

Signature Treatments

**Suggested as a duo treatment*

Caledon Signature Rain Spa Experience* 120min R1400
 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 treatment 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 R850
 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 R750
90min R1100
 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.

African River Stone Massage 60min R800
90min R1200
 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.

Deep Tissue Massage 60min R800
90min R1200
 This is a firm pressured massage, to ease stress and tension, releases muscle stiffness in your back and reduce aches and pain.

Mum-To-Be 60min R750
 This treatment will soothe 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 R450
 Deeply relaxing massage focusing on the main structure of the body.

Reflexology 30min R450
 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 R400
 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 R300
 A stimulating and refreshing full body exfoliation that will stimulate blood circulation while unwanted rough skin will be buffed away

Add in Hot Stones R150
 The therapeutic heat from stones that is slowly released into the muscle for a deeply relaxing de-stressing experience

Express Facial 30min R300
 Treatment for a quick, targeted solution

Back Cleanse 30min R350
 This is a deep-cleansing skin treatment for your back that includes exfoliation and extractions.

Private Jacuzzi / Steam / Sauna Session 30min R200

Body Treatments

- Grapeseed Exfoliating Wrap** 45min R500
 A unique body exfoliating experience, combining gentle exfoliation with warm 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.
- Purifying Body Wrap** 60min R580
 A warm re-mineralizing clay and oil helps to draw out impurities, smooth and clarify the skin by restoring purity to the body. This promotes the extraction of dirt, toxins and excess water from the skin. This body wrap is formulated to gently detox the body and moisture dry and/or dehydrated skin.
- Relaxing Body Wrap** 60min R580
 Drift away with this relaxing anti-stress treatment with application of soothing oil and clay infusion, to deeply relax the mind and body. Promote wellbeing and a deeper state of therapeutic relaxation.

Hydro Treatments

**Suggested as a couples treatment*

- Rain Spa Experience*** 60min R580
 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 R450
 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.
- Relaxing Bath Ritual** 60min R500
 Let the pressure of everyday life melt away. Indulge in a full body exfoliation before you submerge in a relaxing bath.

Spa Packages

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

- Quick Fix 1** R1250
 30min Back Massage
 30min Foot Massage
 30min Body Exfoliation
- Quick Fix 2** R1400
 30min Express Manicure
 30min Express Pedicure
 30min Express Facial
 30min Massage
- Pick a Pamper** R2800
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
 60min Purifying Body Wrap
- The Grape Escape** R2500
 15 min Pinotage Facial Exfoliation
 15 min Hydravine Chardonnay Facial Mask
 30min Grape Infused Full Body Exfoliation
 30min Private Jacuzzi Session
 30min Nourishing Grapeseed Oil Body Wrap
 60min African River Stone Massage
 R500 Dinner Voucher



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

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 build in 1897

Gymnasium (Hotel Guests Only)

Facial Collection

Theravine Classic Facial

Theravine™ Balancing Facial

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.

60min R450

Theravine™ Hydrating Facial

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.

60min R450

Theravine™ Mature Facial

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.

60min R450



Theravine Specialised Facial

Theravine Melanovine™ Pro-brilliance Brightening Facial 90min R790
 This treatment is specifically aimed at diminishing uneven skin tone while also minimizing the appearance of fine lines and wrinkles.

Theravine Acnivine™ Facial 90min R790
 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™ Deluxe Anti-ageing Facial 90min R790
 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 60min R550
 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 60min R550
 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 60min R550
 Formulated to oxygenate, deep cleanse, detoxify and exfoliate the skin.

Nimue Corrective Facial

35% Glycolic Treatment 60min R750
 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 60min R750
 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.

Micro-Needling R600
 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. (Roller purchase is essential prior to first treatment – last up to six treatments)

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 R150
 Plasticising mask R150
 Eye Treatment R150

Add on Microdermabrasion

Microdermabrasion is an innovative procedure that is using a Diamond Head wand.
 The skin is gently resurfaced with no down time.

Facial Treatments R300
 Body Stretch Marks R450
 Hand Surface Renewal R300



Hand And Foot Care

Classic Spa Manicure A Classic manicure including cuticle care, nail shaping, buff, polish, hand exfoliation and a nourishing warm stone massage to the hands and forearms.	60min	R400
Express Manicure Cuticle care, nail shaping, buff and polish	30min	R250
Classic Spa Pedicure 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.	60min	R460
Express Pedicure Cuticle care, nail shaping, buff and polish	30min	R250

Add On

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

French Nail Paint	15min	R100
Gel Paint	15min	R150
Medi-heel Chemical Heel Peeling	15min	R190
Gel Soak Off	30min	R150
Foot Massage	30min	R350

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	R290
Brazilian / Full leg / Full Face	R250
Under Arm / Half Leg / Arm	R190
Back	R290
Eyebrow / Lip / Nose / Ear / Chin	R80
Brow Tint	R80
Lash Tint	R90
Lash and Brow Tint	R150

Operating Hours: Monday - Sunday 09h00 - 18h00.
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.

