

**ELLERMAN
HOUSE SPA**



THE ELLERMAN HOUSE SPA

The Ellerman House Spa is a natural extension of the property's commitment to quality and personalised service. Situated on the ground floor of Villa One, it is approached through an indigenous garden with tranquil water features.

A small, highly experienced team of therapists offers a carefully considered menu of skin-care therapy and body treatments designed to soothe the senses while the body and mind are coaxed into balance.

With three single treatment rooms and one double treatment room designed for couples, the spa specialises in cutting-edge massage techniques of different cultures from around the world.

A Sauna, steam room and sensation shower is available as a free service.

The Spa stocks a choice of Award winning South African and international skin care products for facials and, the highest quality products for massages, body treatments, hand and foot therapies.

SPA TREATMENT TIMES

Monday to Friday

08:00 – 19:00

Saturdays, Sundays and Public Holidays

10:00 – 19:00

BOOKING ENQUIRIES

Tel: +27 (0) 430 3200

E-mail: spa@ellerman.co.za

SPA ETIQUETTE

RESERVATIONS

Advanced bookings to secure your date, time and treatment is essential for us to prepare your treatment room. Please dial 3210 for a booking or request to speak to a therapist in the spa.

ARRIVAL

We recommend that you arrive 15 minutes prior to your treatment. Please bear in mind that if you are delayed, your treatment time will be limited as a courtesy to the next guest. Full treatment price will be charged.

SPA FACILITIES

Our steam room, sauna, and sensation shower do not require advance reservations and are available throughout regular spa operating hours.

SPA ATTIRE

You are welcome to change in the privacy of your hotel room and arrive at the spa in your robe. Modesty will be respected at all times. Disposable underwear is available if desired.

VALUABLES

Please may we request your assistance in leaving your valuables in your room safe as there are no locker facilities at the spa.

MOBILE PHONES

As a courtesy to other guests, please switch off your mobile phones or use silent mode at all times while in the spa.

GRATUITY

Please add at your own discretion as gratuity is not included in your treatment price.





FACIALS

Give your skin the love it deserves.

ELLERMAN HOUSE SIGNATURE TREATMENT

120min | R4000

The ultimate Ellerman House Spa treatment includes a bespoke facial tailored to your specific needs by a Spa therapist with area focused care, touch therapy, pressure point and lifting massage.

ENVIRON

Where technology meets beauty! Environ's patented Ionzyme DF machine is the first in the world to combine low frequency Sonophoresis & pulsed Iontophoresis. The Ionzyme DF treatment enhances the efficacy of the ingredients found in the professional serum offering, and therefore can provide faster and more effective results. The ultimate in advanced skin care products with the revolutionary DF machine to ensure visible results.

DUAL ELECTRO-SONIC TECHNOLOGY SKIN CARE TREATMENT

90min | R2750

Customisable treatments with revolutionary Electro – Sonic Technology that delivers more of what your skin needs, to where it's needed most. Customised by our skin care professionals, to deliver powerful ingredients best suited to your skin needs resulting in a #FacialLikeNoOther

COOL PEEL SKIN CARE TREATMENT

90min | R2750

The benchmark of Intelligent skin renewal technology. Customised, controlled, and comfortable Cool Peel Treatments that help revive, refine and brighten the skins appearance.

KARIN HERZOG

All products are vegan friendly, paraben and gluten free, and not tested on animals. Karin Herzog ingredients include a mixture of active oxygen, hyaluronic acid, retinol, Alpha Hydroxy Acids and other natural extracts to provide high performance skin care.

ANTI-AGEING OYGEN FACIAL

90min | R3080

Starting with deep cleaning of the skin and a Fruit acid peel based on your skin's sensitivity. Two masks are included in this specialised facial, a wonderful face, décolleté, a shoulder massage, completed with a foot massage.

TRADITIONAL OXYGEN / PURIFYING FACIAL

90min | R2750

A wonderful hydrating facial, focussing on all skin types. Two masks and a gentle marble scrub unique to Karin Herzog is used to exfoliate dull accumulated cells on the skin. Your skin will have a purified, firm and luminous complexion after this facial.

GLYCO ROSE OXYGEN FACIAL

90min | R2750

A hydrating facial using a Glycolic rose peel to exfoliate dull skin. Re-application of oxygen tightens the pores and prevent redness, ending with a lifting facial massage that will smooth away stress.





QMS

MEDICOSMETICS



DAY COLLAGEN
SENSITIVE

Serum
Sérum

30ml e 1.01 US FL. OZ.



