

Signature Treatments

**Suggested as a duo treatment*

Caledon Signature Rain Spa Experience* 120min
 We have taken all elements of a rainforest, such as extreme heat alternated with pouring "rain", stirred in some humidity, and then mixed in some African fragrances. This treatments is called an experience because it involves various treatments such as scrubs, therapeutic showers, steam treatments and completed with a 60 minute therapeutic Caledon Signature Massage.

Caledon Signature Massage 60min
 A therapeutic full body massage incorporating Thai stretches, Hawaiian flowing techniques and deep drainage movements. Firm pressure and slow strokes assists to relieve muscle tension and reduce toxins in the body.

Massages

Classic Swedish Massage 60min
 Experience a deeply relaxing massage with rolling invigorating arm movement over your complete body. The fragrant massage oil will calm your senses and leave your body nourished and deeply relaxed. 90min

African River Stone Massage 60min
 This ancient body treatment uses the therapeutic heat from stones that is slowly released into the muscle for a deeply relaxing de-stressing experience. Small, warm stones are placed on your back while warm, luxurious oils are massaged deeply into the body for a deep relaxation experience. 90min

Kalahari TM Calabash 60min
 This is a deeply relaxing massage therapy with sun baked calabashes from the Kalahari Desert. The gentle round body of the calabash releases muscle stiffness in your back and will have a deeply relaxing effect on body and mind.

Mum-To-Be 60min
 This treatment will sooth away any stress or discomfort that you experience in your back during pregnancy, followed by a relaxing foot massage that will soothe away tension and relieve any swelling in the legs

Back Massage 30min
 Deeply relaxing massage focusing on the main structure of the body.

Reflexology 30min
 A complete body treatment is done through the feet. It involves stimulating reflexes aligned to the body's systems. As the circuitry of the body is activated through stimulation of the feet, dormant and blocked energy is released and healing can begin. Reflexology is extremely effective for stress and tension, and essential to optimal lifestyle and chronic disease management.

African Scalp 30min
 Fragrant botanical oils are gently poured over your forehead and then massaged into your scalp and neck. This treatment takes you on a journey of deep relaxation while leaving your scalp hydrated and nourished and your mind cleared.

Add On Treatments To Massage And Body Treatments

Increase the result of your massage by adding any of the following treatments

Body Exfoliation 30min
 A stimulating and refreshing full body exfoliation that will stimulate blood circulation while unwanted rough skin will be buffed away

Add in Hot Stones
 The therapeutic heat from stones that is slowly released into the muscle for a deeply relaxing de-stressing experience

Express Facial 30min
 Treatment for a quick, targeted solution

Back Cleanse 30min
 This is a deep-cleansing skin treatment for your back that includes exfoliation and extractions.

Private Jacuzzi Session 30min
Private Steam Room Session 30min
Private Sauna Session 30min
Chocolate Body Paint Or Clay Application

Body Treatments

Dessert Glow Body Exfoliating Wrap 45min

A unique body exfoliating experience combining lingering fragrances from Africa with organic plant extracts and botanical oils. After a stimulating exfoliation the entire body will be wrapped followed with a soothing scalp massage. A luxurious body balm will leave your skin soft and smooth.

Hydrating Hot Oil Body Wrap 60min

A nourishing oil is applied before you are wrapped in a plastic film. This promotes the extraction of dirt, toxins and excess water from the skin. This body wrap is formulated to moisture dry and/or dehydrated skin.

Kalahari African Clay & Seed Oil Body wrap 60min

After gently exfoliating the whole body you will be wrapped in nourishing grape seed oil and botanical clay that improves lymphatic flow, removes toxins from skin and refreshes your whole body. When unveiled after the treatment, your skin will be silky smooth, invigorated and refreshed.

Back Cleanse 60min

This is a deep-cleansing skin treatment for your back that includes exfoliation and extractions.

Hydro Treatments

**Suggested as a couples treatment*

Rain Spa Experience* 60min

We have taken all elements of a rainforest, such as extreme heat alternated with pouring "rain", stirred in some humidity, and then mixed in some African fragrances. This treatments is called an experience because it involves various treatments in a 10-step program that includes scrubs, therapeutic showers, steam treatments and more.

