



CSpa Wellness

TREATMENT MENU



## massage therapy

<b>Back, Neck &amp; Shoulder Massage</b>	<b>60 min</b>	<b>R580</b>
	<b>45 min</b>	<b>R460</b>
	<b>30 min</b>	<b>R340</b>

This massage helps to relieve tension in the neck, shoulders, upper and lower back.

<b>Signature Aroma Massage</b>	<b>60 min</b>	<b>R580</b>
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Aromatherapy combines the use of pure natural essential oils with healing therapeutic strokes.

<b>Deep Tissue Massage</b>	<b>60 min</b>	<b>R580</b>
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A deep pressure massage to relieve tension and detoxify.

<b>Hot Stone Massage</b>	<b>60 min</b>	<b>R580</b>
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This re-energising stone therapy massage creates a cleansing, harmonizing and relaxing effect on the body.

<b>Pregnancy Massage**</b>	<b>60 min</b>	<b>R580</b>
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Tailored to relieve typical pregnancy discomforts such as lower back ache and poor circulation. Keeping you and your baby's safety in mind, this treatment is only offered to Mom's beyond their first trimester.

<b>CBD Wellness Massage**</b>	<b>60 min</b>	<b>R580</b>
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Begin your therapeutic journey with a drop of CBD (Cannabidiol) tincture under the tongue to encourage a sense of serenity, followed by a relaxing full body massage incorporating CBD oil.

This signature treatment is designed to decrease pain and inflammation whilst super-charging the immune system and promoting restorative sleep. THC Free and 100% legal.

<b>Classic Swedish Massage</b>	<b>60 min</b>	<b>R520</b>
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Provides a sense of well being, eases tense muscles and induces relaxation.

<b>Pressure Point Foot Massage</b>	<b>60 min</b>	<b>R580</b>
	<b>30 min</b>	<b>R340</b>

Relax and balance the body through stimulation of pressure points situated on the feet.

<b>Indian Head Massage</b>	<b>30 min</b>	<b>R350</b>
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A detoxifying massage treatment of the head, scalp, face, neck and shoulders.

Enhance your massage with the following additions:

<b>Upgrade your 60min Full Body Massage with an extra 30min</b>	<b>R270</b>
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<b>Add Hot Stones (Back Only)</b>	<b>R110</b>
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<b>Add on CBD Oil**</b> <i>(may be added to any treatment)</i>	<b>R120</b>
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<b>Back Scrub</b>	<b>R120</b>
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<b>Add Bellabaci Cups (Back Only)</b>	<b>R110</b>
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<b>Bellabaci Detox/Slimming Concentrate Oil</b>	<b>R150</b>
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<b>Bellabaci Deep Relax Oil</b>	<b>R150</b>
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<b>Bellabaci Muscle Support Oil</b>	<b>R150</b>
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<b>Bellabaci Revive Oil</b>	<b>R150</b>
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### SLIMMING

<b>Bellabaci Cellulite Cupping Treatment</b>	<b>30 min</b>	<b>R500</b>
	<b>60 min</b>	<b>R650</b>

Re-sculpt your body with the combination of cupping and hands-on massage, performed with a potent formula to detoxify, address cellulite, enhance slimming and to give your body the ultimate deep cleanse. This treatment includes a targeted lipo-sculpting massage.

## body treatments

<b>Salt Body Scrub**</b>	<b>30 min</b>	<b>R390</b>
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<b>Hydrating or Detox Wrap**</b>	<b>45 min</b>	<b>R560</b>
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### HYDROTHERAPY

<b>CSpa Sensorial Shimmer Milk Hydrobath**</b>	<b>30 min</b>	<b>R330</b>
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<b>Thalgo Îles Pacifique Lagoon Bath**</b>	<b>30 min</b>	<b>R330</b>
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*Body Treatments and Hydrotherapy available at The Blyde, Munyaka, Thaba Eco-Village and Royal St. Andrews.*





## skin care therapy

**Thalgo Source Marine Hydra-Strengthening Treatment**      60 min      R990  
Suitable for any skin type, this facial will combat signs of dehydration leaving the skin softer with improved skin texture.

