



Suntra  
spa



**Pricelist**



15  
ON ORANGE

It is believed that a star named Suntra is responsible for bringing the water element to planet earth and it is from this concept that the Suntra Spa draws both its name and inspiration.

At Suntra Spa, we offer state of the art spa facilities with the very best holistic, therapeutic and aesthetic care, combined with the latest technology to ensure our visitors experience the ultimate in functional indulgence! The extensive spa-therapy menu has been tailor-made to respect the body's complex physiology and work in synergy with the skin, body, mind and soul; ensuring patron's look and feel their best.

Suntra Spa offers a range of speciality facial treatments by Guinot and Dermalogica as well as an extensive array of body massages, exfoliation treatments, wraps and grooming essentials. For couples there are two speciality suites to enable guests to enjoy individualised treatment side by side.

From non surgical anti-ageing facials to hands-on body therapies; from male grooming and detox programmes to teens and mothers-to-be, Suntra Spa ensures personalised treatments that most effectively address the specific needs of each guest. The spa houses six different treatment rooms, each promising a new ambience and stimulating interest to explore individually through return visits.

# Massage Treatments

## Suntra Body Massage

The highest quality aromatherapy oils are used in this refined Suntra style massage. Regulated pressure combined with long, strong movements are used to effectively ease tired, aching back and limbs. Excellent for releasing knots and tension in the body.

1 hour 480

1 hour 30 min 590

## Back and Neck

250

## Bellabaci Massage

620

A NEW massage technique using silicone cups. It improves lymphatic drainage and blood circulation and is great for detoxing. It also helps to improve stretch marks, cellulite and spider veins and is excellent for tight, sore muscles. A relaxing and soothing massage with excellent healing results, it is the most effective deep tissue massage available. 75 min

## Scalp Therapy

280

Achieve complete relaxation, as alternating slow and vigorous massage movements are applied to stimulate the pressure points on your scalp, head and shoulders. 30 min

## The Extremity Massage

470

A relaxing massage, in which we treat the hands, feet and scalp. 1 hour

## Hot Stone Therapy

620

Heated lava stones, assisting in energising, detoxifying and relaxing the body, while providing deep muscle comfort through the transfer of heat. 1 hour

<b>Four Hands Indulgence</b>	590
A relaxing full body massage treatment performed by two therapists working in harmony. 45 min	
<b>Aromatherapy Massage</b>	520
The manipulation of soft tissue with carefully selected aromatherapy oils, we introduce the power of essential oils into the equation to bring their intrinsic therapeutic properties to this relaxing massage. 1 hour	
<b>Sports Massage</b>	550
A combination of acupressure and deep stretching to increase joint mobility, reduce injury and increase overall flexibility leaving the body energised, open and relaxed. 1 hour	
<b>Reflexology</b>	290
An ancient treatment that focuses on the feet to treat the entire body, restore your energy flows, alleviates stress and reinstates harmony. 45 min	
<b>Perfectly Pregnant Massage</b>	480
Much needed specifically designed massage technique, which will ease the aches, pains and stresses experienced by mothers to be. 1 hour	
<b>Munay-Ki</b>	850
"The Rites of the Munay-Ki transform and upgrade your luminous energy field. They are energetic transmissions that heal the wounds of the past - your karmic & genetic inheritance. They re-inform your DNA, enabling you to grow a new body - one that ages, heals, and dies differently. The Munay-Ki is your invitation to dream an entire new world into being." 120 min	

# Facial Treatments

All skincare treatments are suitable for both men and women. All include a relaxing neck and shoulder massage and a complimentary hand or foot massage. As a part of our facial, the Bellabaci face deep cleansing ritual is implemented.

**Hydradermie Plus** 640

Hydradermie with the added benefits of an extra concentrated treatment around the eyes, neck and décolleté area resulting in a youthful, vibrant skin tone.

