

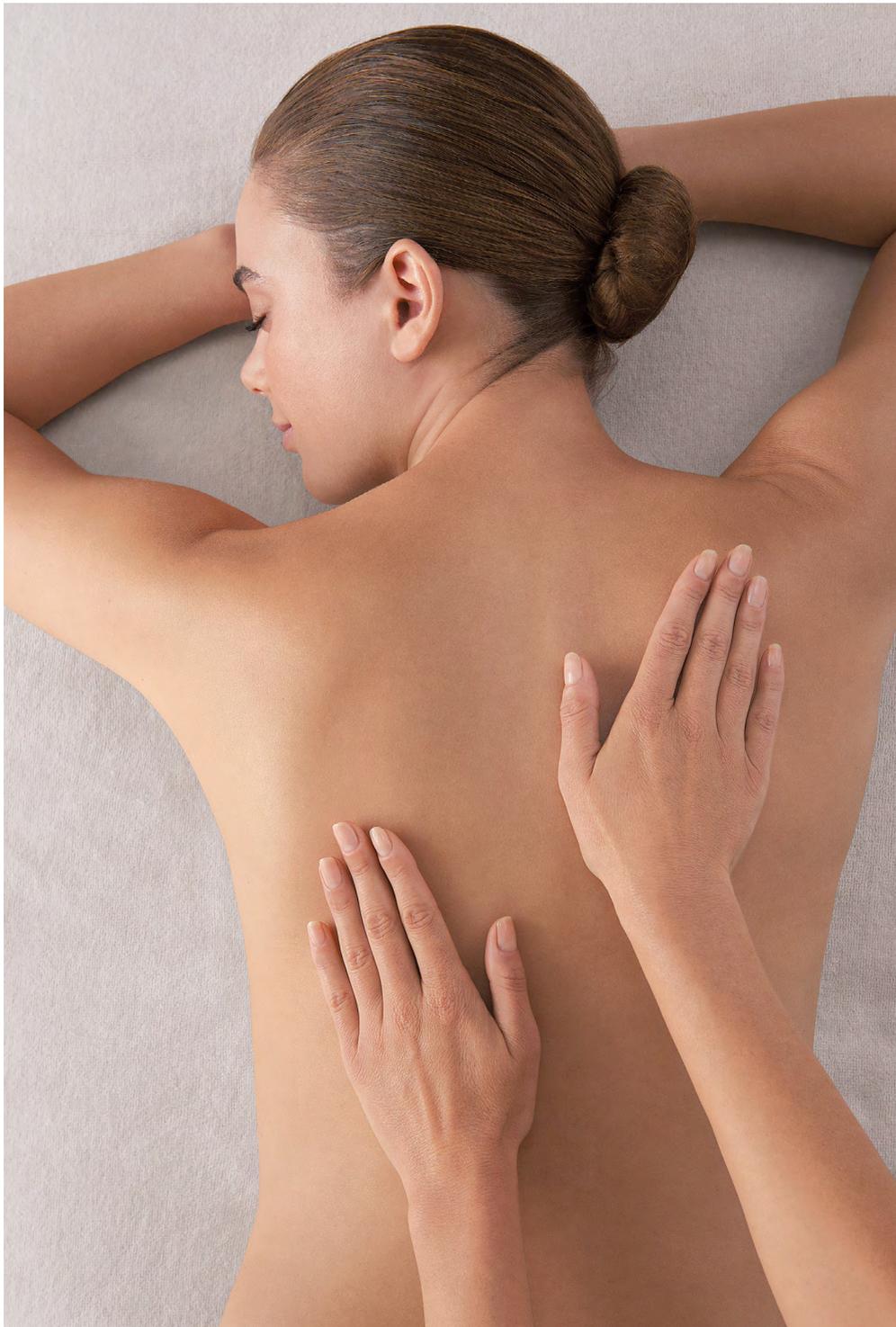


CSpa Wellness

- PREMIUM -

TREATMENT MENU





massage therapy

Deep Tissue Massage	60 min	R790	A deep pressure massage to relieve tension and detoxify.
Aromatherapy Massage	60 min	R770	Promotes healing, well-being and relaxation using pure essential oils and light massage strokes.
Hot Stone Massage	60 min	R770	This re-energising stone therapy massage creates a cleansing, harmonizing and relaxing effect on the body.
Signature CBD Wellness Massage	60 min	R770	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.
Swedish Body Massage	60 min	R730	Provides a sense of well being, eases tense muscles and induces relaxation.
Pregnancy Massage	60 min	R730	A relaxing massage experience tailored to relieve typical pregnancy discomforts such as lower back ache and poor circulation. This treatment is not available for Moms within their first trimester.
Back, Neck & Shoulder Massage	60 min	R730	This massage helps relieve the tension in the neck, shoulders, upper and lower back.
	45 min	R590	
	30 min	R440	
Pressure Point Foot Massage	45 min	R590	Relax and balance the body through stimulation of pressure points situated on the feet.
	30 min	R440	
Indian Head Massage	30 min	R460	A detoxifying massage treatment of the head, scalp, face, neck and shoulders. This is a deeply relaxing massage combined with stimulating techniques, bringing about many beneficial results.

ENHANCEMENTS

Upgrade your 60min full body massage with an additional 30min	R310
Add on Goodleaf CBD Oil (may be added to any treatment)	R110
Add a Back Scrub	R130
Add Hot Stones (back only)	R100
Add Bellabaci Cups (back only)**	R100
Bellabaci Detox/Slimming Concentrate Oil	R150
Bellabaci Deep Relax Oil	R150
Bellabaci Muscle Support Oil	R150
Bellabaci Revive Oil	R150

skin care therapy

CSPA AROMA WELLNESS

CSpa Hydrating Facial	60 min	R750	This multi-sensory, results driven skin treatment includes a luxurious facial massage and a Hydra-Boosting Aroma serum.
