

ARABELLA SPA

Relax in the hands of the world's best

We have studied the best philosophies, the finest techniques and the most potent herbal infusions from around the world.

Inspired by nature, we have drawn insights from her teachings.

Now we focus that energy on you, to create a personalised and results driven programme within a space that is calm, quiet and peaceful.

Discover nature's power at Arabella Spa.

SPA:

Arabella Spa is an oasis of tranquillity where all energies are focused on your wellbeing. With world class facilities and exclusive product ranges you can unwind and relax in the hands of the world's best. Our expert professionals are trained to meet and exceed your expectations on wellness solutions and treatments of only the highest quality. Arabella Spa endorses a wellness lifestyle, focussing on inner peace, balance and serenity for complete rejuvenation.

FACILITIES:

Our Facilities Include:

- Luxury Treatment Suites (Including Double suites for couples or friends)
- Heated Indoor Hydro pool
- Sauna
- Steam Room
- Cold Stream Showers
- Fitness Centre

SPA ETIQUETTE:

Our spa environment is tranquil and relaxed. Please respect all spa guests' right to privacy and serenity. To maintain this environment we kindly request that all mobile phones will be switched off whilst in the

spa premises and all spa areas are strictly non smoking. Please keep noise level to the minimum at all times.

SPA BOOKINGS:

Pre-booking treatments is essential. Day visitors are welcome. To make your appointment or for an enquiry please contact the spa on 028 284 0036 or spa@arabellahotelandspa.com. For further information please visit the website www.africanpridehotels.com/arabella

HOURS OF OPERATION:

Arabella Spa operates 7 days a week from 8h00 to 20h00

CANCELLATION POLICY:

Please observe the below cancellation policy before 100% fee applies:
Day visitors 24 hours in advance.
Hotel Residents 12 hours in advance.
Group Bookings 72 hours in advance.
No Shows will incur 100% of the fee as a penalty

SPA ATTIRE:

Gowns and slippers are provided for spa day visitors. We request all hotel residents to arrive in their robe and slippers provided in the hotel rooms for their spa treatments or usage of our indoor relaxation facilities. Nudity is not permitted. You are required to wear a bathing costume at all times with respect of hygiene. During the treatment underwear can be worn at all times. For some treatment disposable underwear will be provided. Please wear minimum jewellery to the spa. No glass objects are permitted in the Spa – plastic glasses are provided for your convenience

RELAXATION FACILITIES:

Relaxation facilities are complimentary with all spa treatments to the value of R500 or more and include a steam room, sauna, indoor heated hydro pool & cold stream showers.

When using the sauna and steam room please:

- Shower before entering
- wash down the seat with the hand shower before and after use
- sit or lie on a dry towel
- have a cool shower before re-entering if you feel any distress
- be aware that a time limit of 10 to 15 minutes is recommended

When using the pool:

- Spa guests must shower before and after using the lap pool or hydro-pool
- Costumes must be worn in this area at all times
- There are specific hours allocated to children.(refer to children's hours) Toddlers are required to wear waterproof nappies

HYGIENE:

The spa is equipped with plenty of showers and we encourage to all guests to shower before and after using the swimming pools and the steam room or sauna to maintain a sterile environment.

All our equipment is disinfected and sterilized.

THERAPISTS:

All our therapists are fully trained and qualified professionals in their industry. We are very committed to ongoing and continuous education and development and the therapist team attend to extensive training schedules.

TREATMENT ROOMS:

With 16 treatment rooms, Arabella offers a wide variety of therapeutic, regenerative and luxurious facial and body treatments. An important part of our offering is a range of therapies that use the healing power of touch to bring about relaxation, improved immunity and general wellbeing.

SAFETY:

Guests with heart conditions and/or high blood pressure, who are pregnant/ and or have any other medical complications are advised to consult their doctor before enjoying Arabella Spa services. Please make your spa therapist aware of any medical considerations, including disabilities, ailments/ and or allergies. A parental consent form applies to all spa guests under the age of 18 years.

LOCKER KEYS:

Locker keys are available to day visitors and hotel residents if needed. You will be required to supply an exchange item which serves as a reminder to return the key after enjoying our spa facilities. Our lockers are equipped with a robe and slippers for your usage during your time with us.

CHILDREN:

Children under 18 years are required to be accompanied by a parent throughout the duration of their treatments and are not permitted to use the hydro-pool facilities on their own.

No children are allowed in the rainforest as this is an extremely detoxifying area.

No children under the age of 16 years are allowed to have spa treatments.

Children under the age of 16 years are not permitted to use the sauna Or steam room under any circumstances as this poses a health risk.

Children will only be allowed in the hydro-pool between the following times & are required to be supervised by a guardian/parent:

- 08h00-10h00am
- 14h00-16h00pm

Children are requested to keep noise levels to a minimum at all times.

