



ANGSANA
Spa

ANGSANA SPA VINEYARD HOTEL SPA MENU 2011

1) Essence of Angsana

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. Angsana sessions include a complimentary 30-minute calm time on us. Enjoy the difference.

Revitaliser 150-minute session R 2,000 per couple
RECHARGE AND TAKE CHARGE

*For Her & Him:
15-minute steam • 30-minute body polish • 60-minute body massage
• 30-minute choice of bath • 15-minute Calm Time*

Spa Tip: Relaxing experience begins with these extensive pampering treatments.

Duet 150-minute session R 1,100 per person
ROOM FOR TWO

For Her: 30-minute Flower Petal • 60-minute body conditioning massage • 30-minute face massage • choice of bath

For Him: 30-minute Jasmine Frangipani Sparkle • 60-minute body massage • 30-minute Indian Head Massage • choice of bath

Spa Tip: Be pampered by a series of Angsana spa treats.

Ayurvedic Rainmist 180-minute session R 1,200
BLISSFUL SHOWER

60-minute Ayurvedic Massage • 30-minute Shirodhara • 15-minute rainmist steam • 30-minute Jasmine Frangipani Sparkle or Luscious Lemon body polish • 15-minute rainshower

Spa Tip: Indulge in an invigorating Rainmist experience and be re-energised and rejuvenated.

Rainmist Supreme 150-minute session R 990
DROPLETS OF BLISS

60-minute body massage • 15-minute rainmist steam • 30-minute Jasmine Frangipani Sparkle or Luscious Lemon body polish • 15-minute rainshower

Spa Tip: An uplifting session of body treatments and an invigorating Rainmist experience to awake your senses and soothe your body.

Glow 120-minute session R 700
WEAR RADIANCE LIKE A SECOND SKIN

30-minute body polish • 60-minute body massage

Spa Tip: A massage and body polish combo to create a healthy glow.



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2) Angsana For Her

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. Angsana sessions include a complimentary 30-minute calm time on us. Enjoy the difference.

Top to Toe **210-minute session** **R 1,375**
REJUVENATE

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

Spa Tip: Give your body a well-deserved tune up all over with this ultimate treat that combines all of Angsana Spa's signature therapies.

Peace **150-minute session** **R 990**
WORRY FREE

60-minute body massage • 60-minute facial

Spa Tip: Drift away on a cloud of contentment as the therapist works wonders.

3) Angsana For Him

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. Angsana sessions include a complimentary 30-minute calm time on us. Enjoy the difference.

Expressions **150-minute session** **R 990**
WAKE UP CALL

60-minute body massage • 30-minute face massage • 30-minute Indian Head Massage

Spa Tip: Choice of body massage and facial perks you up. You will be ready to face the world after this intensely relaxing experience.

Equilibrium **90-minute session** **R 520**
UNTIE THE KNOTS & GET BACK TO BASICS

30-minute back massage • 30-minute head & shoulder massage

Spa Tip: This treatment's intensity varies according to your preference.



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4) Body Massages

Calm your mind and draw in the serenity of your surroundings. All 90-minute session and 120-minute session Body Massages are inclusive of a 30-minute calm time comprising a relaxation time of soothing foot wipe and a post-treatment herbal drink. The actual duration for each massage session is that of 60-minute and 90-minute respectively.

Signature

Angsana **120-minute session** **R 720**
OUR GIFT TO YOU

Spa Tip: A signature 90-minute massage created exclusively for Angsana Spa, to work on your body's key pressure points to strengthen inner "qi" or energy.

Fusion **90-minute session** **R 520**
CUISINE FOR THE SOUL **120-minute session** **R 690**

Spa Tip: A blend of Thai and Swedish 60- or 90-minute massage techniques to soothe all aches, unblock stiffness and enhance flexibility.

Bamboo **120-minute session** **R 720**
NATURAL TOUCH

Spa Tip: Let the soothing touch of warm bamboo and therapeutic long, firm massage strokes of this 90-minute massage ease stiff muscles and stimulate blood circulation, to promote a sense of deep relaxation.

Classic

Aroma Thai **120-minute session** **R 690**
THAI FUSION

Spa Tip: Adapted from a traditional Thai massage, oil is used for this 90-minute massage which improves blood circulation and mobility as well as relieves tension.