**Hydradermie Lift** 570

This ultimate treatment is for lifting and preventative anti-ageing, using specialized micro-current techniques to stimulate facial muscles.

**Hydradermie Lift for Eyes** 220

**Hydradermie Lift Deluxe** 730

The most effective non-invasive face therapy for the softening of fine lines, skin discolouration, enlarged pores, sun and age spots, blemishes and scars. After just one treatment you will see the difference.

**Double Peel Beaute Neuve** 590

Fruit acids, enzymes, protein and vitamins are used to eliminate dead skin cells and rejuvenate the skin.

**Liftosome** 590

Best suited for mature skins. Aims to energize, tighten and firm the skin using Vitamin C. Relaxes features, smoothes away fine lines and adds a luminous glow.



### **Dermalogica or Guinot Prescriptive Facial**

350

A feast of steam cleansing, exfoliation, extractions, masque, massage, toning and moisturizing.

### **Hydradermie**

550

High frequency galvanic currents are used to deep cleanse and rehydrate the deeper layers of your skin and speed up cell regeneration.

<b>Dermalogica Specialised Facial</b>	590
In this facial we will treat your skin concerns with serums, additives and specialised masks.	
<b>Dermalogica 20 minute Express Facial</b>	190
An express facial for a quick lift. 20 min	
<b>Microdermabrasion</b>	500
A facial that sloughs off the dead and dull surface layers of the skin, stimulating an increase in collagen production and rejuvenation. Dramatic improvements in the tone, texture, and colour of treated areas. 1 hour	
<b>RegimA peel</b>	490
It has a very good track record and we have seen excellent results. The facial peels come in 20%, 40%, 70% and 90%. It has a "Peel and Heal" action, making it excellent for Pigmentation and uneven skin tone, chloasma, dark under eye circles, 'age spots', 'sun spots', solar keratoses. Problem or acneform skins, scars - new or old - from trauma, operation, acne, burns, etc. and anyone wishing to keep the skin in optimal condition.	
<b>IPL Photo Rejuvenation Facial</b>	950
A laser facial treatment is a non-ablative and non-wounding treatment method that corrects uneven facial skin tone, such as brown spots and broken capillaries and reduces enlarged pores through laser light energy. It also reduces the appearance of fine lines and tightens your skin. This facial delivers great results for the treatment of acne.	



# Body Treatments

## Full Body Polish

280

An invigorating circulation booster, leaving you with soft, smooth and glowing skin. Choose between, detoxifying, relaxing or invigorating scrubs to suit your needs. 30 min

## Peeling Massage

390

A full body massage to promote circulation, relax your muscles and rejuvenate your skin. 45 min

## Power Back Ritual

620

The focus is on relieving back tension with a strong massage using cardamom and mint butter. Once muscles are thoroughly kneaded, a cleansing and refreshing detox scrub removes impurities. Finally, soothing warm lavender paraffin is the ideal treat to reduce muscular aches and moisturise the skin. 1 hour 30 min

## Body Wraps

620

Body wraps boast a number of benefits from increased circulation and smoother skin, to detoxification and relaxation. The treatment commences with a full body dry brushing - an invigorating and cleansing treatment, continues with a 30 minute bellabaci massage - a modern treatment based on ancient cupping therapy that achieves amazing medical and therapeutic results including reducing cellulite, improving blood circulation and safely releasing toxins and inflammation from the body and is followed by the application of the wrap that is most suitable for you. Relax with a scalp and face massage while the wrap permeates your skin.  
1 hour 30 min

### Rasul

The Rasul treatment is a traditional Arabian cleansing ritual, which leaves you feeling calm, and your skin beautifully exfoliated. This ritual is experienced in a private room under the light of a thousand stars. This self application of salt and mud detoxifies and rejuvenates the body. Warm steam envelopes the room, and allows you to comfortably relax and unwind. To conclude this experience, warm tropical rain pours down from the dome to gently wash the mud away. This ritual can be enjoyed with loved ones and friends, and is an effective treatment prior to additional treatments offered at the spa. 45 min