**ThalgoMen Express Fortifying Treatment for Men**      30 min      R560  
Revive and energise tired complexions in just 30 mins. Includes a cleanse, marine crystal scrub, energising signature acupressure and an anti-fatigue mask to reveal clearer, cleaner skin.

**ThalgoMen Fortifying Facial Treatment**      60 min      R830  
Whether your concern is dehydration, dryness, sensitivity or oiliness, this treatment provides a tailored solution for the male skin. Treatment includes a relaxing massage, leaving the skin revitalised and perfectly balanced.

**Thalgo 3 Algae Facial**      60 min      R690  
A facial for oily/combo skin, uses the power of micronised marine algae, to rebalance and remineralise the skin leaving it clearer and purified.

**Thalgo Spa Skin Facial**      60 min      R660  
A revitalizing skin treatment for all skin types. Two treatment options (i.e. Hydrating or Purifying)

**Thalgo Purité Marine Purifying Treatment**      60 min      R660  
Specifically designed for combination to oily skin, this Purité Marine treatment reduces imperfections, redefines pores and controls shine, with the optional inclusion of extractions.

**Thalgo Hydra-Radiance Facial**      30 min      R450  
Unlock the secret to perfect radiance with a treat of sensoriality and effectiveness resulting in skin luminosity.

**CSpa Hydrating Facial**      60 min      R530  
This multi-sensory, results driven skin treatment includes a luxurious facial massage and a Hydra-Boosting Aroma serum

**CSpa Aroma Facial**      30 min      R400  
CSpa's Aroma Wellness basic facial can be customised to all skin types and concerns.

### THALGO EYE EXPERT TREATMENTS

**Thalgo Hyalu-Procollagene Wrinkle Correcting Pro Eye Treatment Add On To Facial**      R390

### MEDI SPA

**Thalgo Peeling Marin Treatment\*\***      30 min      R1050  
The 1st Marine Peel, this anti-ageing treatment combines micronised algae with glycolic and gluconic acids to deeply exfoliate and stimulate cell renewal to provide long-lasting results. Ideal for those seeking a "new skin" effect that is visible after one treatment.

### OPTIPHI - Available at selected Branches

**Active Peel 25% - 30%**      45 min      R830  
**Active Peel 30|30**      45 min      R920  
This peel focuses on Total Skin Rejuvenation for all skin types. Improves cellular activity, resurfaces the skin, improves skin texture and stimulates the Fibroblasts which increase the production of dermal matrix compounds.

**Nano Needling Add On**      15 min      R360  
**Micro-Needling (Face Only)**      75 min      R1300  
**Micro-Needling (Face & Neck)**      90 min      R1550  
**Micro-Needling (Face, Neck & Décolleté)**      120 min      R1900

*Micro-Needling treatments include 30min numbing time*



## nail treatments

### MANICURES & PEDICURES

<b>Luxe Pedicure</b> Includes a soak, scrub, heel work, cuticle work, full foot massage, mask and paint.	60 min	R430
<b>Luxe Manicure</b> Includes a soak, scrub, cuticle work, full hand massage, mask and paint.	60 min	R380
<b>Gelish Pedicure</b> Includes soak, scrub, heel work, cuticle work, Gelish application, foot massage.	60 min	R540
<b>Gelish Manicure</b> Includes soak, scrub, cuticle work, Gelish application, hand massage.	60 min	R490
<b>Gelish Dip Acrylic</b>	45 min	R380
<b>Nail Care &amp; Gelish</b>	45 min	R340
<b>Express Pedicure</b> Includes a soak, scrub, cuticle work, lotion application and paint.	30 min	R240
<b>Express Manicure</b> Includes a soak, scrub, cuticle work, lotion application and paint.	30 min	R240
<b>Revarnish</b>	15 min	R200
<b>Gelish Removal</b>	20 min	R120
<b>Mens Nail Grooming</b>	20 min	R190