STAYING AT ARABELLA HOTEL AND SPA:

Arabella Hotel and Spa offers luxurious accommodation and a wide variety of leisure activities including Golf and a important variety of dining options for your enjoyment. For further information please dial 028 284 0000 or email reservations@arabellahotelandspa.com

PRODUCTS:

Arabella Spa uses only the highest quality ranges of skin care systems, in our full range of spa services. We encourage continued use of these products in your home maintenance programme for optimum results.

Products purchased will not be refundable and will only be exchanged if they are still sealed, and with its original wrapping and packaging.

GROUP BOOKINGS:

Spa days make a great outing for friends or groups celebrating a special occasion or simply to enjoy having a break together. Each group requirements can be tailor made to their specific needs.

GIFT CERTIFICATES:

A gift of well -being is the ideal present. Gift vouchers can be purchased for any monetary value.

MEMBERSHIPS:

Spa Memberships are available upon request.

ARRIVAL:

Please arrive 30 minutes prior to your treatment time to enjoy our indoor heated hydro pool, sauna and steam room facilities. Alternatively, kindly arrive no less than 15 minutes prior to your scheduled treatment time as it is compulsory to fill in a client consultation card. Late arrivals will be subject to a reduction in treatment time.

FITNESS CENTRE:

When using the Fitness Centre please:

- Wear appropriate clothing and non-marking footwear
- Keep a sweat towel with you at all times
- Wipe all machines after use with the wipes provided
- Do not drop weights on the floor or remove them from the Fitness Centre
- Do not move any machines
- Always shower after a workout and before entering any of the other facilities in the Spa

PRICING:

All pricing is subject to change and without prior notice. All prices are inclusive of 14% VAT.

MISCELLANEOUS

- No food may be consumed in any area of Arabella Spa
- No smoking or alcohol is permitted in the Arabella Spa
- The illegal use of any drugs is strictly prohibited
- The company reserves the right to amend these rules and regulations. Members, guests and/or occupants of the Arabella Spa should always familiarize themselves with the rules and regulations that apply.

African Rainforest Experience

The African Rainforest Experience is a sensory water and steam treatment developed in South Africa using African products and inspired by African rains.

15 step African Rainforest Experience:

Option 1

120min R 450.00

The African Rainforest Experience

Exfoliation Room

Receive a salt scrub on a heated slab by a therapist, to clear old, rough and dry skin and to make the skin more receptive to the treatment to follow. Lying on a heated slab, your body is kept warm as the scrub is applied.

Ante-Room

Guests take a hot shower and afterwards, ladle themselves with cold water from the fountain in the Ante-room. The hot shower warms the body, relaxes the muscles and relaxes the pores of the skin. (The cold water splash improves circulation.) In order to be effective, these steps should not be rushed. They give the body a signal to start to detoxify.

Eucalyptus Steam Room (42°C)

The steam, in combination with eucalyptus, relaxes the pores and benefits the respiratory system. Plus, eucalyptus is very effective against headaches, fatigue and stress. The steam room further encourages relaxation and detoxification.

Cold Shower

Guests to ladle themselves with cold water from the fountain in the Ante room. After the high temperatures of the steam room, it is important to cool the body down. This further stimulates the lymphatic system to clear toxins.

Rest on mosaic slabs underneath heated aromatherapy towel. Oils such as lemongrass, lavender & ylang ylang encourage relaxation and help to induce feelings of calm and serenity.

Aromatherapy Sauna (75°C)

Guest to select preferred aromatherapy oil to be infused inside the sauna. The aroma you choose is very important. Trust your instincts and go for the oil that appeals most to you at that moment. The therapist will also advise you on the effects of specific oils.

The heat in the sauna helps increase the benefits of the oil - helping the body detoxify faster. The pores open and the body starts to perspire, flushing away toxins.

Waterfall Shower

Cool to cold shower or cold water hose. For skin cleansing and to restrict the pores. Again lymphatic drainage is stimulated and circulation enhanced, helping to detox.

Dry Heat Sauna (75°C)

The dry sauna causes more perspiring so your body is further cleansed. Muscles are relaxed by the heat.

Cold Mountain Mist

Soft cold mist falls lightly down on your skin and cools your body down.

Dry Relaxation Beds

Whilst relaxing, drink one glass of water. It is very important to drink plenty of fluids in these situations as you are perspiring a great deal. This ensures that you detox but not dehydrate. Rest is also important while the circulation is stimulated. This is where your body calms down, refreshes and relaxes.

Reflexology Footbaths with pebbles

Alternate 3 times:

3 min warm water (38°C)

1 min cold water (as cold as possible)

12 min in total

The warm water regulates your body temperature. Through heat, the water will activate circulation, giving a relaxed and calm feeling.