CSpa Aroma Facial	30 min	R460	CSpa's Aroma Wellness basic facial can be customised to all skin types and concerns.

THALGO SKIN CARE

Silicium Marin Super Lift Treatment**	60 min	R2 500	A wrinkle lifting face, neck and décolleté treatment with double-masks. An infused sheet mask is activated on application and followed by a cryo-firming mask with dermal stimulation massage techniques including Dermastim+ massage.
Hyalu-Procollagene Wrinkle Correcting Treatment	60 min	R1 950	The first Thalgo wrinkle-by-wrinkle treatment combining hyaluronic acids & marine pro-collagen using Roller Boosters, with targeted action on even set-in wrinkles; for visible effectiveness, from the 1st treatment.
Source Marine Hydra-Strengthening Treatment	60 min	R1050	This facial corrects the hydration levels of the skin, deeply replenishing and restoring the skin's velvety-smooth feel and radiance. This treatment includes a revitalizing Infusion mask.
3 Algae Facial	60 min	R1070	A facial for oily/combo skin, uses the power of micronised marine algae, to rebalance and remineralise the skin leaving it clearer and purified.
Spa Skin Facial	60 min	R790	This classic facial is tailored to meet the specific needs of all skin types. Two treatment options (i.e. Hydrating or Purifying).
Purité Marine Purifying Treatment	60 min	R790	Specifically designed for combination to oily skin, this Purité Marine treatment reduces imperfections, redefines pores and controls shine; with the optional inclusion of extractions.
Hydra-Radiance Facial	30 min	R590	Unlock the secret to perfect radiance with a treat of sensoriality and effectiveness resulting in skin luminosity.

THALGOMEN

ThalgoMen Fortifying Facial Treatment	60 min	R1050	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.
Express Fortifying Treatment For Men	45 min	R800	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.

