



# *Carchele Health & Beauty Spa*

ENTER A HAVEN OF PAMPERING AND SHEER INDULGENCE

Where time stands still...



We offer our guests the ultimate in luxury and results orientated therapy. Our skilled therapists will guide you in the selection of therapies most suited to reinstate balance and a sense of tranquility.

MENU AND PRICE LIST

## SPA FACIAL CARE

Our skin care therapists are highly qualified and trained to provide the utmost in professionalism – each facial treatment is focused on achieving optimum skin health.

We use only reputable and recognised professional skin care brands chosen for their excellence within the health and beauty field along with their ability to achieve the best possible results.

With each facial of 60 minutes or more, we pamper you from head to toe with our unique signature welcome touch, scalp, hand and foot massage.



## BLACK PEARL

Black Pearl is a luxurious and innovative range of skin care products, rich in minerals and nourishing oils. The 27 minerals heal and regenerate the skin while Tahitian black pearl is rich in organic-matrix calcium carbonate.

**24 Karat Gold facial** 30 / 90 min R970 / 3300

The 24 Karat Gold facial is a rare experience. The heroine of this indulgence is the Cleopatra 24 Karat Gold Mask. Pure and powerful 24 karat gold touches the skin igniting an anti-aging cascade and creating an incredible luminescence of the skin that lingers long after the treatment ends, as if the skin has renewed life and bringing a new sense of being.

**Collagen architecture facial** 30 / 90 min R730 / 1600

This lifting and plumping anti-ageing facial is the answer for any skin in need of a “youth injection”. The purest collagen of the highest quality is applied to the skin. The active ingredients in the products deliver outstanding results on wrinkles and other signs of ageing.

**Thermal Mask** 60 / 90 min R800 / 1020

This innovative Thermal Mask is designed for deep skin cleansing while providing nourishment and improving skin tone. The mask will give the skin a smooth, refined, supple look and natural glow. For dry and very dry skin

**Ultimate luxury facial** 60 / 90 min R750 / 970

The finest quality mineral mud is applied to the skin in order to create the ultimate in anti-ageing treatments. Rich in high concentrations of minerals and anti-oxidants, this facial experience uses a mineral stone to remove all traces of the mask.

**Moisture fix facial** 60 / 90min R750 / 970

A luxurious clay mask forms the cornerstone of this facial treatment, designed for tired and dehydrated skins.

**Problem skin** 60 / 90 min R750 / 970

This facial is for those times when breakouts become problematic. The cooling, anti-inflammatory actives help with the problems of acne at any age.

**Men only facial** 60 / 90 min R750 / 970

A deep cleansing and detoxifying treatment designed for the male skin. This treatment leaves the skin mineralized, hydrated and with an improved immunity.



## DECLEOR

Decleor Aroma-skincare combines the power of Aromatherapy with the benefits of plant therapy

**Advanced facials** 90 min R1090

Specifically formulated to combat the signs of ageing and improving of specific skin conditions.

**Classic facial** 30 / 60 / 90 min R360 / 620 / 810

An essential facial tailored to meet your individual needs, offering options of rehydration, rebalancing, and firming, purifying or calming therapy for your skin.

**Gents skin treatment** 60 min R620

A power clean for the face, removes impurities, the build- up of dead cells and excess oil, leaving the skin deep-down clean, fresh and healthy looking.

**Optional add ons** R420

Ultimate renewal high performance de-stress eye wrinkle or puffy eyes treatment

*These intensive eye treatments offer Marine Collagen and Elastin to counteract wrinkles and smooth fine lines, while strengthening and decongesting the delicate eye area.*