Rainforest Shower Beds (30 - 40°C)

3 min soft rain lying on back

3 min pulsating rain lying on stomach

6 min in total

Pamper and relax under a cascade of warm water. This treatment is for the soul. Remember our bodies are over 90% water. A relaxed mind helps bring your heart rate down.

Drying and application of soothing and rehydrating moisturisers. After the hot sauna and using the showers, the skin needs its moisture replenished with soft, hydrating cream.

Relaxation Experience in the Candle Room whilst rehydrating with a glass of water. Your body's detox system has been activated but you will be feeling very, very relaxed. Fall asleep, allow the body to calm and awake feeling refreshed and rejuvenated.

African Tea Ceremony

Time for Tea with a herbal infusion.

Option 2

150min R 650.00

Aromatic dry scrub exfoliation and nourishing African mud application. Rassoul chamber treatment
15 step African Rainforest Experience.

Rassoul

45min R 300.00

Treatment of Turkish descent using salt exfoliation and mud with aromatic steam.

Arabella Collection Facials

Ultimate Moisture Facial

60min R 490.00

A facial tailor made for your skin. After a thorough skin analysis, the therapist will tailor make the facial according to your skin's needs, supplying it with the hydration and moisture and lipids that we loose throughout our daily routines. The perfect balm for dry and dehydrated skin.

Radiant Glow Facial

60min R 490.00

Through a complete skin analysis the therapist will tailor make the facial according to your skin condition, nourishing the skin with powerful active ingredients that will bring back radiance, vitality and suppleness.

Pore Refining Facial:

60 min R 490.00

This deep cleansing facial will draw out skin impurities, reduce over production of sebum, refine the pores and treat any breakouts, leaving your skin completely balanced.

Intensive Rejuvenation Facial

75min R 750.00

The anti-dote for the aging signs. This complete face, neck and eye treatment will firm and reduce the signs of aging by plumping the skin, reduce dark circles around the eye area, bringing back elasticity and firmness with only one treatment.

Refining Lifting Facial

120min R 1100.00

This is the ultimate anti ageing treatment. A very effective lifting treatment will redefine your facial contour and leave you with a visibly smoother, firmer, youthful and radiant appearance.

Spa Body Collection

This collection includes full body Thermal Therapy treatments which are customized accordingly by combining the following therapeutic treatments or merely by selecting the most suitable individual treatment to suit your needs.

Hydro therapy tub **30min R 295.00**

An intensive 30 minute water therapy treatment, that provides you with an all over stimulating and relaxing hydro massage. This is the ideal treatment to prepare and relax your muscles prior to a massage. The therapeutic benefits include stress reduction, increased circulation & the removal of metabolic waste which may cause muscle pain.

Full Body Exfoliation **30min R 295.00**

An express skin polishing treatment, guaranteed to leave the skin deeply nourished, smoothed and hydrated.

Deluxe Body Treatment **90min R 900.00**

This treatment offers two options, a purifying or nourishing body wrap of which both include a full body exfoliation & a 45 min massage. Stimulate circulation with the ultimate body wrap therapy that promotes skin nourishment. Alternatively, allow natural earth clays to draw out impurities. These warming wraps induce blood circulation & encourage the absorption of nourishing botanicals. This treatment is completed by the application of the most suited body moisturizer for your skin's requirements.

Back Facial Treatment **45min R 450.00**

We will look after that part of your body that you can't. The skin is deeply cleansed, toned and exfoliated. A gentle massage follows together with the application of a purifying mask to open and clean pores, leaving your skin renewed and feeling deeply relaxed.

Full Body Wrap **60min R 600.00**

An exfoliation followed by the application of specialised products, which are chosen for your specific needs. The body is then wrapped and time allowed for the products to penetrate, optimising the therapeutic effect. Guest has a choice of Nourishing, Detoxifying, or Invigorating Wrap.

Massage Collection

Back, Neck & Shoulder Massage
30min / 45min R 310.00 /R 465.00

This is a deeply relaxing massage focusing purely on the back, shoulders, neck and scalp. This massage is designed to specifically combat stress & induce relaxation.

Scalp Massage **30 min R 310.00**

This is an invigorating and detoxifying treatment of the scalp, neck and shoulders. This is also a deeply relaxing massage combined with stimulating eastern techniques, bringing many beneficial results to relieve stress and tension in the commonly stressed areas relieving emotional and physical tension.

Reflexology **30min R 310.00**

This is a healing art of ancient origin & reduces stress and tension. This pressure-point foot massage focuses on nerve locations on your feet, corresponding to specific organs and areas of your body and increases energy flow and balances the body as a whole.