THALGO EYE EXPERT TREATMENTS

Thalgo Hyalu-Procollagene Wrinkle Correcting Pro Eye Treatment Add On To Facial		R330	An SOS treatment to smooth the eye contour area and lessen the appearance of fine lines and wrinkles, diminishing signs of ageing and fatigue for younger-looking eyes.
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medi spa

OPTIPHI

Optiphi Active Peel**	45 min	R990	Glycolic Acid 25%, 30% or 30 30 Peel. 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	R380	
Micro-Needling (Face Only)	75 min	R1 540	
Micro-Needling (Face & Neck)	90 min	R1 980	
Micro-Needling (Face, Neck & Décolleté)	120 min	R2 310	

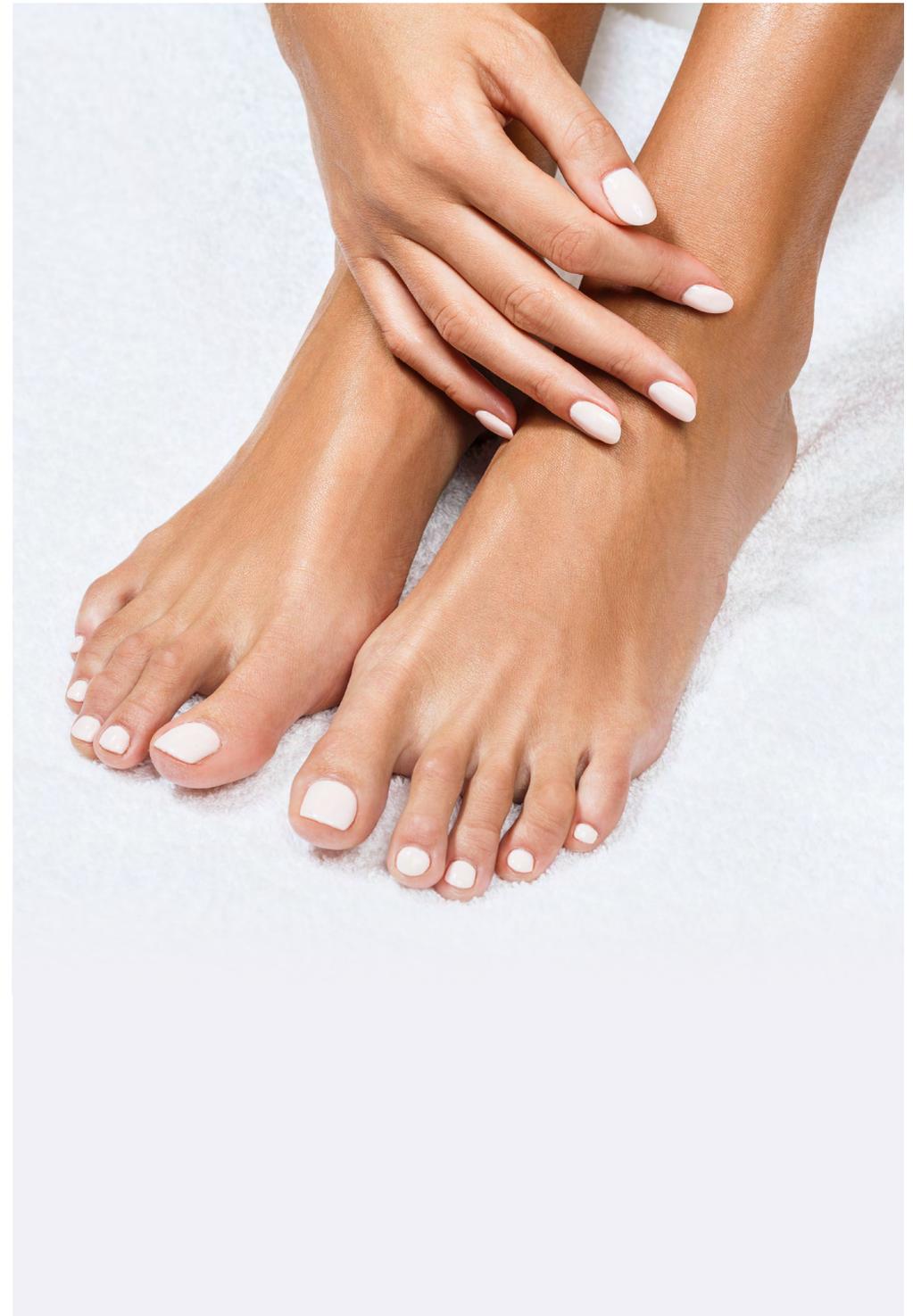
Micro-Needling treatments include 30min numbing time

