



body polishes

Choose your favourite Body Polish to complete your pampering spa packages. All Body Polishes are not available individually.

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

Angsana'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

Fragrant jasmine and frangipani blend with mineral spa salt to give skin a moisturising and anti-bacterial treat. Your skin will almost sparkle as the scented salt rubs off dead skin cells.

body conditioners

Choose your favourite Body Conditioner to complete your pampering spa packages. All Body Conditioners are not available individually.

Aloe Cream

for dry skin

Moisten your skin with this natural blend of aloe vera, fresh cream and olive oil that pampers you with nourishing vitamins and conditioning elements to aid skin repair. This delectable mix of healing remedy will do wonders if you are searching for glowing skin.

Lavender Splendour

for all skin types

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

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, moisturised 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.

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 8 pm.

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 non-transferable 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.

For reservations and enquiries, please contact:

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For more information and online bookings on our resorts, please visit www.angsana.com:

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sensino the moment



Dial "4700" for a spa appointment



ANGSANA
Spa
VINEYARD HOTEL, CAPE TOWN
SOUTH AFRICA



essence of angšana

Calm your mind and draw in the serenity of your surroundings. Allow our therapist to offer you a soothing foot wipe, herbal drink and a few minutes to leave the cares of the world behind. Angšana sessions include a complimentary 30-minute calm time on us. Enjoy the difference.

Duet
For the lady **R 1,100**
180-minute session

30-minute Flower Petal • 60-minute conditioning massage • 60-minute facial • 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.

For the gentleman **R 1,100**
180-minute session

30-minute Jasmine Frangipani Sparkle • 60-minute body massage • 60-minute facial • Choice of bath

Unwind to an aromatic body polish with moisturising 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 enriching facial for that perfect glow.

Ayurvedic RainMist **R 1,100**
180-minute session

60-minute Ayurvedic massage • 30-minute Shirodhara • 15-minute RainMist steam • 30-minute Jasmine Frangipani Sparkle or Luscious Lemon 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.



angšana for her

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Top To Toe **R 1,250**
210-minute session

60-minute body massage • 30-minute body polish • 30-minute body conditioner • 60-minute facial

Give your body a tune-up from head to toe. This is the ultimate treatment that combines all of Angšana Spa's signature therapies to ease fatigue and enhance your sense of calm – gracefully pampering body and beauty all-over.

Peace **R 880**
150-minute session

60-minute body massage • 60-minute facial

For true peace of mind, drift away on a cloud of contentment as the therapist works wonders with a massage of your choice. You won't have a worry after a facial that will put your fresh new complexion in harmony with your body.

angšana for him

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Expressions **R 880**
150-minute session

60-minute body massage • 45-minute men's facial • 20-minute Indian head massage

Face the world with confidence after a body massage of your choice, and a complementing facial. For a fresh healthy glow, an Indian head massage is designed to clear your mind and eliminate fatigue.

Power Back **R 480**
90-minute session

30-minute back massage • 30-minute back paraffin treatment

The focus is on relieving back tension with a strong massage using Sesame Oil. Once muscles are thoroughly kneaded, a cleansing and refreshing lemon yoghurt scrub removes impurities. Finally, soothing warm paraffin is the ideal treat to reduce muscular ache and moisturise skin.

body massages

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Signature

Angšana **R 670**
120-minute session

Using palm strokes and thumb pressure, our skilled therapist works on your body's key pressure points to strengthen inner qi. This signature massage was created exclusively for Angšana Spa and uses the specially formulated Euphoria Oil to enhance the experience.

Fusion **R 480 / 640**
90-minute session / 120-minute session

This clever blend of Thai and Swedish massage techniques is unique to Angšana Spa. Our therapist uses strong palm strokes to deliver the massage while stretching you for complete relaxation. The invigorating oil soothes all aches, unblocks stiffness and enhances flexibility.

Classic

Siam **R 640**
120-minute session

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 energised all over!

Ibu's Secret **R 480 / 640**
90-minute session / 120-minute session

Adapted from traditional Balinese technique, this deep tissue massage aids blood circulation and relieve tension. Invigorating effects are enhanced by warming properties of Turmeric and Eucalyptus extracts in the Melody Oil.

