

Couple's Retreat

Let time stand still and enjoy spending quality time with your special someone with this retreat from everyday life. This package begins with a back of body massage and is followed by a relaxing foot treatment. Your therapist will then treat your skin and finish off with a scalp massage.

Includes a bottle of bubbles and an artisanal chocolate platter

- Back of Body Massage
- Facial
- Sole Delight
- Scalp Massage

2 hours 15 minutes

R3250

Optional HydraVine Rich Milk Bath Ritual for 2

R485

Important Information

We recommend that guests arrive a minimum of 20 minutes prior to your scheduled treatment time to check in. First time spa guests will be required to fill out our spa guest consultation form.

When making a spa reservation, kindly advise us of any allergies, health conditions or injuries that could affect the choice of treatment or use of our facilities.

Late arrival will result in a reduction in treatment time while the full treatment cost will apply.

All treatment times quoted include preparation, consultation and treatment time.

Ensure cellular phones are switched off or switched over to silent mode upon arrival at the spa.

The spa and its facilities are always a quiet zone – please respect the peace and tranquillity of the space and be considerate of other guests.

The spa facilities are unisex, and a strict no nudity policy applies.

It is compulsory to shower before making use of any of the spa facilities.

Packages cannot be split or shared.

Use of the spa facilities is complimentary to all spa guests with treatments booked with a value greater than R350.00.

Stillness Manor and Spa is not held responsible for any theft, damage or loss that may occur.

Spa prices are subject to change without notice.

Spa Child Policy

No children under 13 years of age allowed in the spa during operating hours.

All children under the age of 16 need to be under adult supervision while at the spa.

Booking

We request that a 50% deposit is paid on all spa treatments in order to confirm.

+27 21 713 8822/23 | spa@stillnessmanor.com

Group Bookings

Stillness Spa is the ideal environment for groups.

For any group bookings for birthdays, bridal showers or teambuilding events contact our spa manager on spa@stillnessmanor.com.

Cancellation Policy

Please note that we will charge for any sessions not cancelled 24 hours in advance.

This also applies to gift voucher holders. The full value of your voucher will be forfeited for giving less than 24 hours' notice.

Courses are non-refundable and will only be transferred in exceptional circumstances by agreement of management.

Spa Gift Vouchers

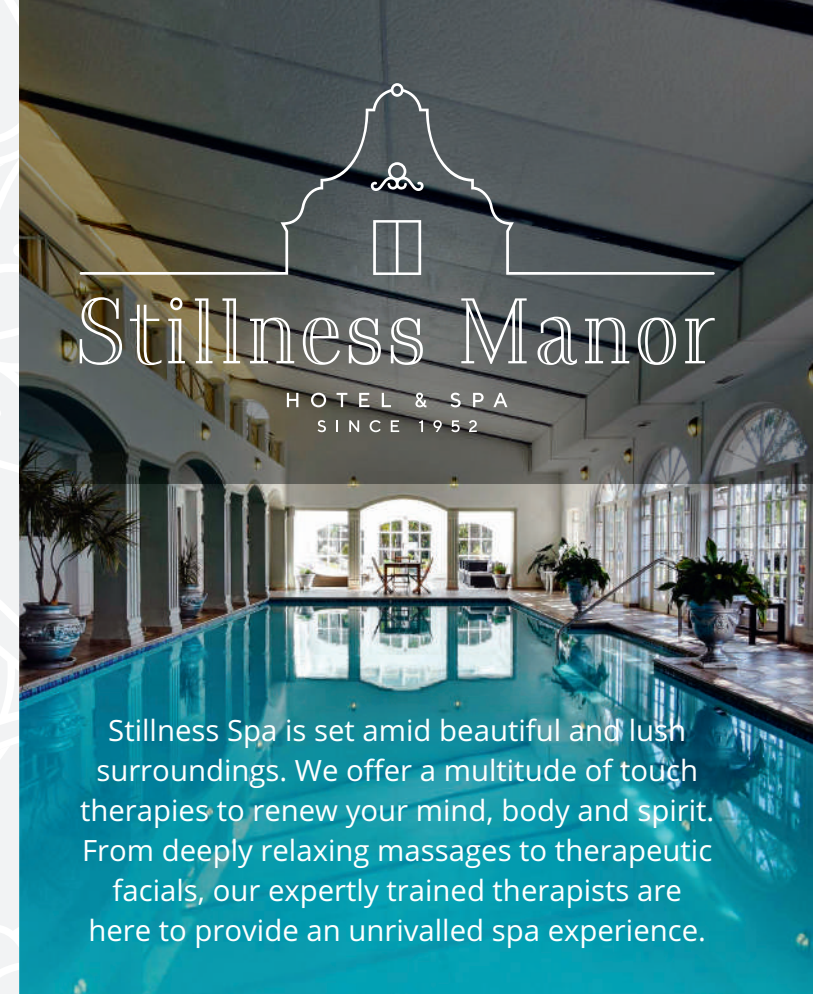
Spoil someone special with a Stillness Spa Voucher. Select a value or a treatment to tailor make your gift!

Spa Membership

The Stillness Spa membership is based on a fixed monthly membership contribution, starting at just R550.

Benefits:

- 10% discount on all non-discounted spa services
- 15% discount when you and a friend book any non-discounted spa service
- Exclusive monthly spa member promotions
- 4 complimentary day visits to make use of our relaxing spa facilities. Thereafter, a R100 fee per visit applies.



