

LA RESIDENCE

SPA MENU

BODY THERAPY

Back, Neck and Shoulder Massage R720
(45 minutes)
Helps to relieve tension in the head, upper back, lower back and shoulders.

Aromatherapy Massage R900 | R1000
(60 minutes / 90 minutes)
A blend of the finest essential oils is used to bring balance to body, mind and spirit.

Swedish Body Massage R820 | R980
(60 minutes / 90 minutes)
This classic European-style massage eases tense muscles. Medium pressure for ultimate relaxation.

Deep Tissue Massage R880 | R1000
(60 minutes / 90 minutes)
Relieves tension by focusing on deep muscle pressure points and nodules to relieve muscle tissue.

Hot Stone Therapy Massage R940 | R1100
(60 minutes / 90 minutes)
Deeply relaxing. The penetrating heat of the volcanic stones allows intense muscle manipulation for a healing massage.

Candle Light Massage R880 | R1050
(60 minutes/90 minutes)
A soyabean oil based massage candle induces a warm and sensory experience that will delicately nourish the skin.

Reflexology R770
(60 minutes)
A therapeutic treatment to relieve pain by stimulating pressure points on the feet. Reflexology promotes healing by stimulating the nerves in the body and encouraging blood flow.

Add Stones R160
Add hot stones to any massage or package.

Indian Head Massage R720
(45 minutes)
Deeply relaxing massage of the décolleté, shoulders, face and head to restore balance and harmony by working on the three higher chakras.

Signature Calabash Foot Treatment R750
(45 minutes)
Our signature foot treatment that soothes tired, aching feet with authentic, sun-baked Kalahari calabashes and indulgent aromatic fragrances.

Desert Glow R500
(30 minutes)
Buff away dry dull skin to unveil lustrously smooth skin with a personalised blend of Kalahari exfoliation materials and a hydrating blend of nourishing botanical oils.

Desert Glow Journey R1 600
(120 minutes)
Unveil lustrously smooth skin with a personalised blend of Kalahari exfoliation materials and a hydrating blend of nourishing botanical oils. Followed by a unique mineral and botanical based body mask and a full body massage.

Rolling Sands R800
(60 minutes)
Body exfoliation to remove dead skin cells followed by a clay mask. Balances and purifies the skin from within leaving it soft and radiant.

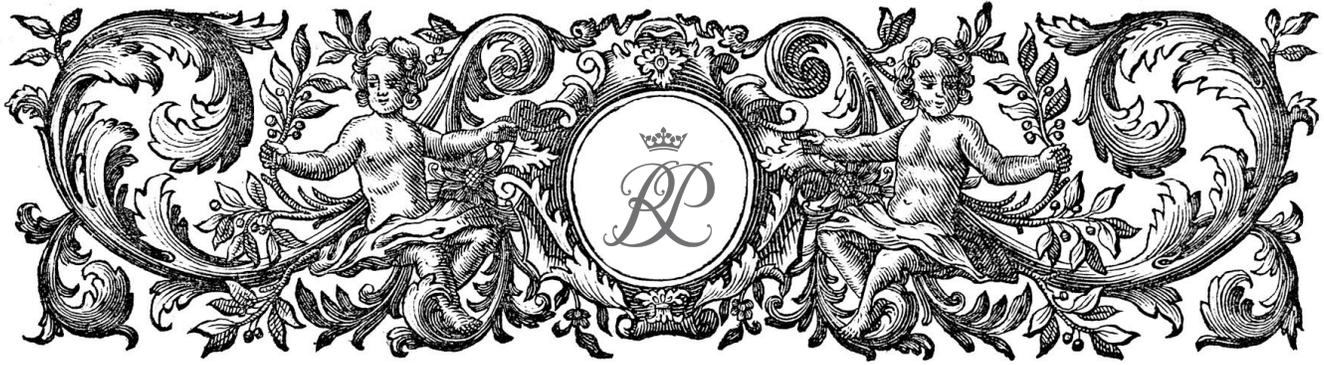
Kalahari Cocoon Treatment R1 400
(90 minutes)
An invigorating body exfoliation ritual. End the treatment with an uplifting massage. Revitalizing agents will leave your skin feeling relaxed and pampered.

THE ROYAL PORTFOLIO
ROYAL MALEWANE · BIRKENHEAD HOUSE · LA RESIDENCE · THE SILO · PRIVATE RESIDENCES

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SPA PACKAGES

Healing Therapy (90 minutes) R1 200

- 45 minutes deep-cleansing facial which purifies the skin – suitable for all skin types.
- 45 minutes back, neck & shoulder massage using our signature Khoi-Khoi oils and ending off with a signature lavender scrub.

Winelands Experience (90 minutes) R1 300

- 30 minutes express facial – cleanse, tone, exfoliate and moisturise.
- 30 minutes Desert Glow treatment
- 30 minutes back, neck & shoulder massage using our signature Kalahari oils.

FACIAL TREATMENTS

Aromaplastie Facial (60 minutes | 90 minutes) R1 000 | R1 200

A multi-vitamin treatment with a delicious and surprising texture which encourages emolieny and nutrition of tissues, and brings protein and vitamins to all skin types. The facial includes a 12 minute back massage and a hand massage.

Kalahari Honey Bush Facial (60 minutes) R800

Sink into a deep relaxation with our unique Kalahari facial that revitalises dull and dehydrated skin. The skin will be left silky smooth and deeply moisturised.

WAXING

Lip/Chin/Brow wax R170

Underarm wax R200

Bikini/Half arm wax R220

Half Leg/Full arm/Full Chest wax R280

Full Leg/Back/Chest wax R330

TINTING

Eyelash/Eyebrow Tint R170

Eyelash & Brow Tint R300

Eyebrow Shape R110

HAND, FOOT AND NAIL TREATMENTS

Paint Manicure (60 minutes) R480

Includes cut, file, buff, cuticle work and varnish with a hand and arm scrub and massage.

Mini Paint Manicure (30 minutes) R300

Includes cut, file, cuticle work and varnish.

Paint Pedicure (60 minutes) R580

Includes cut, file, buff, cuticle work and varnish with a leg and foot scrub and massage.

Mini Paint Pedicure (30 minutes) R320

Includes cut, file, cuticle work and varnish.

Gelish Manicure (60 minutes) R660

Includes cut, file, buff, cuticle work and varnish with a complimentary hand massage.

Gelish Pedicure (60 minutes) R730

Includes cut, file, buff, cuticle work and varnish with a complimentary foot massage.

Gelish Soak Off and Nail Clean (30 minutes) R550

Includes soak off and cleansing of the nail.

Gelish Overlay (45 minutes) R340

Includes gelish re-paint

We are looking forward to welcoming you to our treatment room during your stay at La Residence. Please use the robe & slippers provided in your room and we recommend that you pre book your treatments to ensure that you enjoy a relaxing treatment with one of our therapists. Please communicate health conditions such as high blood pressure, allergies, pregnancy or any health related concerns you have when making your appointment.