Clay Rasul* 60min

DIY fun and unique experience. Getting muddy from head-to-toe greatly improve the health and vitality of your skin and hair. After application sit back close your eyes and unwind to allow the steam to do its work.

Hydravine rich Milk Bath Ritual 60min

Let the pressure of everyday life melt away. Indulge in a full body exfoliation before you submerge in a rich milk bath.

Red Grape Skin Extract Bath Ritual 60min

Everybody deserves timeout. Delight in a full body scrub and boost your body with a red grape skin extract bath filled with antioxidants.

Spa Packages

Access to our Natural Warm Mineral Pools and a Spa Lunch included to all Packages above R1000

Quick Fix 1

30min Back Massage
30min Foot Massage
30min Body Exfoliation

Quick Fix 2

30min Express Manicure
30min Express Pedicure
30min Express Facial
30min Massage

Pick a Pamper

Pick any 4 of the treatments listed below to create your own experience

60min Classic Swedish Massage
60min Basic Facial
60min Manicure
60min Pedicure
60min Rain Spa Delight
Clay Rasul

The Ultimate Spa Indulgence

60min African River Stone Massage
60min Classic Facial
60min Spa Manicure
60min Spa Pedicure
60min Rain Spa Delight
60min KalaHARI African Clay & Seed Oil Body Wrap



Spa Facilities

**Complimentary use of The Aqua Spa facilities for guest enjoying treatments valued R1000 and more*

Indoor Treatment Rooms

2 Dual and 4 single rooms

Outdoor Treatment Areas (Weather Permitted)

Enjoy your massage in the peace and tranquil garden

Health Bar Buffet And Menu

Spa guests may take advantage of our complimentary Health Bar buffet during their treatment time. For something more substantial we also offer an exclusive Spa Menu at an additional cost.

Hydro Room

Private Sauna, Steam room, Jacuzzi with different types of showers.

Natural Warm mineral Pools*

3 pools with different temperatures.

Garden Jacuzzi*

Seats up to 10 people

Steam Room*

Seats up to 10 people

Sauna*

Seats up to 15 people

Zen Garden*

Tranquil garden where you can relax and listen to the soothing Spa music.

Flotation Pool*

Water jets create a current around an island

Historical Bath House*

Open air bath house built in 1897

Gymnasium (Hotel Guests Only)

Facial Collection

Theravine Classic Facial

Theravine TM Balancing Facial

60min

A deep-cleansing facial customized to gently remove surface impurities followed by a personalized mask while utilizing specially selected aromatic botanicals for restoring balance to the skin, leaving your skin soft and restored.

Theravine TM Hydrating Facial

60min

A Facial designed for extreme relaxation with the aromatic scent of essential oils designed to deeply hydrate your skin, leaving you with a radiant complexion.

Theravine TM Mature Facial

60min

A facial performed to firm and visibly tone the skin whilst smoothing out wrinkles. Your skin is left looking serene and the complexion more radiant and uniform.

Theravine Intensive Peel

30min

Recommended for sun damaged, mature, wrinkled and acne scarring skin. Course of treatments is advised.



Theravine Specialised Facial

Theravine Melanovine TM pro-brilliance Brightening Facial

This treatment is specifically aimed at diminishing uneven skin tone while also minimizing the appearance of fine lines and wrinkles.

Theravine Acnivine TM Facial

This treatment is for those suffering with acne to help matify and stimulate cell renewal for the prevention of scars and excessive sebum production.

Theravine TM Deluxe Anti-ageing Facial

The infinite replenishing treatment, assisting in reducing fine lines and wrinkles by implementing specialised boosters and serums to combat the signs of ageing.

Nimue Classic facial

Therapeutic Facial

Our unique basic facial where our therapists will accurately assess and attend to your basic skin concerns. Standard facial suitable for all skin types

Active Rejuvenation

A gentle, safe rejuvenating, exfoliating treatment that consists of Nimue Bio-Active Complex. Rejuvenation for environmentally damaged, hyper pigmentation and problematic skin classifications.