Stillness Spa is set amid beautiful and lush surroundings. We offer a multitude of touch therapies to renew your mind, body and spirit. From deeply relaxing massages to therapeutic facials, our expertly trained therapists are here to provide an unrivalled spa experience.

Spa Facilities

- 2 Single Treatment Rooms
- 1 Couples Treatment Room
- 1 Couples Treatment Suite with Hydrotherapy Bath

Sauna

Steam Room

Heated Indoor pool (12.5m)

Outdoor pool

Relaxation areas inside and outside the spa

Day Visitor Fee: **R350**

Face

All facials include a face and décolleté massage

TheraVine Facials

Escape the pressures of daily life, surrender your senses and experience a facial second to none. Carefully developed by a specialised team using extensive clinical and scientific studies, the TheraVine range boasts indigenous Pinotage cultivar grape derivatives to which internationally acclaimed active ingredients, powerful antioxidant ingredients and indigenously grown botanicals have been added.

TheraVine Balancing Facial	60 min	R590
TheraVine Hydrating Facial	60 min	R590
TheraVine Mature Facial	60 min	R590
Deluxe Anti-Aging Facial	90 min	R850

Kalahari Facials

Created after years of research in the vast open plains of the Kalahari Desert. Naturally derived ingredients based on various plant oils, red sand, nourishing mud and rich mineral salts make these treatments the ultimate spa experience

Phyto Compound Facial	60 min	R590
Revitalising Vitamin C Facial	60 min	R750

Body

Body Wraps & Scrubs

Pinotage Lime and Salt Full Body Glow	30 min	R365
Grapeseed Body Full Body Glow	30 min	R365
Grape Cleanse & Hydrating Milk Ceremony	60 min	R850

Massage

AromaVine Pinotage Massage. Full Body	60 min	R750
Traditional Swedish Massage. Back of Body	45 min	R550
Traditional Swedish Massage. Full Body	60 min	R650
Traditional Swedish Massage. Full Body	90 min	R900
Deep Tissue. Full Body	60 min	R800
Deep Tissue. Full Body	90 min	R1100
Mother-to-Be. Full Body. Includes a facial cleanse and massage	90 min	R950
Sole Delight. Soothe your soles with a relaxing foot treatment. This treatment includes a foot soak, scrub, mask and massage	45 min	R450
Helping Hands. This relaxing hand ritual includes a scrub, mask and massage	30 min	R350
Hair and Scalp Treatment	30 min	R450

Hands and feet

Luxury Pedicure. A luxury treat to indulge your tired feet. Treatment includes a Classic Pedicure with a mask application, hand or scalp massage and foot and calf massage

90 min **R490**

Classic Pedicure. Nail and cuticle care, foot scrub, heel care, massage and nail paint

60 min **R350**

Luxury Manicure. Treatment includes a Classic Manicure with mask application and hand and forearm massage

75 min **R400**

Classic Manicure

60 min **R330**

Extra's

Gel Soak Off

30 min **R100**

Add on Gel

20 min **R120**

Add On Footlogix Medi Pedi Professional Callus Removal. Safe for use on pregnant and diabetic clients

20 min **R120**

Add On French Paint

20 min **R80**

Hair removal

Using the Cirepil Hair Removal System to ensure that the skin is left feeling soft, smooth and healthy!

Lip/Chin/Brow	20 min	R100
Underarm	20 min	R125
Half Arm	30 min	R170
Full Arm	45 min	R200
Half Leg	20 min	R200
Full Leg	45 min	R290
Standard Bikini	20 min	R190
G-String	30 min	R220
Brazilian	45 min	R250
Hollywood	60 min	From R300
Full Chest/Back	45 min	From R350

THREADING

Lip/Chin/Brow	20 min	R100
---------------	--------	-------------



Packages

Face & Body Glow Experience

After a foot cleanse ritual, both face and body are exfoliated followed by a relaxing face and body massage using AromaVine Pinotage oils. Relax while embalmed in a moisturising vine treatment cream to hydrate and nourish your skin and awaken to a warm, botanical infused compress.

- Foot Cleanse Ritual
- Pinotage Lime and Salt Full Body Glow
- Pinotage Enzyme Facial Exfoliation
- AromaVine Pinotage Full Body and Face Massage

2 hours

R1250

Indulge

A full day package fit for a Queen! This indulgent experience starts off with an invigorating full body scrub followed by a blissful massage. Your skin will receive a boost of hydration while your hands and feet are pampered and polished. You will be in a state of complete relaxation as the package is finished off with an energising scalp treatment.

Includes a light meal

- Pinotage Lime and Salt Scrub
- AromaVine Massage
- Hydrating Facial
- Luxury Manicure
- Luxury Pedicure
- Hair and Scalp Treatment

5.5 hours

R3050

Pause

Feel the tension melt away and restore your energy with a stress relieving massage. Your expertly trained therapist will then select a facial treatment for your individual needs, leaving you with a glowing complexion before attending to your soles with the utmost care.

- 90-minute Full Body Massage
- TheraVine Facial
- Pedicure

3.5 hours

R1700

Relax

Escape from the daily grind and take a moment to relax. This balancing treatment focuses on the head, neck, shoulders, hands and feet to bring a sense of deep relaxation to areas affected by use of digital devices.

- Back Massage
- Sole Delight
- Helping Hands
- Face and Scalp Massage

2 hours

R1150