1 Person

450

2 People

590

### Hamam

Our private Hamam is a steam bath which is meant for sustaining body health, strengthening the immune system and for a general feeling of well being. The traditional Hamam experience includes a full body polish, mud application and a head to toe soap massage. 1 hour

600

To complete the experience add on the following treatments:

Peeling facial 45 min

400

Royale massage 1 hour

400

Hand and foot royal treatment groomed to perfection 1 hour 30 min

350



# The look fabulous treatment range

## Guinot Self Tan

260

Achieve that delicious sun-kissed look without the sun. This self-tanning cream intensifies and unifies the appearance of a natural tan, moisturising and softening the skin.

## With body polish

390

## Semi-permanent Eyelash Extensions

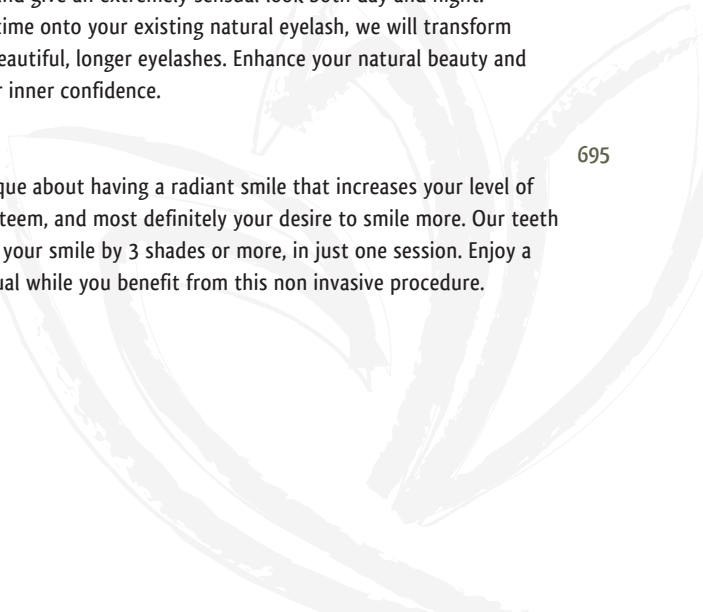
490

We can help transform your eyelashes for a longer, thicker, more defined look! Lashes are weightless, and give an extremely sensual look both day and night. Applying one lash at a time onto your existing natural eyelash, we will transform your lashes into lush, beautiful, longer eyelashes. Enhance your natural beauty and amazingly increase your inner confidence.

## Teeth Whitening

695

There is something unique about having a radiant smile that increases your level of confidence, your self esteem, and most definitely your desire to smile more. Our teeth whitening will brighten your smile by 3 shades or more, in just one session. Enjoy a complimentary foot ritual while you benefit from this non invasive procedure.



# Specialised slimming and cellulite treatment

## Technispa

This completely customized body treatment uses triple action slimming technology and energizing plant extracts to kick-start your body's lymph drainage system, helping it to eliminate toxins. It tackles cellulite by working on both the skin and underlying muscles, using a simultaneous combination of massage, lymphatic drainage, ionization and stimulation.

Per session	300
Course of 10 treatments	2700

## Ionithermie Detox

Ionithermie Detox treatment is used to impact cellulite, improve muscle tone, and increase skin elasticity. It has enjoyed popularity due to its immediate results. Ionithermie works by using biological compounds in combination with an electrical stimulus. The Faradic component stimulates and restores both muscles and tissue, for its ability to achieve spot slimming on the body.

Per session	550
5 sessions	2300

## Dermasonic

Dermasonic combines two different technologies to remove cellulite: ultrasound and non-invasive subdermal therapy. The ultrasound waves heats and stimulates the deep layers of skin and fat. NIST employs gentle suction, gentle vibration and gentle rolling. These maneuvers work together to further disrupt these pockets of fat and cellulite. The suction stretches the pocket, elongating it. The suction also improves blood flow to and lymphatic drainage from the treated area. Any liquefied fat released from disrupted cellulite fat cells will be carried away. The treatment feels like a massage.