SUGGESTED FACIAL TREATMENTS

	IDEAL FOR:
CSpa Aroma Facial	: All Skin Types (Customised)
CSpa Hydrating Facial	: Hydration
Express Hydra-Radiance Facial	: Dull and tired skin
Spa Skin Facial	: Hydration Sensitive Skin
Purité Marine Purifying Treatment	: Combination to oily skin
Express Fortifying Treatment For Men	: Tailormade for men Fatigue Fighting
ThalgoMen Fortifying Facial Treatment	: Tailormade for men Energising
3 Algae Facial	: All skin types Balancing
Source Marine Hydra-Strengthening Treatment	: Hydration Strengthening
Hyalu-Procollagene Wrinkle Correcting Treatment	: Targeting wrinkles
Silicium Marin Super Lift Treatment**	: Anti-Ageing Advanced Wrinkles

manicures & pedicures

Deluxe Spa Pedicure Includes a soak, scrub, heel work, cuticle work, full foot massage, mask and paint.	60 min	R480
Deluxe Spa Manicure Includes a soak, scrub, cuticle work, full hand massage, mask and paint.	60 min	R450
Gelish Pedicure Includes soak, scrub, heel work, cuticle work, Gelish application, foot massage.	60 min	R520
Gelish Manicure Includes soak, scrub, cuticle work, Gelish application, hand massage.	60 min	R490
Nailcare & Gelish	45 min	R380
Classic Pedicure Includes a soak, scrub, cuticle work, lotion application and paint.	30 min	R320
Classic Manicure Includes a soak, scrub, cuticle work, lotion application and paint.	30 min	R320
Revarnish	15 min	R230
Gelish Add On	30 min	R200
Gelish Removal	20 min	R130
Acrylic Removal	45 min	R220
Gel Removal	30 min	R180
Paraffin Dip on Hands or Feet	15 min	R130
Heel Peel Treatment Add On	15 min	R140





waxing

We offer a complete range of waxing services.
Please consult with your therapist to identify your specific needs and desired results.

Lip / Chin / Brow	15 min	R150
Full Face	30 min	R260
Underarms / Sides of Face	20 min	R200
Half Leg / Full Arm / Half Chest	30 min	R310
Full Leg	45 min	R440
Bikini / Half Arm	25 min	R210
Brazilian	40 min	R330
Hollywood	45 min	R370
Back / Chest Wax	45 min	R400

body treatments

SLIMMING

Bellabaci Cellulite Cupping Treatment	30 min	R660
	60 min	R930

Re-sculpt your body with the combination of cupping, hands-on massage and the use of a copper mitt, performed with premium hand-crafted all-natural aromatherapy oils formulated to target the visible signs of cellulite, expel toxins and breakdown lipids to detoxify and to give your body the ultimate deep cleanse. Target one area for 30min or target more than one area for 60mins.

spa beauty treatments

TINTING

The finishing touches for a healthy, well groomed, brand new you.