Swedish Massage
60min / 90min R 590.00 /R 775.00

A full body massage that promotes relaxation eases muscle tension and creates health benefits such as increased blood circulation. It can be slow and gentle or vigorous and bracing, depending on what the therapist wants to achieve. Feel free to state your preference for pressure during Swedish massage. It can range from light to firm.

Aromatherapy Massage
60min / 90min R 590.00 /R 775.00

A very relaxing and gentle massage combined with therapeutic effects of essential oils. Your therapist will choose a blend of oils specific to your needs.

Hot Stones Massage
60min / 90min R 590.00 /R 775.00

For this invigorating massage, warm basalt stones are used to massage the body. The heat from the stones releases muscle tension and calms any stiffness.

Deep Tissue Massage **60min R 620.00**

This intensive treatment - a holistic and energizing therapy for the mind, body and spirit- is ideal for anyone suffering from muscular aches and pains and in need of deep relaxation

Synchronized Massage (4 Hands) 60min R 950.00
 This very special massage will provide you double the effect .Have the expert hands of not one but two therapists performing this very relaxing treatment at the same time for deep relaxation.

Mother To Be Massage
30min / 60min R 310.00/ R 590.00
 Pre Natal massage focuses on the special needs of the mother-to-be & improves circulation. We combine safe pregnancy massage techniques with specialized positioning to ensure ultimate comfort & relaxation while we are relieving emotional stresses, physical strain and discomfort. Please note that any pre natal treatment is recommended only after the first trimester.

Grooming Treatments

Spa Manicure 60min R 250.00
French Manicure 60min R 275.00
Paraffin Manicure 60min R 295.00

Spa Pedicure 60min R 295.00
French Pedicure 60min R 315.00
Paraffin Pedicure 60min R 335.00

Hair Removal

Brazilian Wax 45min R 180.00
 Bikini Wax 30min R 120.00
 Full leg wax 45min R 180.00
 Half leg wax 30min R 120.00
 Under arm wax 30min R 120.00
 Forearm wax 30min R 120.00
 Lip/ Eye Brow/ Chin wax 15 min R 60.00

Tinting

Lash & Brow Tint 30 min R 120.00
 Eye brow shaping & eyelash or eye brow tint 30 min R 150.00
 Lash Tint 15 min R 75.00

Men's Treatments

Energizing Facial 60min R 490.00
 A perfect pick me up treatment for tired and dull skin. This facial concentrates in feeding the skin the right nutrients according to your skin condition for a perfect balance between radiance, moisture and hydration.

Cleansing Facial 60min R 490.00
 This deep cleansing facial will draw out skin impurities, reduces over production of sebum, refines the pores and treat any breakouts

Anti Aging Facial 75min R 750.00
 This treatment targets the signs of aging, the harsh effects of shaving, pollution and stress. Elasticity, moisture and firmness are recuperated with this intense rejuvenating treatment for the face and the eye area.

Hand Grooming 45min R 220.00
Foot Grooming 60min R 250.00

Full Leg Wax 60min R 240.00
Half Leg wax 30min R 120.00
Back Wax 45min R 180.00
Chest Wax 30min R 120.00

Spa Packages

Classic Package 1 to 3 HRS R 920.00
 • 60min. Facial
 • Spa Manicure
 • Spa Pedicure

Timeless Journey 2 HRS R1100.00
 • Full Body Exfoliation
 • Swedish Massage
 • Scalp Massage

Stress Relief 4 HRS R 1450.00
 • Aromatherapy Massage
 • 60min. Facial

- Spa Manicure
- Spa Pedicure

Arabella Absolute Spa Ritual **5.5 HRS R 2300.00**

- Body Wrap of your choice
- Hot Stones Massage
- Intense Rejuvenation Facial
- Paraffin Manicure
- Paraffin Pedicure

MEN'S PACKAGES

Golfer's Tonic **2.5 HRS R 1150.00**

- Full Body Exfoliation
- Deep Tissue Massage
- Cleansing Facial

Ultimate Relaxation Package **4.5 HRS R 1900.00**

- Full Body Exfoliation
- Deep Tissue Massage
- Men's Anti Aging Facial
- Male Hand Grooming
- Male Foot Grooming

Spa Access

Full Day **8 HRS R 300.00**

Half Day **4 HRS R 150.00**

Spa Access includes the following:
 Usage of the indoor heated hydro pool
 Sauna
 Steam Room
 Cold Stream Showers
 Candle Room



**ARABELLA
HOTEL & SPA**

Arabella Hotel & Spa, A Luxury African Pride Hotel On the Arabella Country Estate, R44 Kleinmond, Hermanus, Western Cape, South Africa
 Tel: +27 (0) 28 284 0036 | Fax: +27 (0) 28 284 0009
www.africanpridehotels.com/arabella