QMS

MEDICOSMETICS

ACTIVE
EXFOLIANT 7%
SENSITIVE

Resurfacing Fluid
Fluide Resurfaçant

30ml e 1.01 US FL. OZ.



QMS

MEDICOSMETICS



NIGHT COLLAGEN
SENSITIVE

Serum
Sérum

30ml e 1.01 US FL. OZ.

QMS MEDICOSMETICS

This elite medical skin care range is based on research led, collagen enhancing technology to create a bespoke regenerative skin-care system. It is formulated by Dr. Med. Eric Schulte, and aesthetic surgeon, lecturer and international authority on skin ageing and skin regeneration.

COLLAGEN RECOVERY FACIAL

90min | R3850

Designed for stressed skins going through hormonal change, this facial uses ingredients to stimulate regeneration, calm dryness and inflammation throughout. This treatment gives back to skin what may be lost from the decrease of oestrogen including invigorating and revitalizing the eye area.

SKIN CELL RENEWAL WITH OXYGEN

90min | R3000

Delivers highly regenerating and anti-ageing results through specifically developed techniques and products which support the skin's own stem cells, enhance the stimulation of new skin cells and improve overall skin metabolism. The skin is left fuller, more toned and rejuvenated.

URBAN REPAIR WITH OXYGEN

90min | R3000

Targets the damaging effects of daily pollutants on the skin and helps to repair the cellular structure to restore the skin's natural wellness. This facial combines a deep pore decongestion with advanced treatment to support the detox process, accelerate epidermal regeneration and boost the metabolism.

PURE OXYGEN

90min | R3000

The QMS Oxygen machine uses 95% pure oxygen to channel ingredients for the ultimate skin boost. The improved oxygen supply encourages circulation and stimulates a regenerative process. Leaves skin firmer, smoother and more radiant.

PIGMENT CORRECTOR WITH OXYGEN

90min | R2600

Delivers specialised treatment targeting excessive and irregular pigmentation. Features QMS innovative and highly effective Skin Tone light serum, which blocks the melanin synthesis causing the irregular dark spots and helps restore skin tone.

COLLAGEN RENEWAL

90min | R2200

Restores and revitalises the complexion whilst delivering an important boost to the moisture levels through the use of pioneering wellbeing treatment masks and QMS signature 70% natural soluble collagens. Skin is left firmer with more volume, fine lines are reduced and texture is improved.

SK-ALPHA TREATMENT

90min | R2200

Detoxifies the skin and focuses on stimulating the microcirculation through the use of a unique thermal-active revitalising mask, this resulting in an instant boost to the complexion. Skin is left visibly smoother and the radiance is restored.

ACTIVATOR TREATMENT

90min | R2200

Hydrates, refuels and energises the skin through the use of innovative activation techniques which increase the supply of active ingredients to revitalise the skin, leaving it fresh and glowing. Provides instant vitality for jet-lagged and tired skin.

NEO TISSUDERMIE

90min | R2200

Strengthens and regenerates the skin with a focus on the areas that are prone to the loss of elasticity as the skin ages. Delivers a lifting and tightening massage in combination with a collagen-boosting treatment to help improve the tonicity of the jaw lines, cheeks and eyebrows.

SENSITIVE REBALANCE TREATMENT

90min | R2200

Clears impurities, calms inflammation and regenerates the basic functions of the skin which are important to improving the overall wellness of the skin.

QMS OXYGEN ADD ON**R500**

Speak to your therapist on the advantages to adding Oxygen to your treatment.

QMS ADVANCED COLLAGEN EYE LIFT ADD ON**R350**

The most advanced technology, containing collagen, peptides and hyaluronic acid. Renew your delicate eye area in just 20 minutes.

TRIPOLLAR RF TREATMENT FACIAL**90min | R3500*****A facelift without surgery***

RF is a completely safe skin tightening treatment that uses advanced radio frequencies to heat the deepest layers of the skin, causing a natural healing response that spurs new production of collagen. This collagen restores the plumpness and vitality of the skin, reducing the fine lines, wrinkles and sagging. This will rejuvenate the skin with an instant lift.



MASSAGE THERAPY

Restore your body and invigorate your mind.

CBD MASSAGE

60min | R2500 90min | R2700

This massage uses a high quality CBD infused coconut oil with wintergreen, arnica, lavender, rosemary to name a few. This product will help with sleep, muscle aches, stress and anxiety.

SWEDISH MASSAGE

60min | R2200 90min | R2500

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.

DEEP TISSUE MASSAGE

60min | R2200 90min | R2500

A full body stress and tension releasing massage.