Per session	500
10 sessions	4200

## Finishing touches

### Tinting

Eye Lash tint	60
Eye Brow tint	40

### Waxing

Half leg	110
Full Leg	170
Bikini	90
Brazilian	140
Hollywood	180
Back wax/chest wax	160
Arm wax (full)	160
Underarm	70
Eyebrow/ lip/ chin	50




# Nail Care

<b>The Petite Pedicure</b>	100
Your trusty toenails are shaped and finished with Suntra Colour nail polish.	
<b>The Suntra Pedicure</b>	200
A relaxing foot soak followed by a soothing foot scrub and a grooming massage before your nails are resurfaced, shaped and finished with Suntra Colour nail polish.	
<b>The Suntra Relax Pedicure</b>	290
Includes all of the above plus an indulgent pressure point foot massage and a mask or paraffin treatment	
<b>The Mini Manicure</b>	90
Your nails are shaped and finished with Suntra Colour nail polish.	
<b>The Suntra Manicure</b>	180
Cuticles are soaked, hands are scrubbed and given a grooming massage and nails are shaped and finished with Suntra Colour nail polish.	
<b>The Suntra Deluxe Manicure</b>	280
Includes all the above plus a paraffin treatment to recondition nails and hands.	

# Lightsheer Laser Hair Removal

A revolution in hair removal. Using technology beyond that of other lasers, the LightSheer™ Diode Laser can disable hundreds of hair follicles in less than one second. The procedure is computer-guided, quick, unpainful and promises longlasting results. Book your free consultation now. For other areas and patches please consult with your therapist.

Lip or chin	150
Underarm	380
Bikini	480
Brazilian	700
Hollywood	950
Garden path	180
Full arm or half leg or half back	1100
Full leg or full back	2000





## For the two of you ...

### Strawberries and Cream

2100 per couple

Ignite your senses and inspire your heart with a sensational body scrub, romantic jet bath, and full body massage, soothing scalp therapy and facial. 3 hours

### Moonlight and Roses

1500 per couple

Another tantalizing treatment for two. This heady treatment includes a therapeutic peeling massage, aromatic bath and nourishing facial just for the two of you. 2 hours

### Champagne and Kisses

2300 per couple

The ultimate romantic treatment for couples. This sensuous spa duet includes a luxurious Aromatherapy body massage, a sumptuous facial, magic manicure and a pedicure for both lovebirds. 3 hours 30 mins

### Starlight and Jazz

1600 per couple

A Rasul experience for the two of you, followed by a celestial 90 minute massage. This is heaven. 2 hours 30 min

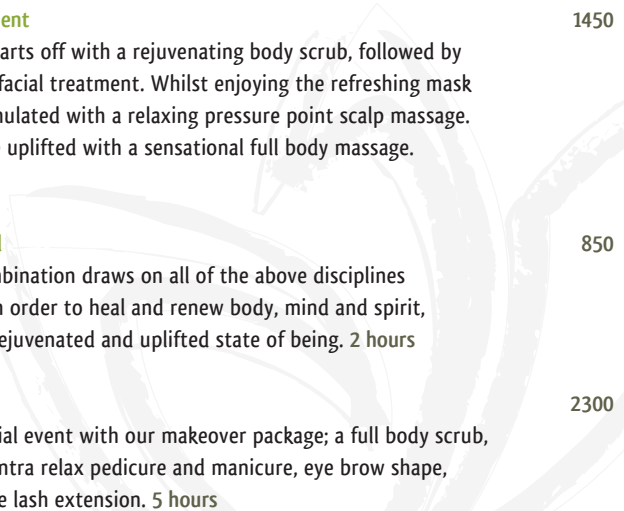
### Just the two of us

1980 per couple

A rasul experience followed by a relaxing massage, spa facial, scalp and foot treatment. 2 hours 30 min