### ACRYLIC NAIL BAR\*\*

<b>Full Cover Soft Gel Tips with Gelish**</b>	R450
<b>Full Cover Soft Gel Tips with Polish**</b>	R400
<b>Natural / Colour Overlay</b>	R400
<b>French Acrylic Overlay</b>	R430
<b>Clear Tips with Overlay</b>	R480
<b>Tips: French/Colour</b>	R300
<b>Acrylic Fill</b>	R260
<b>Nail Art (Stamp / Free Hand) Per Nail**</b>	R75
<b>Nail Art (Sticker) Per Nail</b>	R4
<b>Nail Repair</b>	R180
<b>Artificial Nail Removal</b>	R160
<b>Full Set Acrylic Sculpture**</b>	R530
<b>Buff and Glaze</b>	R180

### BIO SCULPTURE/POLYGEL\*\*

<b>Tips with Sculpture Overlay</b>	R430
<b>Overlay</b>	R400
<b>Gel Fill (Clear / French)</b>	R370

### ADD ONS

<b>Paraffin Dip on Hands or Feet</b>	15 min	R110
<b>Heel Peel Treatment</b>	15 min	R110
<b>Structure Gel / Nail Re-Inforcement Layer</b>		R100

## beauty treatments

### WAXING (EACH\*)

<b>Lip / Chin / Brow*</b>	15 min	R110
<b>Underarms / Sides of Face*</b>	20 min	R150
<b>Bikini / Half Arm*</b>	25 min	R220
<b>Brazilian</b>	40 min	R250
<b>Hollywood</b>	45 min	R320
<b>Half Leg / Full Arm/ Half Chest*</b>	30 min	R230
<b>Full Leg</b>	45 min	R380
<b>Back / Chest*</b>	45 min	R390
<b>Full Face</b>	30 min	R240
<b>Lip &amp; Brow Wax Combo</b>	15 min	R180
<b>Ear Wax**</b>	15 min	R110
<b>Nose Wax**</b>	15 min	R110

### THREADING\*\*

<b>Lip / Chin / Brow*</b>	R100
<b>Lip + Brow</b>	R140
<b>Mono Brow</b>	R90
<b>Full Face</b>	R230
<b>Brow Thread &amp; Tint Combo</b>	R170
<b>Brow Thread, Brow &amp; Lash Tint Combo</b>	R230

### TINTING

<b>Brow Shape &amp; Tint</b>	R160
<b>Tint Lash &amp; Brow</b>	30 min R160
<b>Tint Lashes</b>	20 min R120
<b>Tint Brows</b>	15 min R110

### LASH LIFT AND BROW LAMINATION\*\*

<b>Lash Lift &amp; Brow Lamination Combo</b>	R650
<b>Lashlift</b>	R350
<b>Brow Lamination</b>	R350
<b>Add Tint</b>	R90
<b>Add Brow Wax / Shape</b>	R90



## packages

### **The Escape** **2hr 30min R1100**

60min Thalgo Spa Skin Facial  
60min Pedicure  
30min Back, Neck & Shoulder Massage

### **Gents Executive** **1hr 30min R700**

45min Back Massage  
30min Express Pedicure  
15min Head Massage

### **Petite Personalised Journey** **1hr 30min R750**

Choose any three of the treatments below:

- 30min Pressure Point Foot Massage
- 30min Back, Neck & Shoulder Massage
- 30min Indian Head Massage
- 30min Express Manicure
- 30min Express Pedicure
- 30min CSpa Aroma Wellness Facial

### **CBD Wellness Journey** **60 min R750**

CBD Infused Tea  
30min CBD Back Massage  
30min CBD Radiance Facial  
Includes CBD Booster Drink