Ayurvedic **90-minute session** **R 520**
THE HEALING TOUCH

Spa Tip: Ease aches and tension while promoting blood circulation through the smooth and relaxing movements of this treatment. Palm strokes are used with Sesame Oil for this 60-minute massage.

Ayurvedic Hot Stone **120-minute session** **R 750**
TENSION MELTS

Spa Tip: Ease tension and aches from your body as this Ayurvedic palm-based 90-minute massage seamlessly blends with the use of heated river stones.



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Javanese TAKE A NAP	90-minute session 120-minute session	R 520 R 690
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Spa Tip: Adapted from ancient Balinese techniques, this 60- or 90-minute deep tissue massage relieves body tension and promotes better sleep patterns.

Siam CLASSIC FLAVOUR	120-minute session	R 690
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Spa Tip: Relieve tension and unwind to a delicate stretching of your body with this 90-minute massage to improve mobility and flexibility, followed by Thai massage techniques of palming and thumbing, without the use of oil, on your meridian lines.

Waves SMOOTH AS A HULA DANCE	90-minute session 120-minute session	R 520 R 690
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Spa Tip: This 60- or 90-minute strong massage is inspired by traditional Hawaiian techniques. The therapist delivers long flowing strokes to restore balance and harmony.

Soothing

Dreams	90-minute session	R 520
PERFECT FOR JET LAG	120-minute session	R 690

Spa Tip: Created specially for tired and worn-out bodies, this calming 60- or 90-minute massage soothes tensed muscles using warm sesame oil.

Rhythmic MUST TRY FOR MOTHERS-TO-BE	90-minute session	R 520
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Spa Tip: For mothers-to-be or those who prefer to lie on their side, this 60-minute nurturing massage is a good choice. Our therapist will use gentle strokes and a rice flour pouch dipped in warm Clarity Oil.

Trim & Tone PERFECT FIGURE	90-minute session	R 600
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Spa Tip: Achieve the perfect figure you are dreaming of with this 60-minute massage that aids in trimming and toning your body.



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On The Spot

Back Energy IRON OUT TENSE MUSCLES	60-minute session 75-minute session	R 320 R 430
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Spa Tip: Iron out aches and tensions in the back with this 30- or 45-minute medium- to strong-pressure massage.

Foot Loose SOLE TO SOUL	90-minute session	R 520
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Spa Tip: Step out with happier feet after an energising 60-minute leg and foot massage.

Head & Shoulders TENSION RELIEF	60-minute session	R 320
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Spa Tip: Banish fatigue with this 30-minute deceptively simple combination of upper body massages focusing on head and shoulders.

Indian Head Massage CLEAR HEADED	60-minute session	R 320
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Spa Tip: After a hard day's work, clear your mind with this 30-minute massage to relax and remove fatigue caused by mental stress.



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5) Facials

Calm your mind and draw in the serenity of your surroundings. All 90-minute session Facials are inclusive of a 30-minute calm time comprising a relaxation time of soothing foot wipe and a post-treatment herbal drink. The actual duration of each Facial session is that of 60-minute.

Angsana - for all skin types 90-minute session R 440
AUTHENTIC ANGSANA

Spa Tip: A signature 60-minute facial which comprises soya, oatmeal, almond mask and other natural fresh ingredients to cleanse, refresh and moisture the skin, leaving it soft and dewy.

Euro Star - for normal/combination skin 90-minute session R 490
BEAMING STAR

Spa Tip: Packed with brightening and deep-cleansing properties, the therapist uses European massage techniques for this 60-minute facial to optimise absorption, bringing life of exceptional radiance.

Instant Lift - for mature skin 90-minute session R 490
BLEMISH FREE

Spa Tip: Say goodbye to wrinkles with this 60-minute facial that has anti-ageing and brightening effects.

Protein Perks - for all skin types 90-minute session R 490
PERK ME UP

Spa Tip: Put life back to your skin with this rejuvenating 60-minute facial as it enjoys the revitalising benefits of trace elements, vitamins and proteins.

Pure Radiance - for oily skin 90-minute session R 490
A 'MATTE-NIFICENT' TREAT!