# Day Packages

<b>A Day in Heaven</b>	2400
A total body exfoliation, followed by your choice of body wrap, luxury hydrotherapy bath, luxurious facial, hedonistic hot stone massage, magnificent manicure and a pedicure. 5 hours	
<b>Bliss Day spa</b>	1850
Hammam cleansing ritual, full body Suntra Massage, scalp and feet massaged simultaneously by two therapists followed by a delux facial. 3 hours	
<b>A Perfect Day</b>	1250
Includes a hot stone massage, facial, manicure and pedicure. 3 hours 30 min	
<b>Fit For a Queen</b>	890
Indulge yourself with a luxury hot stone back massage, a much needed radiance facial and soothing scalp therapy. 2 hours	
<b>Hey Mama</b>	990
Perfectly pregnant? How about a relaxing pregnancy massage followed by a facial, a pedicure and scalp massage. 2 hours 30 min	
<b>The Jet Lagged Special</b>	790
How about an invigorating massage and hydrating facial to rejuvenate body and mind after a long journey? 2 hours	



<p><b>The Works</b></p> <p>We will set three therapists to work on you at the same time. Includes a facial, eye brow wax, eyelash tint, manicure and pedicure. 1 hour</p>	750
<p><b>The Taster</b></p> <p>Back and neck massage, spa facial, relaxing scalp and foot massage. 1 hour 30 min</p>	600
<p><b>Suntra Signature Treatment</b></p> <p>This heavenly escape starts off with a rejuvenating body scrub, followed by an exotic fruit enzyme facial treatment. Whilst enjoying the refreshing mask your senses will be stimulated with a relaxing pressure point scalp massage. To top it all, you will be uplifted with a sensational full body massage. 2 hours 30min</p>	1450
<p><b>The Soul Uplifting Ritual</b></p> <p>This gentle healing combination draws on all of the above disciplines in a two hour session in order to heal and renew body, mind and spirit, resulting in a relaxed, rejuvenated and uplifted state of being. 2 hours</p>	850
<p><b>The Big Day Package</b></p> <p>Get ready for that special event with our makeover package; a full body scrub, Beaute Neuve facial, Suntra relax pedicure and manicure, eye brow shape, teeth whitening and eye lash extension. 5 hours</p>	2300

# Suntra SPARTIES

A fantastic venue for your next birthday party, hen party, baby shower, teens spa day, office party, theme party or a girls day out. These packages are available for groups of 4 or more. Some delicious snacks and drinks on our pool deck can be arranged. Our professional therapists, 15 on Orange Reputable chefs and excellent service will guarantee you an unforgettable day. Now all you have to do is simply relax.

<b>Luxury Spoil Day</b>	880
Full body and scalp massage, followed by a Spa Facial and your choice of a Spa Manicure or Pedicure. 3 hours	
<b>Angel's Club</b>	490
Full body polish, revarnish for hands and feet. Brow and lash tint and a Brow shape. 1 hour	
<b>Express Inspiration</b>	450
Back and neck massage, express facial. Mini manicure or mini pedicure. 1 hour	
<b>The Bliss Alliance</b>	790
Pick and choose 3 of the following treatments: 50 minutes body massage, scalp therapy, reflexology, facial, body polish, pedicure or manicure. 150 min	

## Vouchers Available

Spa treatments make the ideal present, gift vouchers are available at the spa, or can be delivered for your convenience.

Vouchers are valid for 4 months only.

We will always do our very best to accommodate you on a short notice.

### Cancellation Policy

A 50% cancellation charge will be incurred for any treatment or day spa programme cancelled within 5 hours of the appointment time.

No show will incur 100% charge.

### Gift Certificates

Deposits taken for group bookings & packages.

## Contact us

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Mon – Sat: 8 am – 8 pm. Sunday: 10 am – 6 pm.