### **Spa Taster** **60 min R670**

30 min Back, Neck & Shoulder Massage  
30 min Thalgo Hydra-Radiance Facial

## teen treatments

### **Cleansing Facial** **30 min R340**

### **Back Massage** **20 min R210**

### **3/4 Leg Wax** **20 min R200**

### **1/2 Leg Wax** **20 min R170**

### **Bikini Wax** **20 min R140**

### **Underarm Wax** **15 min R100**

### **Mini Lip Wax** **10 min R70**

## cspa kids

*(under the age of 12)*

### **Candylicious Nails** **30 min R210**

Hands and Feet, Shape & Paint

### **Fruity Fun Mani** **20 min R180**

### **Happy Feet Pedi** **20 min R180**

### **Kool Kids Massage** **20 min R200**

Back, Neck & Shoulders, Back of Legs and Arms

### **Little Miss Facial | Little Mister Facial** **30 min R350**

### **Tween Petite Package** **60 min R620**

Choose any three of the treatments below:

- 20min Back, Neck & Shoulder Massage
- 20min Booster Facial
- 20min Hand Treatment
- 20min Foot Treatment
- 20min Revarnish Hands and Feet

*Children must be accompanied by an adult at all times. An indemnity is required to be signed for each child. Treatments for children under the age of 12.*

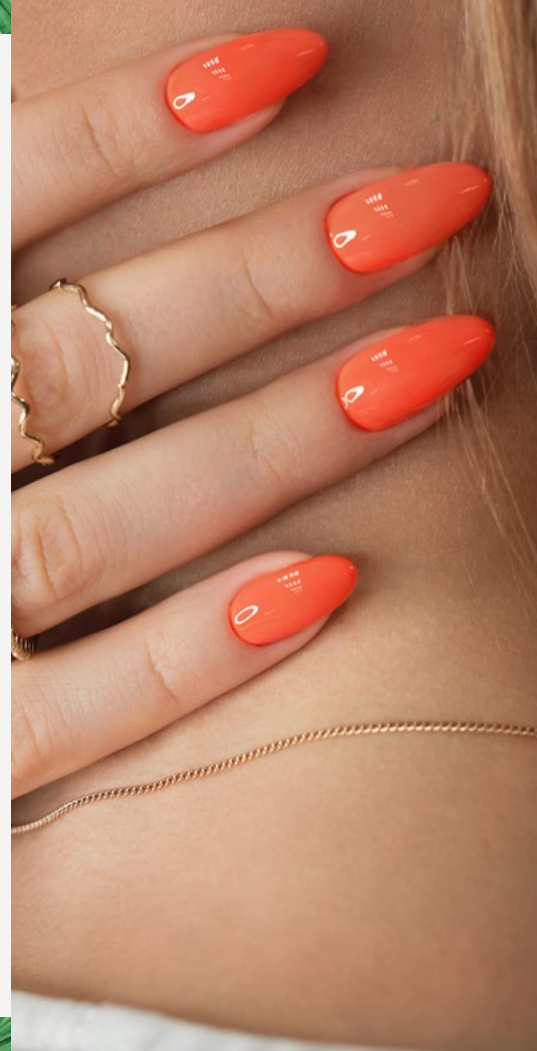
## essentials

- Prices are valid for **2024**.
- Booking in advance is recommended.
- Treatments marked \*\* are not available at all CSpa Wellness branches, please enquire upon booking.
- Kindly arrive 15 minutes prior to your scheduled treatment(s) to change and complete a consultation form with your therapist.
- Please alert your therapist for the following contra-indications:
  - High blood pressure or heart conditions
  - Recent surgery
  - Muscle or joint injuries
  - Allergy to iodine, or product allergies
  - Pregnancy, Epilepsy and Diabetes
- In a spirit of mutual respect we kindly request punctuality.
- Ensure cellular/mobile phones are switched off.
- Prices are subject to change without notice.
- It is at your discretion to add a gratuity, for treatment excellence.
- CSpa Wellness is not responsible for any theft, damage, loss or misfortune that may occur.
- Please note that products bought at our spas are not refundable.