MENO-FREE MASSAGE (FEMALES ONLY)

60min | R2200 90min | R2500

A full body massage with a specialised formula designed to help with the symptoms of menopause. This massage will leave you calm, cool and rejuvenated.

AROMASTONE MASSAGE

60min | R2200 90min | R2500

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

BELLABACI MASSAGE**60min | R2200 90min | R2500**

One of the best deep tissue massages available. A wonderful ancient technique has found its place in the modern world of healing.

SOS SPORTS REPAIR BACK & NECK MASSAGE**60min | R2500**

This massage focuses only on the back, neck and shoulder area.

SOS SPORTS REPAIR MASSAGE**60min | R2200 90min | R2500**

This specialised oil is designed to facilitate with any injuries and muscle strains you might have. It reduces inflammation instantly. This massage focus on your specific problem areas.

AROMATHERAPY MASSAGE**60min | R2200 90min | R2500**

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.

MANUAL LYMPH DRAINAGE**60min | R2200 90min | R2500**

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

PREGNANCY MASSAGE**60min | R2200 90min | R2500**

A complete relaxing full body massage using oils safe and effective for pre-natal treatment.



BODY TREATMENTS

Reconnect with the mind, body and soul.

BELLABACI

Bellabaci uses the latest in technology, science and eastern medicine to create superior quality products for luxury Spas and health-conscious consumers.

BODY WRAPS

PURIFYING & SLIMMING BODY TREATMENT

120min | R3080

First, a full body scrub. This is followed by a full body wrap. Whilst the wrap is on the body, a pressure point and cupping draining massage is done on the face. A 60min cupping treatment will be done on areas of concern for the client. This experience is designed to give the client an overall detoxification, boosting their metabolism as well as addressing concerns such as cellulite and tightening and firming up the body.

STRESS & MUSCLE RELIEF TREATMENT

120min | R3080

First, a full body scrub. This is followed by a full body wrap. Whilst the wrap is on the body, a pressure point and cupping draining massage is done on the face. A 60 min deep tissue massage will be done by adding the Bellabaci cups to the area of concern. The treatment is designed to rid the body of aches and pains, to reduce inflammation in the body as well as to enhance optimal blood flow to muscles and to breakdown lactic acid build-up.

RENEW AND REVIVE BODY RITUAL

90min | R2800

First, a full body scrub. This is followed by a full body wrap. Whilst the wrap is on the body, a pressure point and cupping draining massage is done on the face. A skin get a life genie application will be done after the wrap is removed.

This treatment will focus on removing dead skin cells and restoring glow to your skin. While giving you intense hydration and will be deeply nourishing, assisting with any dry skin conditions, can also assist in improving the appearance of stretch marks.

BODY SCRUB & MASSAGE

90min | R2580

A full body scrub to remove all dead skin cells followed by a relaxing moisturising massage.



MIND RETREAT

Making your soul smile.

THE POWER OF SOUND

45min | R1800

A ritual with tuning forks to work and balance all your chakra's, soothes and reconnect your mind and body through sound vibration.

Tuning for Therapy is based on the principle that everything in the Universe is made of vibration. Sound Healing is possible because our human bodies are not solid. Our bodies are rhythmic and harmonic.

ENHANCEMENTS

Elevate your experience.

LASH & BROW TINT

45min | R550

LASH TINT

30min | R350

BROW TINT

20min | R300

BROW SHAPE

20min | R250





HAND AND FOOT THERAPIES

FOOT REFLEXOLOGY

50min | R1800

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

MANICURE

60min | R640

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

GELISH MANICURE

90min | R750

A long lasting LED cured gel polish with your normal classic manicure.

PEDICURE

60min | R850

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

GELISH PEDICURE

90min | R970

A long lasting LED cured gel polish with your traditional pedicure.

WAXING

For our clean up treatments we use hot wax (soft wax) for face, under arm and bikini. For legs, we use cold wax (strip wax).

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| FULL LEG WAX | 60min R660 |
| HALF LEG WAX (ABOVE KNEE) | 45min R500 |
| BIKINI WAX (HOLLYWOOD, BRAZILIAN) – FEMALES ONLY | 45min R660 |
| UNDER ARM WAX | 30min R420 |
| LIP WAX | 30min R385 |
| CHIN WAX | 30min R330 |
| ARM WAX | 45min R500 |
| EAR WAX | 30min R310 |
| NOSE WAX | 30min R280 |
| BROW WAX | 20min R280 |
| BACK WAX | 45min R660 |



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www.ellerman.co.za