing state of relaxation, peace and well-being.

## **Indian Head Massage**

**60-minute session**

**R 320**

Massage of key pressure points on your head is designed to clear your mind. Regular treatment also promotes retardation of hair loss, relaxation of nervous system, and elimination of fatigue caused by mental strain.

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# Body polishes

(available only as part of *essence of angšana*)

## **Avocado Almond Lustre** *for dry / normal skin*

Avocado, almond, and oatmeal are blended together for a nourishing scrub that's excellent for dry skin. Avocado heals while oatmeal cleanses and softens the skin to prepare it for the moisturising almonds, which not only refine the skin, but lightens blemishes, restoring lustre lost to ultra-violet rays and harsh elements of modern living.

## **Flower Petal** *for dry / all skin types*

Angšana's signature flower power treatment is a magical, purifying treat for all the senses. A natural scrub made from rice flour, almond, olive oil, milk and honey is applied, followed by a sprinkling of sweet, fragrant flowers that impart natural essence to your skin.

## **Honey Sesame Healer** *for dry / normal skin*

A sweet-smelling scrub made from golden honey and sesame seeds that is ideal for dry to normal skin. The sesame seeds gently exfoliate your skin, while honey, a natural remedy aids in healing of wounds and promotes new cell growth.

## **Jasmine Frangipani Sparkle** *for oily skin*

The allure of this scrub is the aroma. Jasmine and frangipani are no doubt among the most fragrant of flowers. Blending them with mineral salts for a thorough body scrub is a treat that's well and truly deserved. As the scented salt rubs off dead skin cells, your skin will almost sparkle. Moisturising with anti-bacterial properties, this is especially suited for oily skin.

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# Body conditioner

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## **Aloe Cream** *for dry skin*

Enjoy the tingle of nature's most soothing and nourishing ingredients -- aloe Vera and avocado. This wrap works into your skin to heal, moisturise and stimulate cell renewal. Excellent for dry, sensitive and sunburnt skin, pamper your skin with this cool treat.

## **Lavender Splendour** *for all skin types*

Absorb the natural goodness of this lavender-enriched body wrap. The wrap contains honey to moisturize your skin further to uncover the full splendour of this treatment. The wrap rejuvenates dull skin while its refreshing aroma revives your senses.

## **Honey Milk** *for all skin types*

*Be lulled into slumber as Sesame Pouch, dipped in warm milk and honey gently glides over you to relieve tense muscles while nourishing your skin. This is a highly moisturizing and luxurious remedy.*

## **Orange Cooler** *for all skin types*

Treat yourself to this delightful combination of orange and turmeric that contains healing properties. This refreshing wrap acts as a gentle skin toner, leaving your skin purified, moisturized and silky soft.

## **Purifying Mud Mask** *for oily / all skin types*

A deep-cleansing treatment using rich black mud, it detoxifies and nourishes your skin. Well known for its therapeutic properties, this mud mask relaxes tense muscles and enhances blood circulation. Ideal for all skin types.

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# Facials

## **Angsana Facial**

**90-minute session**

**R 440**

*for all skin types*

Wake up those sleepy cells beneath the epidermis with our special blend of invigorating natural ingredients. This therapeutic mix of yoghurt, honey, almond, soya and milk cleanser, moisturizes and refreshes your skin.

## **Euro Star**

**90-minute session**

**R 490**

*for normal/combo skin*

All the best European spa ingredients go into this simple but effective facial treatment that removes every trace of impurity. Used with European massage techniques, this revitaliser makes dull skin come to life again.

## **Instant Lift**

**90-minute session**

**R 490**

*for mature skin*

Make time stand still with this luxurious anti-ageing treatment that rematerializes and moisturizes the skin. The special restructuring mask contains Vitamins A, E and F to combat free radicals and offer maximum protection for a revitalizing effect. Suitable especially for mature skin, this exquisite treatment gives your face an instant lift and restores firmness, leaving your skin feeling supple and glowing with refreshed vitality.

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**Protein Perks****90-minute session****R 490***for all skin types*

A renewing facial with the revitalizing benefits of trace elements, vitamins and proteins, this facial will put life back into your skin. If your skin is looking and feeling tired, we recommend this treatment to give it the much-needed nourishment. The protein will perk up your skin for a radiant look.

