



Prices effective from 3rd March 2008

The Spa

Treatment Menu

Weekdays: Monday to Thursday

MOUNT GRACE SPA

Our award winning Spa offers unique surroundings and outstanding service. Enjoy an array of luxurious treatments and facilities, and escape from city life to the indescribable peace and tranquillity of the Magaliesburg Mountains.

Our facilities include:

- luxury treatment suites (including double suites for couples and friends)
- Outdoor relaxation tsala
- Steam rooms
- Hydrotherapy Spa Garden
- Spa Café serving light, healthy lunches and refreshments
- Relaxation lounge with complimentary refreshments and newspapers
- Swimming pools
- Tennis courts
- Mountain biking
- Nature walk trails
- Accommodation
- Conference facilities
- Wheelchair facilities

HYDROTHERAPY SPA GARDENS

With its heated outdoor Jacuzzi pool, heated flotation pool, cold rock pools and waterfalls, the Spa Gardens have been designed to take full advantage of the therapeutic benefits of hydrotherapy, nature and the elements. Spend time in Eden, a tranquil, shady part of the Gardens conducive to meditation and quiet reflection. To achieve complete relaxation, floating in the supportive waters of the Brine Pool (Liquid Sound Flotation Pool) is recommended. Supported by tonnes of mineral salts, one floats in this heated pool whilst listening to whale song piped through the water. Twenty minutes in the Brine Pool is said to have the same effect as four hours of sleep.

Use of the Hydrotherapy Spa Gardens is complimentary to any guest making use of the Spa. Use of the Spa Gardens is reserved for spa guests only.

STAYING AT MOUNT GRACE

Mount Grace offers luxurious suites and bedrooms, award-winning restaurants, and a wide range of leisure activities to guests who wish to extend their Spa visit with an overnight stay. For further information, or to request a brochure and tariffs, please call Reservations at the hotel on (014) 577 5600

GIFT VOUCHERS

Spa day packages and treatments make wonderful presents for family and friends, or as an incentive or reward for business colleagues. Gift vouchers can be purchased for any monetary value.

SPA BOOKINGS

Pre-booking as far in advance as possible is essential to ensure that your chosen times are

available. Day visitors are welcome on weekdays. Voucher details or a 100% deposit is required to secure your Spa booking. To make a booking, please contact the Spa on (014) 577 5600 or email spa@mountgrace.co.za. For further information you can visit our website at www.mountgrace.co.za

CANCELLATION POLICY

We would be grateful if resident guests would make any changes or cancellations at least 12 hours prior to the scheduled treatment time. We request that day guests observe a 48 hour treatment change or cancellation notice period. Treatments cancelled after this time will incur a cancellation tariff of 100% if the slot cannot be filled. If you wish to change or cancel an appointment, please contact the Spa directly. Please note that as a courtesy to all our clients a prompt appointment schedule is adhered to. Late appointments will be completed in the allocated time, and the fee will remain unchanged.

HOURS OF OPERATION

The Spa is open from 9am until 7pm, 7 days a week.

TREATMENTS

Treatments are carefully planned to accommodate the needs of each guest. We ask that you always allow enough time for your experience and arrive 20 minutes prior to your appointment, so we can record your current spa needs and details, offer you a refreshment and the opportunity to enjoy a relaxing steam and/or shower before your treatment begins. Please help us by telling your therapist if you have any allergies or injuries which may make the treatment you have chosen unsuitable, or if you think you may be pregnant. We will be happy to advise safer alternatives. Treatment prices are subject to change without notice.

DOUBLE TREATMENT ROOMS

Enjoy a dual treatment of your choice with your partner or friend in one of our Double Treatment Rooms. Pre-booking a Double Treatment Room is essential and is subject to availability.

GROUP BOOKINGS

Spa visits make great outings for friends celebrating a special occasion or colleagues taking a break together. Please contact the Spa to make arrangements for group bookings. The needs of each group can be tailor-made.

SPECIAL REQUIREMENTS

We always strive to make every visit to the Spa a relaxing and enjoyable experience. Our staff will be pleased to offer any assistance if you have mobility difficulties or other special requirements.

CHILDREN

The minimum age for treatment therapies and the use of other areas of the Spa, including Hydrotherapy Gardens and steam rooms is 16 years.

POINTS OF SAFETY

Trained staff are on duty in the Spa, but we have no dedicated lifeguards watching the pools.

If you suffer from high blood pressure, have recently been unwell or believe you may be pregnant, you should not use the steam rooms or outdoor Jacuzzi pool.

