



Situated on the pool level of Ellerman Villa, Ellerman Spa provides an opportunity to rejuvenate body and mind while enjoying infinity views and ultra modern facilities. Its holistic approach draws on healing and beauty techniques from around the globe. You can choose from an extraordinary range of beauty treatments including

some specifically designed for men. A full range of massages include Japanese Anma, head, foot, body, hot stone, deep tissue and Swedish are available, as well as full body treatments for revitalising and rejuvenation. Ellerman Spa has three treatment rooms, a colour therapy room, large sauna & a unique infinity 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.

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## ELLERMAN SPA

### 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 R870

#### 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 R870

#### 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 R870

#### ANTIOXIDANT FACIAL

A very intensive facial treatment. Multivitamins deliver a surge of vitality to a dull, tired lacklustre skin & the treatment instantly recharges a skin in crises from too much sun, stress & 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 R980

#### 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 R1090

Your skin is one of your most precious assets and every skin is unique. **ENVIRON** facial therapies are tailored to treat your individual concerns and to nurture and restore your skin through non-destructive rejuvenating methods. The ultimate in advanced Vitamin Therapy facials combine scientifically advanced skin care products with the revolutionary DF machine to ensure visible results.

#### ENVIRON ENHANCING VITAMIN THERAPY

Developed to intensively focus on several key areas of concern, this targeted treatment ensures that your primary skin care concerns are directly addressed. This treatment incorporates a penetrant enhancing mask for results that speak for themselves. Your choice of a hand or foot repair treatment is included with your facial.

90 minutes R870

#### ENVIRON PURIFYING VITAMIN THERAPY (MINI PEEL)

Created to purify, micro-exfoliate and rehydrate your skin this particular therapy greatly assists with the treatment of acne, scarring and deep skin congestion. The combination of scientifically advanced products and techniques revives and refreshes your skin, leaving you feeling like new. Your choice of a hand or foot repair treatment is included with your facial.

90 minutes R870

#### ENVIRON ULTIMATE VITAMIN THERAPY

(Long term users of **ENVIRON** only) Designed to effectively treat a wide range of skin care concerns, this luxurious treatment provides intense penetration of active ingredients for visible results. Let our skin care specialists spend time on each area of concern and attend to your every skin care need with this ultimate facial treatment. Your choice of a hand or foot repair treatment is included with your facial.

90 minutes R980

### MASSAGE THERAPY

#### 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 R1030

#### BELLABACI MASSAGE

This is one of the best deep tissue massages available. A wonderful ancient technique has found its place in the modern world of

healing. This massage incorporates the use of Bellabaci cups to release toxins from the muscle and enhance circulation. It causes a vacuum up to four inches into the tissues, causing tissues to release toxins and activate the lymphatic system.

90 minutes R1030

#### 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 and supported. This is the sensation of a Lastone therapy treatment. The use of heated and cooled stones will balance & relax body & mind.

90 minutes R1030

#### 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 R790 / R910

#### DEEP TISSUE MASSAGE

A full body stress & tension releasing massage.

60 or 90 minutes R870 / R980

#### 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 R910

#### 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 R910

### 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 R870

#### 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 R870

### 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 minutes R870

#### 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 minutes R870

#### 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 minutes R870

#### 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 minutes R870

#### 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 minutes R870

### 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 R600

#### 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 R430

#### 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 R540

### 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 R540

INCLUDING TANNING PRODUCT OF YOUR CHOICE  
PLEASE ALLOW 8 HRS FOR DEVELOPMENT BEFORE SHOWERING

#### 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.

TO MAKE AN APPOINTMENT PLEASE CALL 3210.