**Pure Radiance****90-minute session****R 490***for oily skin*

Cucumber, with its cooling and toning properties, is used in this facial to remove oil from your T-zone area. Our therapist then applies a mask, which helps to restore your skin's natural balance. This uplifting facial leaves you looking fresh and dewy.

## Essential Pampering

**Delicate Hands****60-minute treatment****R 200**

Leave your manicure set at home and allows us to care for your hands. This treat starts with a conditioning hand mask to soften your skin, followed by nail cleansing, trimming and shaping. A charming pleasure for smooth and refined hands.

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# Fusion Bath

## **Orange Milk Tonic**

**30-minutes**

**R 250**

If the scent of delightful citrus is your passion, then this bath brewed with fresh orange, warm milk and orange essential oil is uniquely yours with the gifts of Nature. Brimful with Vitamin C and invigorating properties, it is an irresistible indulgence.

## **Rooibos Tea Ripple**

**30-minutes**

**R 250**

Literally fall in love with your brand new skin once you soak in this herbal tea bath that has its roots with the natives in South Africa. Alternatively called the Red Bush Tea or hailed by the Japanese as Long Life Tea for its healing benefits, this is your definitive coat of finery.

## **Eucalyptus Bath**

**30-minutes**

**R 250**

Eucalyptus has lots of benefits and acts as an anti-inflammatory, antiseptic and antibacterial and helps improve respiratory problems.

## **Orange & Honey Bath**

**30-minutes**

**R 250**

Honey has antibacterial, great for both internal problem, has sedative, create relaxing, while orange, promote fresh and calm, it also has cleansing and brightening effect.

## **Lavender & Milk Bath**

**30-minutes**

**R 250**

Place into a muslin bag, toss the bag into bath water as it runs. The bag can also be used to rub the skin as you bathe.

## **Coffee Bath**

**30-minutes**

**R 250**

Antioxidants, scent of coffee feeling refresh, lift the mood.

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# Waxing

Upper Lip	R55
Chin	R55
Eyebrow	R55
Under Arms	R60
Arm	R120
Chest	R165
Back	R165
Bikini	R80
Brazilian (Full Bikini)	R130
Legs (half)	R130
Legs (full)	R165

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## Please take a moment to read this

### Etiquette

The Spa is a retreat for your body, mind and spirit. For the consideration of others, we request that visitors keep noise to a minimum. Children are not allowed at the Spa unless they are having a treatment, accompanied by an adult. We ask that you respect other guests' privacy by speaking softly. Cellular phones and electronic devices are discouraged.

### Attire

Please arrive at the Spa wearing comfortable, light clothing or a bathrobe. Disposable undergarments are available on request.

### Reservations

Advanced booking prior to your arrival is recommended to secure your preferred date and time of treatment. A credit card number is required at the time of booking for a confirmed appointment.

### Check-in

Please arrive at least 15 minutes prior to your scheduled treatment to avoid reduced treatment times. A late arrival will result in a shortened treatment to accommodate other guests fairly.

### Spa Treatment Hours

The Spa is open from 10am to 8pm daily. Last treatment finishes at 8pm.

### Special Consideration

If you are pregnant, you may wish to avoid booking treatments that involve the use of essential oils. Massages or stimulating treatments are not recommended during the first three months of pregnancy.

If you have high blood pressure, heart conditions, allergies, or other medical complications, we advise that you consult your doctor before

signing up for any spa services. Please inform your therapist of any medical conditions.

### Smoking And Alcohol

Smoking and the consumption of alcohol within the spa are prohibited. It is also advisable to avoid the consumption of alcohol or heavy meals prior to, or after any spa treatment.

### Cancellation Policy

A 24-hour cancellation notice is required to help us re-schedule your appointment, subject to space availability. Any cancellation with less

than 4 hours' notice will incur a 50% cancellation fee. A full fee will be imposed for a "no-show."

### Valuables

We recommend that no jewellery be worn at the Spa. The management and staff accept no responsibility for the loss of money or valuables of any kind brought into the spa premises.

### Gift Certificates

Treat a friend or loved one by giving them an experience they will never forget. Gift certificates are available for use against any spa treatment, packages or retail products. Gift certificates are not refundable and must be presented at the time of treatment. Vouchers are valid for three months from date of issue.

### Refund Policy

Treatments packages are non-refundable. Unused portion of the packages are nontransferable or non-exchangeable for another time.

### Payment

We accept cash and all major credit cards. Payment may also be charged to the room. All prices are quoted in Rand, inclusive of VAT and are subject to change without prior notice.

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