The Spa is equipped with plenty of showers and it is particularly important that you shower before using the pools and after using the steam room.

No glass of any sort is permitted in the Hydrotherapy Spa Gardens. Chilled water is provided for refreshment.

All areas of the Spa are designated non-smoking and mobile phone-free zones.

THALASSO THERAPY

A form of Hydrotherapy engaging the rejuvenating forces of water and natural elements, to heal the body and soothe the soul. Varying temperature and pressure in the Hydrotherapy Tub stimulates blood circulation, eases away tension and assists in the release of toxins. Allow the underwater jets to invigorate the body, increase muscle tone and strengthen immunity.

At your discretion, allow your therapist to perform a Pressure Point Massage on your scalp.

30 minutes each

Elemis Musclease
Seaweed Bath R305

Elemis Cellutox
Seaweed Bath R305

Aromatherapy Milk Bath R230

MASSAGE

BACK, NECK & SHOULDER MASSAGE

A wonderful antidote to stress and muscle tension, this Massage concentrates on specific areas of tension in the back, neck & shoulders.

30 min R260
1 hr R455

ELEMIS DEEP TISSUE BACK MASSAGE

Minimum time, maximum tension relieving results.

Specifically targeting the back, neck & shoulder area, where you need it most
30min R380

SWEDISH BODY MASSAGE

This Full-Body, Medium Pressure Massage provides a sense of wellbeing and helps reduce tension, soothe sore muscles, increase circulation and induce relaxation.

1 hr R455
1½ hr R565

AROMATHERAPY BODY MASSAGE

A rhythmic, gentle Massage with therapeutic essential oils. It stimulates blood and lymph circulation and eases away tension.

1hr R575
1½ hr R685

HAWAIIAN MASSAGE

An ancient Hawaiian healing technique using the forearms, elbows and deep continuous pressure to relax body & mind.

1hr R575
1½ hr R685

HOT STONE THERAPY

For this special re-energising Massage, warm basalt stones are used to massage the body. Stones are used to create a soothing & harmonising effect.

1 hr R575
1½ hr R685

DEEP TISSUE MUSCLE MASSAGE

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage.

Choose from:
Stress Away
Spirit Reviver
Muscle Melt
Chakra Balancing
1 hr R670

INDIAN HEAD MASSAGE

Ancient Pressure Point Massage on the scalp, neck & shoulders to relieve tension. Brings oxygen & nutrients to the muscles, hair and skin.

30min R260
1hr R455

THABA MASSAGE

Unique to The Grace Collection, this signature treatment is an indulgent Four-Hand Massage incorporating African influences.

1hr R690

REFLEXOLOGY

A Pressure Point Massage applied to the reflex areas of the feet to improve circulation and create a general sense of wellbeing. Stimulates the body to heal & balance itself.

30min R260

1 hr R455

(includes Foot Exfoliation and Massage)

ELEMIS AROMASTONE MASSAGE

A firm, rhythmic massage sequence which mimics the strong but steady stream of flowing water, promoting inner peace and releasing muscular tension.

1hr 15min R825

SPA FACIAL TREATMENTS

All facials are customised to meet the requirements of your skin, using specialised products. Your therapist will take the time to analyse your skin and choose the best-suited treatment. Shaping and Tinting is included in all Skin Treatments.

ELEMIS TASTER FACIAL

This introductory facial will give a quick & instant pick-me up for dull, lifeless skin.

30min R340

ELEMIS SKIN SPECIFIC FACIALS

1hr R475

FRUIT ACTIVE GLOW

Skin is deeply cleansed and stimulated by specialist Eastern massage techniques, whilst powerful conditioning actives nourish and renew vital radiance

EXOTIC MOISTURE DEW

Following a specialist facial massage, the skin is fed with thirst-quenching actives that will bring back that healthy, dewy look to the skin

HERBAL LAVENDER REPAIR

Deep cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts

ELEMIS ADVANCED PERFORMANCE FACIALS

1hr15min R755

OXYGEN SKIN CALM FACIAL

Gentle massage techniques are combined with calming actives and a restructuring Japanese Silk Mask impregnated with Absolute Skin Calm Booster Serum, to help rebalance delicate, fragile & sensitive complexions. Helping to relieve redness, this superior face & eye treatment offers immediate comfort to stressed and irritated skin.

