



SHELLEY POINT
WELLNESS CENTRE & SPA



pure indulgence

*De-stress body, mind and soul with
holistic treatments and
specialised massage therapies
for men and women.*

Stockists of:



APPOINTMENTS

Juanita/Elicia: 022 742 1394
wellness@shelleypointhotel.co.za

HOURS

The Wellness Centre is open
7 days a week, from 9:00 to 17:00

Hydro Spa is open
7 days a week, from 06:00 to 23:00

Facial Treatments...

After a complimentary skin consultation, the therapist will recommend the best facial for your skin type. Choose between our well known salon & spa products, BABOR and TheraVine.

BABOR

Spoil your senses. Discover BABOR's holistic philosophy of beauty at first hand with a selection from a host of diverse treatments for unique moments of indulgence.

Express Facial	45min	R300
Mini Facial	60min	R360
Classic Facial	90min	R460
Standard Facial and Back Facial	90min	R590
Hydro Power Facial	90min	R500
Collagen Biomatrix Facial	90min	R600
Bust and Back Facial	60min	R530
Men's Facial	60min	R360

Theravine

Theravine's facials provide the perfect skin maintenance to hydrate, rebalance, nourish and stop time in its tracks while its aroma and texture provides a multi sensory experience...

Appetizer Facial	30min	R250
Balancing Facial	60min	R320
Hydravine Facial	90min	R400
Deluxe Anti Ageing Facial	90min	R500

All facial waxing and tinting excluded. Kindly book in advance.

■ Body Massages...

Massage increases mental alertness, stimulates the lymph system and blood circulation, and helps the body to heal itself.

Back and Neck Massage	30min	R200
Back, Neck and Scalp Massage	45min	R250
Golfers Massage	45min	R280
Indian Head Massage	30min	R160
Full Body Massage	60min	R350
Hawaiian Massage	60min	R380
Hot Stone Back Massage	30min	R270
Hot Stone Full Body Massage	60min	R390
Manual Lymph Drainage Massage	60min	R350
Mom-to-Be Back and Neck Massage	45min	R250
Mom-to-Be Full Body Massage	60min	R330

Dual Massage Room available for couples. Subject to availability.

*Hawaiian Massage

Most of the client's body is exposed, a sarong is used to maintain modesty. Allows for uninterrupted long flowing strokes by moving palms, thumbs, knuckles and forearms in rhythmic, dance-like motion.

*Lymph Drainage

Is a technique that uses a lighter touch massage. Is used for the reduction of fluid buildup, removing toxins and strengthening the immune system.

*Indian Head Massage

Is a valuable technique incorporating various strokes and acupressure points, helping to relieve and combat stress. (This can be shown in the form of a migraine, tension, headache and hairloss, psoriasis or eyestrain.)

*Hot Stone Therapy

Is the application of heated stones on specific areas of the body, whilst manipulating the body tissue for the purpose of producing beneficial effects on the body.

TheraNaka Massages

From heavenly aromas to herbal purity, TheraNaka is a mesmerizing and innovative body & sense-soothing safari, replicating the earthy scents and awe-inspiring wonders of the most profound continent.

Body Exfoliation

A cleansing ritual that symbolizes renewal to the body. All our cleansing preparatory body scrubs are made with 100% natural blend of plant botanicals to gently and effectively eliminate dead skin cells, moisturize and leave the skin soft to the touch. Feel invigorated and revitalized as a message of new life and renewal will be weaved.

TheraNaka Apricot Kernel Body Scrub	45min	R160
TheraNaka Geranium and Pine Sugar Scrub	45min	R160
TheraNaka Marula and Sandalwood Sugar Buff	45min	R160

Massages

Our body massages nurture the strong connection with mother earth and take great care to restore balance. Choose from our selection of Marula-herb infused Fusion or Avo and Shea Butter Body Massages for your relaxing, uplifting or detoxifying needs.

TheraNaka Fusion Body Massages (with Body Oil)

Peace Full Body Massage – Relaxing	60min	R380
Recharge Full Body Massage – Uplifting	60min	R380
Storm Full Body Massage – Detoxifying	60min	R380
Fusion Back and Neck Massage	30min	R280

TheraNaka Avo and Shea Butter Body Massages (with Body Butter)

Sunset Full Body Massage – Relaxing	60min	R380
Daybreak Full Body Massage – Uplifting	60min	R380
Storm Full Body Massage – Detoxifying	60min	R380
Avo and Shea Butter Back and Neck Massage	30min	R280



BABOR

Body Wraps

All body wraps include full body exfoliation, wrap, scalp massage and full body cream application.

Anti Cellulite Treatment with self-heating mask	R640
Algae Firming Treatment	R370
Cool Body Styling Treatment	R500
Full Body Scrub	R180

Massages

Babor's 'Spa Around the World' treatments take you on a relaxing and calming journey around the world. Authentic treatment rituals from ancient tribes and BABOR's extensive research expertise are combined to bring the body, mind and soul in balance. Experience soothing massages and delicate fragrances in an exotic atmosphere.