Spa Tip: For pristine fresh-looking skin, opt for this 60-minute purifying treatment. Clay mask contains Kaolin and marine extracts to draw out impurities while regulating sebum production.



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6) Essential Pampering

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

Spa Tip: Give your hands a decadent treat with nail cleansing, trimming and shaping, followed by an oatmeal and olive oil conditioning mask and a massage. Your hands will feel smooth and polished.

Tender Feet **60-minute treatment** **R 200**
STEPPING OUT IN STYLE

Spa Tip: Your nails are cleaned, trimmed and shaped to prepare your feet for an exfoliation, followed by an effective conditioning mask to soften those neglected soles. A foot massage completes this relaxing treat, leaving your feet looking and feeling delicately beautiful.

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

Spa Tip: All the essence of a paraffin dip complete with beautifully buffed nails.

Foot Paraffin **60-minute treatment** **R 200**
GLAMOUROUS FEET

Spa Tip: Step out in style with a paraffin dip to soften the feet and finish off with beautifully buffed nails.

Nail Painting **30-minute treatment** **R 120**
BASIC ESSENTIAL

Spa Tip: Add a touch of glamour and beautify your nails with our extensive range nail products for that fine finish.



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7) Fusion Baths

Orange Milk Tonic 30-minute treatment R 250
BEAUTIFUL SKIN

Spa Tip: An irresistible bath, blended using fresh orange juice, warm milk and orange essential oil, packed with natural goodness and nutrients.

Rooibos Tea Ripple 30-minute treatment R 250
HERBAL RUB-DUB

Spa Tip: Bath away your tension with this herbal tea bath, hailed by the Japanese as Long Life Tea for its healing benefits.

Eucalyptus Bath 30-minute treatment R 250
BREATHE OF FRESHNESS

Spa Tip: Feel completely refreshed and uplifted with this bath before you step out of the Spa.

Orange & Honey Bath 30-minute treatment R 250
BEE-FRESH

Spa Tip: A deliciously scented bath that relaxes and calms while cleansing and brightening the skin.

Lavender & Milk Bath 30-minute treatment R 250
PERFECT RELAXANT

Spa Tip: Enhance your state of relaxation with this bath which also softens your skin.

Coffee Bath 30-minute treatment R 250
CALM DOWN

Spa Tip: Calm your senses as your spa experience culminates with this bath.



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8) Body Polishes (Part of Package)

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*

SPARKLE LUSCIOUSLY

Spa Tip: A nourishing scrub of crushed almond, avocado and milk gently exfoliates to unveil lighter and refined skin.

Flower Petal – *for dry/all skin types*

FLOWER POWER

Spa Tip: Angsana's signature flower power treatment is a purifying treat for the senses, imparting a natural yet fragrant essence to the skin.

Honey Sesame – *for dry/normal skin*

AS SWEET AS HONEY

Spa Tip: Smell as sweet as honey after this treatment and skin emerges smoother after the gentle exfoliation.

Jasmine Frangipani – *for oily skin*

FLOWERY SCENT

Spa Tip: Smell your best and show off sparkling skin after the treatment.

ANGSANA SPA - Vineyard Hotel

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8) Body Conditioners (Part of Package)

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

Aloe Cream – *for dry skin*
AFTER-SUN TREAT

Spa Tip: Discover the tingle of soothing aloe vera as it stimulates new cell growth and moisturises sunburnt skin

Honey Milk - *for dry skin*
PEELS OFF TENSION

Spa Tip: Be lulled into slumber as a Sesame Pouch dipped in warm milk and nourishing honey gently glides over the body to relieve stress.

Lavender Splendour - *for all skin types*
CALM YOUR SENSES

Spa Tip: This lavender-enriched body wrap revitalises dull skin while its refreshing aroma revives your senses.

Orange Cooler - *for all skin types*
REFRESHINGLY COOL

Spa Tip: This delightful combination of orange and turmeric leaves your skin purified, moisturised and silky soft.

Purifying Mud Mask - *for oily/all skin types*
A 'MUD-VELOUS' WRAP

Spa Tip: A mineral-rich wrap to provide deep cleansing and to aid elimination of body toxins.