S.O.S. PURIFYING FACIAL

A powerful face & eye treatment that helps regulate and balance the function of the skin. Purifying massage techniques combined with the unique Japanese Sulphur Mask, impregnated with Absolute Vita-C Booster Serum, help to absorb sebum, calm irritation and rebalance oil-rich pores, leaving a beautiful matt complexion

ELEMIS ADVANCED ANTI-AGEING FACIALS

1hr15min R830

VISIBLE BRILLIANCE FACIAL

Independently tested with revolutionary results, this face & eye treatment instantly firms, rejuvenates & plumps up the skin, whilst helping to reduce dark circles. Moisturisation levels increase by 38% and elasticity by 28% after just 1 treatment.

Specialised micro-circulatory massage techniques are combined with powerful formulations and the two-phase Amino Active Mask to help smooth, sculpt and restore skin radiance.

PRO-COLLAGEN QUARTZ LIFT FACIAL

This advanced anti-ageing facial is clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57%, after just one treatment. The power of Padina Pavonica is accelerated by the energy of precious minerals to re-energise cell communication, whilst Laminaria Digitata and Red Coral optimises cellular respiration and regeneration for a firmer, uplifted, more youthful looking appearance.

• Please be advised that certain treatments could contain iodine. Should you be allergic to iodine, please inform your therapist.

SPA BODY TREATMENTS

Specialised products are chosen for your specific needs. Exfoliation is followed by the application of the product. The body is wrapped and time allowed for the product to penetrate, optimising the therapeutic effect.

VENAVINE SOOTHING LEG TREATMENT

This treatment combines Exfoliation, Massage, Cocooning and Reflexology to focus on draining excess fluid from the lower extremities, increasing circulation and lymph flow. Venavine therapy helps reduce pain and swelling, as well as the appearance of spider and varicose veins by strengthening the capillary walls.

1hr R365

EXOTIC LIME & GINGER SALT GLOW

A body exfoliation ritual to invigorate and revitalise the body. After light body brushing, warm oil is dripped luxuriously over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

30min R275

MUSCLEASE AROMA SPA OCEAN WRAP

Drift away, whilst you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Using a warming blend of Essential Oils, this specialised treatment helps ease aching, tense muscles.

1hr15min R690

CELLUTOX AROMA SPA OCEAN WRAP

Let thoughts drift away, whilst being cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. Combining the richness of sea plants and Marine Algae, this therapy helps refine the appearance of cellulite and relieve the discomfort of fluid retention.

1hr15min R690

EXOTIC COCONUT & MILK RITUAL WRAP

A recipe of coconut, mungbean, spices and lavender is combined to polish the skin. Warm Milkbath is then poured over the body before being cocooned in a comforting wrap. This is combined with a pressure point facial massage and distressing scalp massage. Excellent to smooth, soften and hydrate the skin.

50min R635

EXOTIC FRANGIPANI BODY NOURISH WRAP

Drench the skin with moisture for immediate softness and suppleness. Polynesian women traditionally used the aromatic Tahitian coconut and frangipani flowers, soaked together, to protect their skin and provide the ultimate radiance, vitality and all-over body glow.

50min R635

BODY SCULPTING CELLULITE & COLON THERAPY

A treatment, working on the deepest level, to flush and cleanse the systems of the body. Excellent for congestions caused by poor circulation, fluid retention and a sluggish digestive system that leads to cellulite, bloating and toxic build up

1hr R690

AFRICAN POTATO BODY WRAP

This truly African product combines relaxation and rejuvenation. High in vitamins and minerals, the African Potato is extremely moisturising, nourishing and anti-ageing.

1hr R600

SCALP & HAIR TREATMENT

Enjoy a 20min Scalp Massage followed by an intense Moisturising Hair Treatment.

40min R335

MEN'S TREATMENT MENU

Choose from the therapies listed below, designed with our male clients in mind. Allow your therapist to soothe away tension and stress, leaving you rejuvenated and relaxed.

SKIN SPECIFIC FACIAL FOR MEN

HERBAL LAVENDER REPAIR

Deep Cleansing to draw out skin impurities, this facial will help reduce unwanted shine, refine the pores and treat skin breakouts

1hr R475

ADVANCED PERFORMANCE FACIAL FOR MEN

URBAN CLEANSE FACIAL

This super grooming facial works overtime to help eliminate blocked pores, rapidly accelerates skin repair and neutralises impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

1hr15min R755

ADVANCED ANTI-AGEING FACIAL FOR MEN

SKIN IQ FACIAL

Helping to calm irritation and minimise the signs of ageing, this facial is the ultimate overhaul for male skin. Protecting against the harsh, ageing effects of shaving and environmental damage, moisturisation levels are proven to increase by up to 38% and elasticity by 28% after just 1 hour

1hr15min R830

MALE HAND GROOMING

A Hand & Nail Grooming Treatment designed to exfoliate and nourish the hands and nails.