## HAND AND FOOT THERAPY



*Some spa classics never go out of style... with our contemporary methods and professional products we know how to treat hands and feet.*

|  |      |
|--|------|
| Spa manicure including paraffin wax  | R390 |
| Gents manicure including paraffin wax  | R320 |
| Spa pedicure including paraffin wax and medi-heel  | R490 |
| Gents pedicure including paraffin wax and medi-heel  | R390 |
| Nail care for hands or feet or medi-heel   | R270 |
| Revarnish  | R160 |
| Paraffin wax treatment   | R130 |
| Shellac no smudging chipping or cracking long lasting gel polish   | R370 |
| French shellac   | R400 |
| Soak off and nail care   | R320 |
| <b>Tinting</b>   |      |
| Eye lash tint  | R190 |
| Eye brow tint  | R90  |
| Lash and brow tint   | R240 |
| Eye brow shape   | R100 |
| <b>Waxing</b>  |      |
| <i>We use natural, high quality wax to ensure the most hygienic and effective method of hair removal</i> |      |
| Full leg/back/chest  | R420 |
| Half leg/full arm/half chest   | R300 |
| Three-quarter leg/top of legs  | R330 |
| Lip/chin/brow  | R100 |
| Under arms/half arm/bikini low cut   | R160 |
| Bikini high cut  | R220 |
| Brazilian  | R300 |
| American   | R330 |

## SPA BODY CARE



*Time in our Steam room is complimentary with any of our Spa Treatments.*

### Couples treatments

Dual treatments available in the same room, ask reception for details

|   |        |      |
|---|--------|------|
| <b>DermaLife Spa Oceana</b>   | 30 min | R460 |
| The DermaLife Spa Oceana is a capsule with therapy program selections intended for detoxification, relaxation, rejuvenation and meditation. This blissful treatment is made up of numerous water jets, colour, vibrations and sensations, the ultimate experience of luxurious delight. |        |      |
| <b>Exfoliation including vichy shower in the DermaLife capsule</b>  | 30 min | R360 |
| <b>Purifying back treatment</b>   | 50 min | R580 |
| Ideal for someone suffering from congestion on the back. Cleansing, exfoliation, steam and extractions, massage and mask.   |        |      |
| <b>Body wraps</b>   | 60 min | R900 |
| All our wraps include exfoliation, a scalp massage and a vichy shower in the DermaLife capsule.   |        |      |
| <b>Detox, cellulite and slimming</b>  |        |      |
| A seaweed wrap to detoxify and remineralise the body effectively. As stress and toxins are eliminated, your entire body resurfaces cleansed and regenerated.  |        |      |
| <b>Soothing and moisturising</b>  |        |      |
| The ideal wrap to sooth your skin after sun exposure. Also the ideal to improve swollen legs and a sluggish lymph flow.   |        |      |
| <b>Energising, revitalizing, well-being wrap</b>  |        |      |
| This warm soothing wrap is formulated to vanquish fatigue and stress. Numerous healing and nourishing minerals assist in relieving fatigue resulting in a re-energised and relaxed body.  |        |      |

## SPA MASSAGE THERAPY



*The therapeutic benefits of massage are endless – relaxation, blood circulation, lymph drainage, muscular relief and skin rejuvenation are all addressed with our massage treatments. We offer half body, full body or back and neck massages.*

**Swedish** 30 / 45 / 60 / 90 min R430 / 550 / 640 / 880

A world famous classic medium pressured massage soothes and relaxes tired, fatigued muscles. It stimulates and invigorates circulation and promotes a wonderful sense of well-being.

**Deep tissue / sports massage** 30 / 45 / 60 / 90 min R540 / 630 / 750 / 950

A deep penetrating massage, relieves deep underlying tension and sports-related aches and pains

**Hot stone** 30 / 45 / 60 / 90 min R540 / 630 / 750 / 950

Smooth, heated lava stones create a warm comforting sensation, deeply penetrating to melt away any tension and muscle stiffness

**African Rungu** 30 / 45 / 60 / 90 min R540 / 630 / 750 / 950

The Rungu chosen as an African massage tool is used to provide smooth, vigorous and stimulating massage movements in order to relieve stress. Great for a client who enjoys a deep pressure massage.

**Aroma lymph drainage – Lilian Terry** 30 / 45 / 60 / 90 min R540 / 630 / 750 / 950

Light pressured massage using the LT FlexiCups together with customized blends of essential oils specific needs and various health issues in the body can be addressed.