## cancellation policies

4 Hours advance notice is required for cancellations and rescheduling. If this is not adhered to, 50% of the treatment fee will be charged.

Late arrival will result in a reduction of treatment time whilst the full treatment fee will apply.







## branches

### Amsterdam

012 942 9563 | [amsterdam@camelotwellness.co.za](mailto:amsterdam@camelotwellness.co.za)

Amsterdam, Corner Jacaranda & Amsterdam Drive,  
Olivedale, Johannesburg

### The Blyde

010 541 0564 | [theblyde@camelotwellness.co.za](mailto:theblyde@camelotwellness.co.za)

Bronkhorstspuit Road, Willow Park Manor, Pretoria

### Greenstone Ridge

064 625 5059 | [greenstoneridge@camelotwellness.co.za](mailto:greenstoneridge@camelotwellness.co.za)

Greenstone Ridge, Stoneridge Drive Cnr Emerald  
Boulevard, Greenstone Park, Johannesburg

### Kikuyu

010 541 0002 | [kikuyu@camelotwellness.co.za](mailto:kikuyu@camelotwellness.co.za)

Cnr of Maxwell Drive and Old Pretoria Road, Waterfall,  
Midrand, Johannesburg

### Munyaka

010 541 0578 | [munyaka@camelotwellness.co.za](mailto:munyaka@camelotwellness.co.za)

Mia Drive, Waterval City, Midrand, Johannesburg

### The Reid

010 541 0840 | [reid@camelotwellness.co.za](mailto:reid@camelotwellness.co.za)

28 Reid Ave, Linbro Park, Sandton, Johannesburg

### Thaba-Eco Village

010 541 2464 | [thaba@camelotwellness.co.za](mailto:thaba@camelotwellness.co.za)

Lifestyle Centre, Lower Level, Kliprivier Drive, Rietvlei,  
Johannesburg South

### Westlake

010 541 0822 | WhatsApp 076 976 0465

[westlake@camelotwellness.co.za](mailto:westlake@camelotwellness.co.za)

Westlake Eco-Estate, Lifestyle Centre, Westfield Road,  
Modderfontein, Johannesburg

### The Whisken

010 541 0596 | [whisken@camelotwellness.co.za](mailto:whisken@camelotwellness.co.za)

Corner of Whisken and Ethel Road, Kyalami

### Ballito Hills Lifestyle Estate

010 541 1760 | [ballitohills@camelotwellness.co.za](mailto:ballitohills@camelotwellness.co.za)

Hills Avenue, Ballito

### De Zicht

010 541 0833 | [dezicht@camelotwellness.co.za](mailto:dezicht@camelotwellness.co.za)

Sylvia St, Richwood, Cape Town

### Fynbos Lifestyle Estate

021 541 0386 | [fynbos@camelotwellness.co.za](mailto:fynbos@camelotwellness.co.za)

282 Tryall Road, Milnerton Rural, Cape Town

### The Huntsman

021 541 0027 | [huntsman@camelotwellness.co.za](mailto:huntsman@camelotwellness.co.za)

Macassar Road, Somerset West, Cape Town

### Khoroni Hotel

015 960 1444 | [khoroni@camelotwellness.co.za](mailto:khoroni@camelotwellness.co.za)

Khoroni Hotel, Mphephu Street, Thohoyandou

### Royal St. Andrews Hotel

046 604 5400 Spa Ext. 5419 | [spa@rsah.co.za](mailto:spa@rsah.co.za)

19 St. Andrews Road, Port Alfred



## head office

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For more information, visit our website  
**[www.camelotwellness.co.za](http://www.camelotwellness.co.za)**

011 880 3850 | [info@camelotwellness.co.za](mailto:info@camelotwellness.co.za)

