



# Treatment Menu

Let our qualified therapists help you unwind and relax in an intimate setting surrounded by lush gardens and enchanting aromas.

The Sugar & Spice Spa is situated in a quiet two treatment room cottage within the de Charmoy Estate Campus, 500 meters from the main reception gate. The spa has jacuzzi facilities available and has been designed to promote relaxation, rejuvenation and wellness.

Should you wish, our trained therapists can also conduct treatments in the comfort of your room.

All treatments are performed by qualified therapists using South African Spalicious & Six products.

## TRADING HOURS

Wed - Sun: 09:00 - 19:00

Tel: 063 177 5075



## Heroine Facial Treatments

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### Velocity Facial Treatment

**30 mins @ R350**

A fantastic express facial treatment that will be tailored to your specific needs. Aimed at rejuvenating, revitalising and refreshing the skin.

### Heavenly Journey Facial Treatment

**40 mins @ R430**

Boost the Velocity Skin Treatment with one of these spa rituals to provide a truly indulgent 40min experience. Choose from a back massage, foot ritual or indian head massage.

### Timeless Facial Treatment

**60 mins @ R650**

This classic facial treatment will provide you with a unique sensorial experience as well as a thorough anti ageing treatment. It restores the natural luminosity to your complexion and revitalizes tired, dull skin whilst smoothing out expression lines and wrinkles using professional massage and extraction techniques coupled with the advanced firming and rejuvenating ingredients to aid in nourishment, protection and maintenance of your skin and to stimulate production of collagen and elastin.

### Sensational Facial & Body Treatment

**90 mins @ R700**

For ultimate in relaxation and pampering experiences this 90 minute treatment combines an indulgent hot oil back massage and herbal compress treatment with a rejuvenating, revitalising facial that includes a double exfoliation, hand treatment and a heavenly signature facial massage.

### Eyes Like Diamonds

**Add onto any Facial**

**without adding any extra time @ R100**

A skin enhancer that adds no additional treatment time to your facial.

An anti-ageing eye treatment that is stimulating and yet very gentle and effective for your delicate eye area. It minimizes the appearance of dark circles and reduce puffiness, it will leave your eyes sparkling like Diamonds.





## Heroine Body Treatments

### **Body Cocoon** 60 mins @ R450

At times in our lives we need to detox and cleanse our bodies to feel renewed, this is the ultimate treatment to do just that with grapefruit seed extract to detoxify and act as a powerful antioxidant for your skin by combating free radicals. The treatment begins with a full body exfoliation to speed up blood circulation and remove dead skin cells followed by a 20 minute heated body wrap with the Mandarin & Sandalwood Detox Body Mask. You can then choose an application of our Mandarin & Sandalwood Dry Body Spritz to complete your treatment. We highly recommend you to continue your journey with a one hour full body lymphatic drainage or detoxifying massage.

Final Destination: Heaven!

### **Mandarin & Sandalwood Life saving back Treatment** 45 mins @ R380

A life saving back treatment with a touch of real luxury. The treatment begins with a Mandarin & Sandalwood Self Heating Sugar Scrub that heats up as it makes contact with your skin, removes dead skin cells and re-mineralizes your skin. One of our three kaolin creamy masks will be applied to the back and left to detox for any breakouts on your back as well as remineralise and hydrate an area often neglected. Whilst the mask is at work you will then receive a heavenly back of leg massage followed by a relaxing back massage, ending off with the Mandarin & Sandalwood Dry Body Spritz to nourish your skin.

### **Cellulite/light legs Treatment** 45 mins @ R380

Spalicious Cellulite treatment was developed after 5 years of intensive research and development on finding a solution to managing cellulite. Cellulite is a skin condition that can not be treated completely but can be minimized to less visibility when treated correctly. Our products will help speed up cell turnover and shrink those fat cells and strongly reduce the appearance of cellulite leaving your skin silky smooth.

### **Self Heating Body Buff** 30 mins @ R250

A luxurious and intensive 30 minute full body scrub using our award winning Mandarin & Sandalwood Self Heating Sugar Scrub. As the creamy scrub comes into contact with your skin you will feel a relaxing warming sensation which is further enhanced by adding a little water which will deliver another burst of soothing heat. With this treatment your skin will be regenerated and re-mineralized with the increase in blood circulation and removal of dead skin cells. After showering off the scrub an application of Mandarin & Sandalwood Dry Body Spritz will be applied which will leave your skin glowing and nourished.

### **Salt & Almond Oil Body Scrub** 30 mins @ R250

A vigorous exfoliation of the full body using aromatherapy infused Sweet almond oil, wheat germ oil and Sea Salt. The aroma will carry your mind off to relaxation and rejuvenation whilst your body is exfoliated leaving a light trace of oil on the skin, resulting in nourished, repaired and silky smooth skin.