Tint Lash & Brow	30 min	R210
Tint Lashes	25 min	R150
Tint Brows	15 min	R130
Brow Shape & Tint		R250

lash lift & brow lamination

Lash Lift	30 min	R550
Brow Lamination	30 min	R550
Add Tint Lash/Brow	10 min	R90
Add Brow Wax/Shape	10 min	R90





spa experiences

Re-Energising Couples Journey	1hr 30min per couple	R1 950	60min Aromatherapy Massage 15min Head Massage 15min Foot Massage
Gents Executive Package	2hrs 30min	R1 900	60 min Deep Tissue or Hot Stone Body Massage 60 min ThalgoMen Fortifying Facial Treatment 30 min Pressure Point Foot or Indian Head Massage
Camelot Spa Personalised Journey	2hrs 30min	R1 550	Tailor-make a Wellness Journey especially for you. Choose from any of the treatments below, and spend your desired amount of time in pure bliss. 30 min: <ul style="list-style-type: none"> • Back, Neck & Shoulder Massage • Indian Head Massage • Pressure Point Foot Massage 60 min: <ul style="list-style-type: none"> • Swedish Body Massage • Aromatherapy Body Massage • Thalgo Spa Skin Facial • Deluxe Spa Pedicure <p>Please ensure when booking this package, you inform the receptionist which of the treatments you have chosen.</p>

CBD Wellness Journey	2hrs	R1 650	Prepare to surrender yourself, body and soul to a dose of wellness. Sip on CBD infused tea and enjoy the stillness as you ease into this calming spa journey. <i>Goodleaf is a premium CBD brand which is natural, THC free and 100% legal.</i> 60min Signature CBD Wellness Massage 30min Signature CBD Pressure Point Foot Massage 30min CBD Radiance Facial Includes 10mg CBD Booster Drink
Mommy To Be	2hrs 30min	R1 250	60min Pregnancy Massage 30min Manicure 60min Deluxe spa Pedicure Snacks
Spa Taster	60 min	R840	30 min Back, Neck & Shoulder Massage 30 min Thalgo Hydra-Radiance Facial



CSpa Kids

12 YEARS & UNDER

 Quick Treat

 Ideal for Birthday Parties!

Enchanting Nails Hands and Feet, Shape & Paint	30 min	R330
 Magical Mani	20 min	R280
 Pixie Pedi	20 min	R280
 Little Princess Massage Little Prince Massage Back, Neck & Shoulders, Back of Legs and Arms	20 min	R340
 Royal Head & Foot Massage	20 min	R280
Little Duchess Facial Little Duke Facial	30 min	R500
 Tween Petite Personalised Journey Choose any three of the treatments below: <ul style="list-style-type: none"> • 20min Back, Neck & Shoulder Massage • 20min Booster Facial • 20min Revarnish Hands and Feet • 20min Hand Treatment • 20min Foot Treatment 	60 min	R750 pp
 Queen for a Day* (groups of 4 or more only) 20 mins Back, Neck and Shoulder Massage 30 mins DIY Facial *Spas with facilities only	50 min	R460 pp

Children must be accompanied by an adult at all times. An indemnity is required to be signed for each child.

spa wellness memberships

Sign up for a Spa Membership today! Invest in yourself, feel better and stay well.

Annual Membership Plans*

(valid for 12 months)

R3000

R7000

R12 000

*once off payment valid for one year

Once your membership miles are depleted, your membership will have to be renewed.

Membership can be used by more than one person.

Lower prices are charged during off-peak periods (Monday to Thursday).

Joining fee of R100

gift cards & vouchers

Spoil someone special with a Gift Card or an Electronic Voucher, ideal for any occasion.

Gift Cards are available for walk-in purchase. CSpa Wellness Gift Cards are valid for 3 years from date of issue. This does not apply to complimentary or prize vouchers.

cancellation policy

- 24 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.

spa essentials

- Prices are valid for **2023** at CSpa Wellness Premium De Zalze Only.
- Booking in advance is recommended.
- 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 or Diabetes
- In a spirit of mutual respect we kindly request punctuality.
- Ensure cellular/mobile phones are switched off.
- Spa guests aged 16 years and under must be accompanied by an adult.
- Prices are subject to change without notice.
- Gratuities are not included in the treatment price. 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.
- All prices are inclusive of VAT.



contact us

CSPA WELLNESS BY CAMELOT AT DE ZALZE

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Strand Road, Winelands Golf Lodges at De Zalze Estate, Stellenbosch