Waves **R480 / 640**
90-minute session / 120-minute session

Inspired by traditional Hawaiian techniques, this massage relaxes your body and restores balance and harmony. Our therapist delivers long, smooth strokes using her entire arm for this strong massage.

Ayurvedic **R 480**
90-minute session

Spoil yourself with this soothing primeval Indian massage: relaxing movements using mostly palm strokes to ease off aches and tension while promoting blood circulation. Sesame Oil is used for its warming and purifying properties.



Soothing

Oasis **R 480**
90-minute session

This calming full body massage employs a blend of six oils rich in vitamins and minerals. Soft and gentle strokes are ideal for mature, sensitive or sun-baked skin. The combination of technique and Soothing Oil reduces irritation and dryness of skin.

Rhythmic **R 480**
90-minute session

This massage brings relief to tensed muscles with a combination of strokes and light percussion, and is suitable if you prefer to lie on your sides. A linen pouch filled with rice flour and dipped in warm Vitamin E-enriched oil is glided over the body. This is a favourite among mature guests and ladies who are pregnant.

On The Spot

Foot Loose **R 480**
90-minute session

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 **R 290**
60-minute session

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 **R 290**
60-minute session

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 **R 290**
60-minute session

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.

facials

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Euro Star **R 440**
90-minute session

for normal/combination skin

All the best of European spa ingredients go into this simple but effective facial treatment that removes impurity. Fine European massage techniques relaxes facial muscles and bring life back to dull skin.

Instant Lift **R 440**
90-minute session

for mature skin

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

Protein Perks **R 440**
90-minute session

for all skin types

A renewing facial with the revitalising 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 **R 440**
90-minute session

for oily skin

Cucumber, with cooling and toning properties, is used in this facial to remove oil from your T-zone area. Our therapist then applies a purifying mask, which helps to absorb impurities and sebum, leaving it dewy.



Tender Feet **R 200**
60-minute treatment

Give your feet the much-needed attention with this treatment. It starts with a nourishing foot mask mixed with pineapple, a natural exfoliant, for effective conditioning and to soften those neglected soles. Our therapist will then clean, trim and shape your nails leaving your feet feeling good and refreshed.

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

This recipe pampers with a fragrant nail wash with purifying properties, followed by an aromatic hand scrub to exfoliate dead skin cells. After a thorough nail trim, lie back and relax to an invigorating hand massage. For that finishing touch, soothing paraffin is applied for smooth silky hands.

Feet Paraffin **R 200**
60-minute treatment

Step into a revitalising foot wash to detoxify before immersing your feet in a therapeutic scrub to rinse off impurities. Once your nail trim is complete, let our therapist massage your foot to relieve tension and improve blood circulation. A splendid paraffin lends a slick finale to this sensual treat.

Nail **R 120**
30-minute treatment

Your well-buffed nails deserve more! Add a touch of glamour and beautify them with our extensive range of OPI nail products for that fine finish.

essential pampering

Royal Touch **R 500**
150-minute treatment

This is a magnificent ritual not to be missed. Our therapist will indulge you with a hand mask blended with soya powder and olive oil for that magnificent gleam of perfectly moisturised skin. Concentration then shifts to your feet with a cleansing mask infused with oatmeal, fresh cream and lemon essence for added anti-bacterial protection. Your nails will be trimmed, shaped and glazed with a beautiful coat of polish to wrap up the session.

Happy Hands **R 250**
90-minute treatment

Nurture and tone your graceful hands with this delicacy laced with a beautifying mask filled with fresh ingredients to revitalise your skin, keeping it soft and elegant. Your nails are delicately shaped and shined for a delightful lacquer of your choice.

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

Leave your manicure set at home and allow 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.

Feet Delight **R 280**
90-minute treatment

Let us worship you at your feet with this luxurious offering that purifies your skin with a stimulating mask, tickling your toes and your senses. After our therapist soothes your tired and aching feet, take pride in your trimmed and shaped nails, polished to perfection with a brilliant varnish.

fusion baths

Orange Milk Tonic

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

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.

waxing

Upper Lip **R 50**
Under Arms **R 60**
Chest **R 120**
Back **R 120**
Bikini **R 80**
Brazilian (Full Bikini) **R 120**
Legs (half) **R 120**
Legs (full) **R 150**

