



ELLERMAN SPA

Ellerman Spa invites pure indulgence with infinity views and ultra-modern facilities including three treatment rooms, a colour therapy steam room, large sauna and a unique pool, internationally qualified therapists place comfort, exclusivity and service above all else. At Ellerman Spa we create the ultimate experience for mind, body and soul. Choose one of thirty luxurious Ellerman Spa treatments and experience true relaxation, pampering and well-being.

FACIALS

Our Dermalogica facial treatments are designed to bring your skin to optimal health. We combine the best products and treatments to bring you to a state of relaxation and well-being.

DEEP CLEANSING PURIFYING FACIAL

A deep cleansing facial specifically designed to rebalance oily blemished skin. Includes steaming, gentle extraction and a special mask to help unclog and purify pores. It leaves the skin looking healthy and bright.
90 minutes.....R700

DELICATE DEFENCE FACIAL

A gentle facial designed to calm redness associated with delicate, irritated skin, cuperose and sensitive skin types. It soothes allergic, reactive complexions and leaves skin feeling soothed, nourished and revitalised.
90 minutes.....R700

RESCUE FACIAL

A super hydrating facial ideal for naturally dry skin or for complexions dehydrated by the environment. The skin is cleansed and exfoliated to remove surface dead skin cells and a deep hydrating mask drenches the skin with moisture. Results are immediate. Your skin feels dewy moist and incredibly soft.
90 minutes.....R700

ANTIOXIDANT FACIAL

A very intensive facial treatment. Multivitamins deliver a surge of vitality to a dull, tired lacklustre skin and the treatment instantly recharges a skin in crises from too much sun, stress and air travel. It boosts the skin's resilience and visibly smoothes fine lines. The skin feels softer, firmer, supple and looks more radiant.
90 minutes.....R800

THE ULTIMATE BLISS TREATMENT

The ultimate in skin care treatment. Enjoy a luxurious facial, customised especially for your skin, a pressure point scalp massage and a foot stone treatment.
120 minutes.....R900

Each exceptional Comfort Zone treatment offers a unique restoring experience for body and soul. A gel mask applied to the eyes can be added to any of the Comfort Zone facial treatments for R200.

AROMATIC BEAUTY TOUCH

Pure essential oils and botanical extracts oxygenate the skin and relax the senses..... a perfect experience after travel or whenever the skin is stressed.
90 minutes.....R700

RECOVER TOUCH

A most nourishing facial that will neutralize free radicals, and bestow lasting moisture & perfect softness, leaving the skin radiant.
90 minutes.....R700

ACTION SUBLIME

Unsurpassed energy and surface repair through active principles such as retinol, soy protein, and antioxidants.
90 minutes.....R800

MASSAGE THERAPY

LASTONE THERAPY

The ultimate Spa treatment to bring you to a new level of relaxation. Imagine lying outside on a warm day, the sun's rays caressing your body causing you to drift away to a space of total relaxation, stress free, where you feel as though you are weightless, grounded & supported. This is the sensation of a Lastone therapy treatment. The use of heated and cooled stones will balance & relax body & mind.

90 minutes.....R850

TRADITIONAL JAPANESE BODY WORK

In Japanese, Anma means massage and, using a 'push-pull' technique, this treatment aims to bring wholeness and balance to the body. Using no oil, Anma involves gentle stretching, mobilization and massaging to improve muscle condition and maintain balanced physical functioning of the body.

90 minutes.....R800

SWEDISH MASSAGE

A relaxing full body massage based on classic European massage techniques using long, smooth strokes to soothe away aches & pains & relieve stress & tension. Emerge with a feeling of total well-being.

60 or 90 minutes.....R650 / R750

DEEP TISSUE MASSAGE

A full body stress and tension releasing massage.

60 or 90 minutesR700 / R800

AROMATHERAPY MASSAGE

Restore peace of mind, de-stress and unwind with this multisensory body massage. Gentle soothing massage strokes are used together with a combination of essential oils of your choice to relax, revitalize, rebalance or purify the body. The benefits linger long after the massage is over.

90 minutes.....R750

MANUAL LYMPH DRAINAGE

Enjoy this specialised light pressure massage that will help with water retention & aid in removing toxins & waste products from the body.

90 minutes.....R750

BODY TREATMENTS

Our Dermalogica body treatments are designed to bring your body to optimal health.

SEA SALT SCRUB

This is the ultimate treatment to awaken your skin. The exfoliating benefits of sea salt combined with the invigorating aroma of selected essential oils enlivens body and mind. Followed by an hour relaxing body massage, your skin is left feeling silky smooth.