Shadiva of India Massage	90min	R500
Khanya of Africa	90min	R520
ScenTao of Asia	90min	R550
Aromatherapy Massage	60min	R420



Finishing Touches

Heavenly Hands

Express Manicure	60min	R120
The Worx Manicure	75min	R140
Deluxe Manicure	90min	R160
Anti Ageing Manicure	90min	R180
Paraffin Manicure	90min	R180
Gents Manicure	45min	R100
Princess Manicure (Age 4 to 11)	45min	R100
Teen Diva Manicure (Age 12 – 16)	60min	R140

Fancy Feet

Express Pedicure	60min	R140
SOS Pedicure	90min	R180
Deluxe Pedicure	90min	R180
Paraffin Pedicure	90min	R200
Gents Pedicure	60min	R140
Princess Pedicure (Age 4 – 11)	45min	R120
Teen Diva Pedicure (Age 12 – 16)	60min	R160
Reflexology	30min	R140
	45min	R160
Extras		
French Finish	10min	R20
Nail Art per Nail	10min	R10

Tinting & Shaping

Eye Brow Tint	R50
Eyelash Tint	R60
Lash & Brow Tint	R90
Eyebrow Shape	from R40

Waxing

½ leg	R90
¾ leg	R100
Full leg	R140
Bikini	R70
Brazilian (Extended)	R120
Hollywood (Full Bikini)	R140
Arm	R75
Underarms	R60
Brows	R50
Lip	R50
Chin	R50
Lip & Chin	R80
Full Facial	R100
Cheeks	R50
Tummy	R50

Waxing for Men

Chest	R80
Half Back	R80
Full Back	R120
Ear or Nose	R50

■ Pamper Packages...

***Dual Massage Room Available for couples**

***Pamper Packages subject to therapist availability**

Full Day Shelley Point Pamper

6 Hours

R1550

* Body Scrub and Hydro Therapy in Spa, Express Manicure and Pedicure with a clear coat varnish and Classic Facial.

Babor products especially selected to suit your skin type and a relaxing full body massage to conclude the day. Tea and muffins, as well as a light luncheon, are served.

Half Day Shelley Point Pamper

3 Hours

R990

* Body Scrub and an Aromatherapy Full Body Massage, followed by a personalized skin care treatment and a hand and foot massage. Tea and muffins will be served to conclude the day.

TheraNaka African Pamper Package

3h30min

R700

Indulge yourself with an African Body Glow experience. Start the pampering with a full body marula and sandalwood sugar buff exfoliation, followed by a African mud body wrap and ending of your glow experience with a full body massage with your choice of body oil or body butter to nourish your skin. Tea and muffins will be served to conclude the day.

Pamper Packages...continued

***Dual Massage Room Available for couples**

***Pamper Packages subject to therapist availability**

Honeymoon Pamper Package (per couple)

3hours

R1500

Complete your Honeymoon with a deluxe pamper package in our couples room. Start your relaxation with a de-stress full body massage, followed by a reflexology treatment and Indian head massage. End off your pamper package with a visit through our Hydro Spa which include a bottle of Sparkling wine and fruit platter.

* Please contact us to create your own tailor made packages.

Wedding Packages

“ Please contact us and we will create a customized spa package to get you ready and glowing for your special day. ”

Nail Technician and Make-Up Artist also available. Please contact the Wellness Centre for more information. Only by appointment.

Hydro Spa

Hydro Package

30min

R100

50min

R150

Consist out of; sauna, steam room, sensation showers, inside swimming pool and Jacuzzi.

Children under the age of 10 years can only use the swimming pool and only under parental supervision.

Spa Etiquette and Policies

Spa Bookings

A pre-bookings treatment is essential. Voucher details or a 50% deposit is required to secure your Spa booking. To make a booking please contact the Spa on 022 742 1508 or email wellness@shelleypointhotel.co.za.

Hours of operation

The Wellness Centre is open **7 days a week, from 9:00 to 17:00**

Hydro Spa is open **7 days a week, from 06:00 to 23:00**

Should a guest however wish to book a treatment outside of these times, we will do our utmost to accommodate their request, subject to staff availability.

Punctuality

We kindly request you to arrive 10 minutes prior to your appointment. A late arrival may mean that your treatment time is reduced or unable to be honored.

Cancellation Policy

If you wish to change or cancel an appointment, please contact the Spa directly. Please note that as a courtesy to all our clients a prompt appointment schedule is adhered to. Late appointments will be completed in the allocated time, and the fee will remain unchanged. We will be grateful if all guests/residents would make any changes or cancellations at least 24 hours prior to the scheduled treatment time. Group cancellations must give a minimum of 5 days notice prior to the scheduled booking. Treatments cancelled after this time will incur a cancellation tariff of 100%.

Kindly note prices are subject to change without prior notice.

Gift Vouchers

Gift vouchers are available from the Spa. Vouchers can be issued for specific values and are valid for 6 months. The original gift voucher must be presented at an appointment in order to be honored. Gift Vouchers are not redeemable for cash.

Dress Code

Swimming costumes must be worn at all times when using the hydro spa facilities. The Wellness Centre and Spa operates on a strictly no-nudity policy.

Indemnity

The Hotel, Spa or any of its therapists cannot accept responsibility for adverse reactions, accidents or complications before, during or after Spa treatments.

Spa Guarantee

All our tools and equipment are thoroughly sanitized, and however clients are requested to purchase their own nail files so as to promote ultimate hygiene.

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