## Heroine Body Massages

### Three Purpose Oil Massages

**Scalp Massage - 45 mins @ R220**  
**Foot & Leg Massage - 45 mins @ R220**  
**Back, Neck, Shoulder - 45 mins @ R250**  
**Full Body Massage - 60 mins @ R500**

### Choice of Oil:

#### Jasmine Flower Oil

This powerful oil is a mood enhancer, anti depressant and muscle relaxant. This massage has more deep tissue and manipulative massage movements with stretching. Ideal after exercise to rid the body of lactic acid and ease tense muscles and highly stressed people that need realigning and relaxation.

#### Marula Oil

Marula oil contains 4 times more vitamin C than an orange. This massage works on your lymphatic system to help improve your immune system while infusing Vitamin C into your skin with the use of this sweet and powerful oil.

#### Arnica & Mint Oil

Using the power of arnica and peppermint oil to reduce the pain felt in the muscles this deeper massage, works firmly on the muscular system to drain lactic acid in the muscles as well as working out knots in the muscle fibers. Perfect for after exercise and to prevent and treat tension.

#### Hawaiian Coconut Oil

A flowing massage using hawaiian coconut oil rich in proteins to rehydrate and repair the skin as well as offer the body a feeling of pure rejuvenation. The massages flowing movement and delightful scent will leave you floating and ending off in a reboot for your body equal to a few days holiday.

### Balm Massages

**Foot & Leg Massage - 60 mins @ R280**  
**Back, Neck, Shoulder - 60 mins @ R300**  
**Full Body Massage - 75 mins @ R550**

#### Mongongo Nut Balm

The mongongo nut balm has a combination of good vitamins and essentials for the skin, it stimulates elastin and collagen helping to strengthen the skin. It is set in a beeswax and shea butter base designed to nourish and repair the skin at the same time this balm texture allows for your massage therapist to give a deep intensive, nourishing massage treatment. Your skin will be left feeling delicious and your body feeling revived and rejuvenated.

#### Neroli Balm

Neroli Balm is a hydrating balm excellent for eczema and excess dry skin to give that added moisture to the skin. This balm texture allows for your massage therapist to give a deep intensive, nourishing massage treatment. Your skin will be left feeling delicious and your body feeling revived and rejuvenated.





## Hands & Feet

### de-luxe Manicure

60 mins @ R180

An intensive and specialized hand treatment.

Choose the flavour of product that suits your specific body and mind needs with either a relaxing and calming scent or an energizing & invigorating scent.

Begin with a soothing and super hydrating soak, followed by a sea salt and sweet almond exfoliation for skin renewal, improved circulation and skin texture. A very special kaolin rich mask is now applied and left to remineralise, hydrate and repair the skin which is followed by a heavenly hand and lower arm massage with an anti-ageing and anti-oxidant rich butter, the nails are groomed and polished to perfection.

### Re-varnish

R50

Simple application of nail polish.

Soak off if required.

### de-luxe Pedicure

60 mins @ R280

An intensive and specialized foot treatment.

Choose the flavour of product that suits your specific body and mind needs with either a relaxing and calming scent or an energizing & invigorating scent. Begin with a soothing and super hydrating soak, followed by a sea salt and sweet almond exfoliation for skin renewal, improved circulation and skin texture. A very special kaolin rich mask is now applied and left to remineralise, hydrate and repair the skin which is followed by a heavenly foot and lower leg massage with an anti-ageing and anti-oxidant rich butter, the nails are groomed and the treatment is finished off with a toe nail paint that leaves you with fresh & relaxed feet.

### Silky Soft Foot Peel

30 mins @ R180

A foot grooming treatment with a safe and controlled chemical peel for the feet to effectively treat dry/cracked heels or any dry skin on the feet. This chemical peel is a combination of lactic and citric acid meaning that not only are dead skin cells effectively removed but the skin is deeply nourished and hydrated too. Also includes a relaxing foot and lower leg massage.

## Waxing & Tinting

### Lip Wax

R80

### Half Leg Wax

R150

### Eyebrow Tint

R50

### Eyebrow Wax

R80

### Full Leg Wax

R250

### Lash Tint

R50

### Underarm Wax

R100

### Bikini Wax

R300





## Hero Facials & Treatments for Men

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### **Man on the Move** 40 mins @ R430

A fantastic express men's specific facial treatment aimed at rejuvenating, revitalising and refreshing the skin. Treatment includes one of these spa rituals to provide a truly indulgent 40min experience. Choose from a back massage, foot ritual or indian head massage.

### **Energizing Facial** 60 mins @ R650

Just the tonic for tired looking skin, a SIX MAN facial provides deep cleansing and hydration while helping to reduce fine lines and wrinkles. A thorough exfoliation will remove dull, dead skin cells and energise and invigorate the skin. With specific massage techniques the skin is left toned, refreshed and supple. A deeply relaxing scalp massage is performed whilst an exceptional mask is applied and left to set on the skin.

### **First Class Treatment** 90 mins @ R700

Renowned as our 'Hero' treatment and loved by all; this SIX MAN experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment. Starts with a specialised back massage using unique movements to relieve tension followed by an energizing facial with an outstanding Indian head massage ritual.

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[www.decharmoy.co.za](http://www.decharmoy.co.za)

📍 Sugar & Spice Spa