Thermal Detox

Formulated to oxygenate, deep cleanse, detoxify and exfoliate the skin.

Nimue Corrective Facial

35% Glycolic Treatment

Superficial peeling treatment that gradually removes dead skin cells, improves skin texture and rejuvenates rough textured skin, enlarged pores, congested skin, dull complexion, fine lines and wrinkles.

Smart Resurfacer Treatment

An anhydrous (waterless) peel that has the benefits of a medium depth peel without any of the side effects or downtime. Indicated for environmentally damaged, hyper pigmentation and problematic skin classifications.

Add In Treatments To Facial Treatments

Increase the result of your facial by adding any of the following treatments/no additional time required

Super fluids
Plasticising mask
Eye Treatment

Add on Microdermabrasion

Microdermabrasion is an innovative procedure that is using a Diamond Head wand. The skin is gently resurfaced with no down time. This is a useful treatment that is given as a series to our clients to treat a number of their skin concerns and issues

Facial Treatments
Body Stretch Marks
Hand Surface Renewal



Hand And Foot Care*

Classic Spa Manicure	60min
A Classic manicure including cuticle care, nail shaping, buff, polish, hand exfoliation and a nourishing warm stone massage to the hands and forearms.	
Express Manicure	30min
Cuticle care, nail shaping, buff and polish	
Classic Spa Pedicure	60min
A Classic pedicure including cuticle care, nail shaping, buff, polish, heel filing, foot exfoliation and a nourishing warm stone massage to the feet and legs.	
Express Pedicure	30min
Cuticle care, nail shaping, buff and polish	

Add On

Increase the result of your treatment by adding any of the following treatments

French Nail Paint	15min
Paraffin Mask	15min
Medi-heel Chemical Heel Peeling	15min
River Stone Hand Treatment & Massage	30min
Calabash Foot Massage	30min
Hand Micro-dermabrasion	15min

Nail Care

Gel Soak Off / Gel Paint	15min
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Waxing Hair Removal

Exfoliate 1-2 days prior to your waxing appointment. Do not apply any creams, depilatory creams or any products containing alcohol for 24 hours after the treatment.

Hollywood
 Brazilian / Full leg / Full Face
 Under Arm / Half Leg / Arm
 Back
 Eyebrow / Lip / Nose / Ear
 Brow Tint
 Lash Tint
 Lash and Brow Tint

Laser Hair Removal

If you're not happy with shaving, tweezing or waxing to remove unwanted hair, laser hair removal may be an option worth considering.

In preparation:

- You should limit plucking, waxing, and electrolysis for six weeks before treatment. That's because the laser targets the hairs' roots, which are temporarily removed by waxing or plucking.
- Avoid sun exposure for six weeks before and after treatment.

Back/Chest
 Bikini
 Brazilian / Hollywood
 Full Leg
 Half Leg / Arm
 Lower Face
 Under Arm

Operating Hours: Sun – Fri 08h00 – 19h00 and Sat 08h00-20h00
 Please Contact: 028 214 5100 or 028 214 5384 to make a booking.
 All bookings are provisional for 24 hours.
 It will only be confirmed once deposit payment is received.
 Prices subject to change without notice.



Microdermabrasion

**Price per session. Pay for 5 sessions and get the 6th complimentary*

Microdermabrasion is an innovative procedure that is using a Diamond Head wand. The skin is gently resurfaced with no down time. This is a useful treatment that is given as a series to our clients to treat a number of their skin concerns and issues

Facial Treatment

R200

Minimizes Appearance of
Acne and trauma scars
Congested & oily skin
Blackheads and whiteheads
Ingrown hairs
Reducing Hyper pigmentation
Sun-damaged skin
Reducing fine lines and wrinkles
Evening out the texture of the skin
Promoting better product absorption
Reducing flaking and dry skin
Fine lines and wrinkles
Crow's feet
Cellulite and stretch marks
Age spots
Uneven skin texture and glow
Enlarged pores and Blemishes

Body Stretch Marks

R350

Hand Surface Renewal

R200

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