Note: Please do not shave or schedule same day waxing services with this treatment.

90 minutes.....R700

BODY GLOW WRAP

A therapeutic soothing & hydrating treatment designed to instantly relax, rebalance & rehydrate the skin. Wonderful for skin exposed to sun and the environment. Rich in essential oils & oceanic algae. Restores optimum moisture & softness to the skin.

90 minutes.....R700

SEA MUD DETOXIFYING BODY WRAP

A therapeutic, deep tissue detoxifying treatment, designed to activate blood circulation and promote the elimination of toxins. Rich in minerals and trace elements. Restores optimum moisture & lasting softness to the skin.

90 minutes.....R700

Our exceptional Comfort Zone treatments offer a unique restoring experience for body and soul.

AROMATIC BODY TOUCH

A simple treatment with marvellous effect! After complete exfoliation, the skin is massaged with nourishing jojoba oil enriched with essential oils & ultimately with our hydrating massage cream.

90 minutes.....R700

REDEFINE NOURISHING BODY TREATMENT

A skin-soothing, firming, and moisturising mask of botanical extracts leaves the skin perfectly toned and elastic.

90 minutes.....R700

MONTICELLI MUD WRAP

A rich and creamy mud, applied warm, that relieves the ache of sore muscles and swollen joints in addition to bestowing systemic balance and renewed energy.

90 minutes.....R700

HOMEOPATHIC AROMATHERAPY

Lilian Terry International researched and developed a natural product range based on the synergy of homeopathy and aromatherapy. All products contain homeopathic remedies, superior grade essential oils and pure cold pressed carrier oils. They contain no artificial fragrance or colouring agents and are not tested on animals. Apart from therapeutic and preventative uses of the products, they also give excellent cosmetic results by improving elasticity, firmness and hydration of the skin.

SERENITY NATURAL CLAY BODY WRAP

An exquisite treat that promotes inner calm and becomes your peaceful sanctuary. It is designed to free up the mind and eases the stresses and strains of an emotionally demanding lifestyle.

90 minutesR700

CELLULITE NATURAL CLAY BODY WRAP

A highly effective treatment that has been specifically designed to reduce stubborn fatty deposits by increasing circulation in cellulite areas.

90 minutesR700

MUSCLE EASE NATURAL CLAY BODY WRAP

A restful treatment to release tension and stiffness from tired or over exerted muscles promoting relaxation and wellness.

90 minutesR700

DETOXIFYING NATURAL CLAY BODY WRAP

This balancing body wrap restores a healthier state of well-being by activating the lymphatic system thereby promoting detoxification and reducing fluid retention.

90 minutesR700

VITALITY NATURAL CLAY BODY WRAP

A stimulating and anti ageing body wrap to boost immune function and natural energy level bringing many physical and emotional benefits to the client.

90 minutesR700

HAND AND FOOT THERAPIES

FOOT REFLEXOLOGY

The ancient art of pressure point massage. The treatment restores a sense of balance by targeting specific pressure points on the feet to improve circulation, relieve stress & tension, inducing a wonderful sense of relaxation.

45 minutes.....R500

MANICURE

The classic manicure will get nails & cuticles in shape. Hands & arms are softened with a gentle exfoliation followed by a relaxing moisturizing massage. Finished with your choice of nail colour.

60 minutes.....R350

PEDICURE

A traditional pedicure, aromatic salts, an exfoliating scrub and invigorating massage energizes your feet and soothes the skin. Finished with your choice of nail colour.

60 minutes.....R450

BODY BRONZING

Caribbean Tan professional sunless tanning system is a convenient, fast and healthy way of tanning. Following a full body scrub, Caribbean Tan is applied using a special tanning system to spray a stream of tanning solution over the skin using horizontal and vertical movements. The average length of time it lasts is 5-14 days.

60 minutes.....R400, including Tanning product of your choice

HOURS of TRADE

Monday – Thursday: 10H00 – 19H00

Friday: 09H00 – 18H00. Saturday: 08H30 – 17H30.

Sundays: 10H00 – 18H00.

SPA ETIQUETTE

Booking in advance is recommended. In the spirit of mutual respect we kindly request punctuality. We suggest you arrive 5 minutes prior to your scheduled treatment. Please switch off cellular/mobile phones on arrival. Late arrival will result in a reduction of treatment time. A 50% treatment fee will be charged for non-arrivals.