



# ELLERMAN HOUSE

SPA

## FACIALS

### IQMS Medicosmetics

This elite medical skincare range is based on research led, collagen enhancing technology to create a bespoke regenerative skincare system. It is formulated by Dr. Med. Schulte, an aesthetic surgeon, lecturer and international authority on skin ageing and skin regeneration  
FIND OUT ABOUT ADDING THE REVOLUTIONARY OXYGEN TREATMENT TO YOUR FACIAL

### ELLERMAN HOUSE SIGNATURE FACIAL BY QMS

90 minutes/ R2 200

### NEO TISSUDERMIE

90 minutes/ R1 760

### MED TREATMENT

90 minutes/ R1 760

### ACTIVATOR TREATMENT

90 minutes/ R1 760

### CLASSIC COLLAGEN LIFTING

90 minutes/ R1 760

### CLASSIC COLLAGEN HYDRATING

90 minutes/ R1 760

### SK-ALPHA TREATMENT

90 minutes/ R1 760

### QMS OXYGEN

90 minutes/ R2 160

### Environ

The ultimate in advanced Vitamin Therapy, Environ facials combine scientifically advanced skin care products with the revolutionary DF machine to ensure visible results

### ENHANCING VITAMIN THERAPY

90 minutes/ R1 760

### PURIFYING VITAMIN THERAPY

90 minutes/ R1 760

### ULTIMATE VITAMIN THERAPY

90 minutes/ R1 760

## MASSAGE THERAPY

### TRADITIONAL JAPANESE

Body work using no oil, Anma involves gentle stretching mobilisation and deep pressure on the neuro lymphatic points. The treatment aims to bring wholeness and balance to the body

60 / 90 minutes R1 650 / R1 980

### SWEDISH MASSAGE

A full body massage based on classic European massage techniques using long, smooth strokes to relieve stress and tension. This is not a deep pressure massage but rather medium pressure. Emerge with a feeling of total wellbeing

60 / 90 minutes R1 650 / R1 980

### CHINESE STRETCH MASSAGE

This massage combines a wide variety of massage techniques with acupressure and stretches. It relaxes the muscles, opens up joints and encourages the flow of circulation in the body. After every stretch, hot stones are applied in sweeping movements to prevent any stiffness the next day

60 / 90 minutes R1 650 / R1 980

### BELLABACI MASSAGE

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 muscles and enhance circulation. It causes a vacuum up to four inches into the tissue, causing it to release toxins and activate the lymphatic system

60 / 90 minutes R1 650 / R1 980

### AROMASTONE MASSAGE

This relaxing massage includes the use of hot stones and traditional massage. Perfect after a long flight for relaxing aching muscles

60 / 90 minutes R1 650 / R1 980

### DEEP TISSUE MASSAGE

A full body stress and tension releasing massage

60 / 90 minutes R1 650 / R1 980

### MELLOW MAMA

A complete relaxing full body massage using our Omega-rich oils to relax muscles. This is also a safe and effective pre-natal treatment

90 minutes R1 980

### AROMATHERAPY MASSAGE

Gentle soothing massage strokes are used together with a combination of essential oils to relax, revitalise, rebalance or purify the body. The benefits linger long after the massage is over

60 / 90 minutes R1 650 / R1 980

### MANUAL LYMPH DRAINAGE

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

90 minutes R1 980



## ELLERMAN HOUSE

### SPA

#### BODY TREATMENTS

##### THE SMOOTHIE

Rejuvenate your skin and clear your mind. Mama Mio smoothie will exfoliate your skin oh-so-gently, followed by the moisture massage to hydrate and elasticise your skin

90 minutes R2 000

##### SEA SALT SCRUB

The exfoliating benefits of sea salt, combines 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 R2 000

##### BODY BRONZING / VITA LIBERATA

Allow 8 hours after treatment for development before showering. After a full body scrub, Vita Liberata is applied using a special spray tan system. Average duration is 8-10 days. Vita Liberata is quick drying, non toxic and hydrating

60 minutes R1 100

#### HOMEOPATHIC AROMATHERAPY

##### LILIAN TERRY INTERNATIONAL

Lilian Terry International uses products containing homeopathic remedies, superior-grade essential oils, pure cold-pressed essential oils, pure cold-pressed carrier oils and contains no artificial fragrance. Apart from therapeutic and preventative uses of the products, they also give excellent cosmetic results by improving elasticity, firmness and hydration

##### SERENITY NATURAL CLAY BODY WRAP

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

90 minutes R2 000

##### 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 R2 000

##### 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 R2 000

##### DETOXIFYING NATURAL CLAY BODY WRAP

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

90 minutes R2 000

##### VITALITY NATURAL CLAY BODY WRAP

A stimulating and anti-ageing body wrap to boost immune function and natural energy levels. Has many physical and emotional benefits

90 minutes R2 000

#### HAND AND FOOT THERAPIES

##### FOOT REFLEXOLOGY

An ancient art of pressure point massage. Restores a sense of balance by targeting specific pressure points on the feet to improve circulation, relieve stress and tension, inducing a wonderful sense of relaxation

45 minutes R1 200

##### MANICURE

This classic manicure will get nails and cuticles in shape. Hands and arms are softened with a gentle exfoliation followed by a relaxing moisturising massage with your choice of nail colour

60 minutes R 550

##### GEL MANICURE

A long lasting LED baked gel polish with your normal classic manicure

90 minutes R 650

##### PEDICURE

A traditional pedicure, an exfoliating scrub and invigorating massage energises your feet and soothes the skin. Finish with your choice of nail colour

60 minutes R 700

##### GEL PEDICURE

A long lasting LED baked gel polish with your traditional pedicure

90 minutes R 800

#### KINDLY ASK YOUR THERAPIST ABOUT OUR WAXING OPTIONS

##### HOURS OF TRADE

Monday - Sunday: 10am - 7pm

##### SPA ETIQUETTE

Booking in advance is recommended. We kindly request punctuality and ask that you arrive 10 minutes prior to your treatment. You are welcome to come down in your robe. Late arrival will result in a reduction of treatment time. Please switch off mobile phones on arrival. Kindly note there are no lock up facilities in the Spa, please leave all your valuables in your room safe