**5 Star massage ★★★★★** 90 min R990

Looking for something different? We combine the best movements from our Swedish, Aroma, Hot Stone, Cupping and Rungu to give you that 5 STARexperience.

**Tranquility massage** 90 min R960

Totally blissful body, face and scalp massage enhanced by the use of perfectly blended LT aroma oils.

**Reflex foot zone therapy** 40 min R520

This deeply relaxing deep pressure massage technique relieves stress, promotes relaxation, and increases blood circulation through stimulation of pressure points.

**Indian head massage** 45 min R480

Oriental massage techniques are used to free the head neck and shoulders of stress and bring about a deep sense of relaxation

**Leg massage** 30 min R430

An invigorating lower leg and foot massage leaves the feet refreshed, light and re-energized.

**Foot massage** 20 min R290

An all-time favorite! Relaxing and pain relieving.

**Scalp massage** 20 min R290

## PACKAGES

**Mother-to-be** 1 Hr 20 min R790

- Scalp massage
- Back, neck and shoulder massage
- Foot and leg massage

**Spa taster – ideal for the first time spa user** 60 min R680

30 min back neck and shoulder massage 30 min facial.

**Deluxe mother to be spa** 120 min R1320

- Dry skin brushing
- Hydrating and nourishing body wrap
- Scalp massage
- Back and neck massage
- Tired foot and leg massage
- Hand massage

**His or hers spa** 60 min R790 per person

- Back and neck scrub or wrap, depending on your individual needs
- Back and neck massage
- Scalp massage
- Foot massage

**Essentially male spa** 120 min R1160

- Back massage
- Scalp massage
- Gents facial
- Foot massage

**Relax spa** 2 Hrs 30 min R1700

- Invigorating full body exfoliation
- Anti stress body wrap
- Vichy shower experience in the DermaLife capsule
- Facial in accordance to skin's needs
- Back, neck and shoulder massage

**Teen spa** 120 min R1090

- Balancing Facial
- Teen Manicure
- Teen Pedicure

**Aromaflex** 120 min R1260

Combining aroma and reflex foot zone therapy, deeply relaxes mind, body and soul.

**De-stress, anti-fatigue day spa** 6 ½ Hrs R3300

If you've been experiencing stress and fatigue within your daily tasks and you're not catching up with life, then a half a day of pure pampering is what you receive in this popular package.

- Suitable for males and females
- Aromatic steam
- Full body salt exfoliation
- Cocooned in a body wrap to ease fatigue as you rest and enjoy a scalp massage
- 30 min Dermlife Spa Oceana experience to suite your needs
- Our relaxing massage followed by the
- Luxurious facial suited to your skin type
- Deluxe manicure and pedicure which includes a tension relief gel for your legs

*This package includes a light lunch and soft drink to leave you rejuvenated with a sense of well-being.*

# CLIENTS ARE KINDLY REQUESTED TO READ THE FOLLOWING CONDITIONS APPLICABLE TO THE HEALTH AND BEAUTY SPA

## Etiquette

The spa is a retreat for your body, mind, and soul. In consideration of other guests, we request that noise levels are kept to a minimum and that cellular phones are kept on silent for the duration of your spa visit. Children are not allowed in the spa unless they are having a treatment and accompanied by an adult.

## Reservations

Advanced booking prior to your arrival is recommended to secure your preferred date and time of treatment.

## Arrival

Please arrive 10 minutes prior to your scheduled appointment.

## Valuables

We recommend that no jewelry be worn to the spa.

The management and staff cannot accept any responsibility for the loss of money or valuables of any kind brought into the spa.

## Refund Policy

All treatments, packages and any products bought are non-refundable.

## Payment

We accept cash and all major credit cards. Regrettably cheques are not accepted.

All prices quoted are in Rand and are subject to change without prior notice

## Group bookings

All group bookings (3 people or more) require a 50% deposit.

## Cancellation policy

Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee.

Gift vouchers available



## OPENING HOURS

Monday to Sunday from 9:00 to 20:00

After 18:00 and on Sundays, by appointment only



The Marine Hotel, Main Road, Hermanus

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