45min R215

MALE FOOT GROOMING

A Foot Grooming Treatment that softens, smoothes and relaxes your tired feet.

1hr R260

PRE-NATAL SPA TREATMENTS

The following treatments have been specifically designed for pregnancy and are therefore safe and valuable in alleviating water retention, back pain and maintaining the elasticity of the skin.

NURTURING MASSAGE MOTHER-TO-BE

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Helping to relieve tension in the back and alleviating swelling in the hands & feet, while easing the mind and uplifting the spirit

30min R365

1hr R635

PRE-NATAL BODY WRAP

Let your therapist exfoliate your skin and apply a warm Liquid Wrap which will help alleviate all pregnancy related concerns.

1hr R690

BEAUTY & GROOMING TREATMENTS

Elemis Hands and Feet Therapy

EXOTIC RITUAL GROOMING FOR HANDS

Cuticles and nails are nourished with warmed aroma-therapeutic oils, whilst the sublime sensation of the Elemis Skin Nourishing Milk Bath lavishes its richness for beautifully smooth, soft and supple hands

30min R230

SOLE DELIGHT GROOMING FOR FEET

Warmed aroma-therapeutic oils nourish and super-condition neglected feet and nails. The extra-rich hydration replenishes and softens hard working heels, lavishing a rich and healing action on your skin

30min R265

HANDS & FEET

1hr each

Spa Manicure R230

Paraffin Manicure R270

French Manicure R260

Spa Pedicure R270

Paraffin Pedicure R320

French Pedicure R310

Hot Stone Pedicure R335

Revarnish R70

TINTING

A conditioning colour dye is applied to lashes or brows to enhance the features.

Eyelash R85

Eyebrow R70

Lash & Brow R100

Brow Shaping R45

WAXING

Back or Chest R220

Upper Leg R145

Half Leg R150

Full leg R220

Bikini R125

Underarm R90

Half Arm R90

Full Arm R140

Lip or Brow R40

SPA MINI PACKAGES

MAGALIES TREAT

Thallasso Therapy followed by a Back, Neck & Shoulder Massage.

1hr R480

TRAVELLER'S JOY

The Traveller's Joy is a creeping plant that climbs vigorously over small trees, covering them with its sweetly scented white flowers.

Thallasso Therapy, Back, Neck & Shoulder Massage

followed by Exotic Hand Ritual &

Sole Delight Foot Treatment

2 hrs R960

ABSOLUTE SPA RITUAL

Choose from one of the unique Elemis Advanced Performance Facials and combine it with the powerful effects of the Elemis Deep Tissue Muscle Massage. Two hours of pure relaxation with dramatic results

2 hrs R1280

MOUNT GRACE BIG BLISS

For those who want to relax, re-energise or simply spoil themselves.

Exotic Lime & Ginger Salt Glow

Specialised Body Wrap

Swedish Body Massage

Elemis Skin Specific Facial

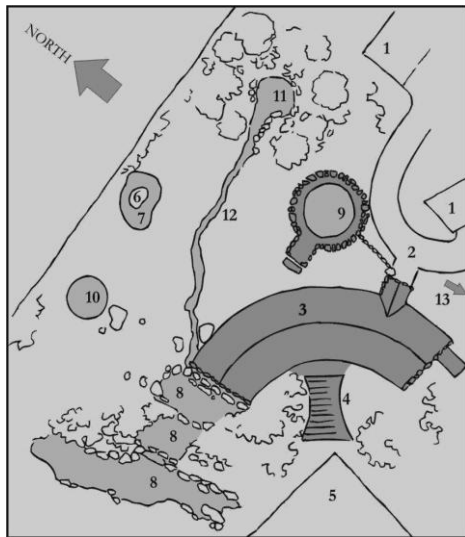
Spa Manicure

Spa Pedicure

Spa Café Lunch

7 hrs R2400

HYDROTHERAPY GARDENS MAP



- | | |
|------------------|-----------------------------|
| 1. Carport | 8. Rock Pools |
| 2. Road | 9. Brine Pool |
| 3. Spa Building | 10. Jacuzzi Pool |
| 4. Stairs | 11. Eden Meditation Garden |
| 5. Bowling Green | 12. Reflexology Stream |
| 6. Pancake Rock | 13. Pathway to the Bush Spa |
| 7. Waterfall | |