

## Single Options

**Pinotage Vino Bath Treatment** 20 min | R280  
Using grape skin & vine leaf anti-oxidant extracts combined with the healing powers of hydrotherapy

**Marula Body Milk Bath Treatments** 20 min | R280  
Soothing bath treatment utilises the moisturising powers of Baobab tree oil

**Grape Seed Body Polish** 30 min | R280  
Crushed grape seeds & grape seed oil are combined with a luxurious cream & massaged onto the body

**Restorative Body Cocooning** 20 min | R280  
Nourish your skin while cocooned in a warm retreat of comfort

**Foot & Leg Relief Treatment** 30 min | R245

**Manicures**  
Spa manicure with paraffin dip 90 min | R310  
Manicure 60 min | R245  
French paint add-on 15 min | R70  
Express manicure R165

**Pedicures**  
Spa pedicure with paraffin dip 90 min | R335  
Pedicure 60 min | R280  
French paint add-on 15 min | R70  
Express pedicure R165

**Smoothing Touches**  
Half leg wax 30 min | R135  
Full leg wax 60 min | R165  
Under arm wax 20 min | R75  
Bikini wax 30 min | R90  
Brazilian wax 35 min | R135  
Full bikini wax 45 min | R210  
Back/chest wax 45 min | R135  
Arm wax 30 min | R85

**Colour me beautiful**  
Special occasion make up  
Bridal make-up (trial included) R840

## Spa Packages

Day Packages include a wellness lunch

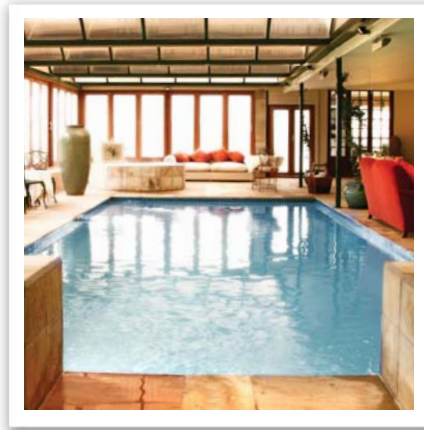
**Lanzerac Bridal Package** 3 hr | R1065  
Manicure • pedicure • back massage • body exfoliation

**Energizing Men's Package** 1 hr 30 min | R805  
Express pedicure • back, neck & shoulder massage • scalp treatment

**Lanzerac Executive Package** 1 hr 45 min | R920  
Express manicure • back massage • reflexology

**Lanzerac Half Day Package** 1 hr 30min | R850  
30 min body polish • marula body milk bath • back & neck massage  
-add-on moisture body wrap 20 min | R230

**Lanzerac Full Day Package** 4 hr | R1520  
Lanzerac wellbeing massage • manicure • pedicure • chardonnay facial



## Other Spa Facilities

### Total Revolution Fitness

Training sessions charged between R200 and R250 per session (Depending on the number of sessions booked)

Personal Training  
Capoeira  
Kick Boxing  
Yoga  
Pilates

All mixed together to create a unique training experience.

### Vibes Studios - Power Plate

Demonstration session Complimentary  
Anti-cellulite treatment Course of 12 (2 free) R 800

### Cancellation Policy

Deposits are refundable (cancellations must be received in writing)  
Refunds are as follows:

- 100% -Refund cancelled 7 days prior to arrival
- 50% -Refund cancelled 4 days prior to arrival
- 25% -Refund cancelled 1 day prior to arrival
- 0% -Refund for a "no show"

Amendments to a booking that involve the booked date/s are considered as a cancellation.

Bookings may be guaranteed by the means of credit card details being supplied in lieu of an actual deposit.

### Please Note:

- A discount is applicable on multiple retail purchases.
- A discount may apply when treatments are upsized.
- A loyalty membership program is offered which provides amongst other benefits, 20% discount on treatments!

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**sosumi**  
Setting the trend

**L**  
**LANZERAC**  
Spa & Wellness Centre



be pampered...

**Treatment Menu**



## Lanzerac Signature Treatments



### Vinaqua: Vine-Therapies

Treat yourself to a unique range of treatments incorporating hydrotherapy and our invigorating vine products.

*\* Marked treatments include a homecare body gift*

#### **Vinaqua Vineyard Shower Ritual** 1 hr 40 min | R1100

30 min grape seed body polish • 20 min pinotage hydro bath • 30 min body massage • 20 min cocoon wrap

#### **Vinaqua Hammam Merlot Experience\*** 2 hr | R960

15 min steam • 15 min glove exfoliation • 50 min foam massage • 30 min scalp treatment • tea ritual

#### **Vinaqua Decadence Ritual\*** 2 hr 15 min | R1680

10 min steam • 30 min grape seed body polish • 90 min nourishing massage • 50 min anti-ageing facial • tea ritual

### Vinaqua: African Bath Organic Package

An organic African bathing ritual based on traditional Turkish Hammam rituals

#### **Organic Vinaqua African Hammam Experience** 2 hr | R1265

10 min steam • 10 min shower • 30 min coffee body glow • 50 min cinnamon foam massage • 20 min revitalizing scalp massage • tea ritual



### Spafari Therapy

Allow us to take you on a unique safari with a "twist".

*\*Package include a homecare African body butter*

#### **Spafari Rendezvous For Two\*** Couple R1400

60 min rasul ritual • 60 min couples nourishing African massage • African sunset massage under magic willow tree using an African body butter

On your return to the Spa, indulge in a jacuzzi bath while sipping a grape cocktail or relax in our "chill room"

### Facial Skincare Boosters

**Chardonnay Facial:** Classic treatment to establish the needs of the skin incl. facial massage & mask **60 min | R425**

**Blanc de Blanc Facial:** An in depth treatment of skin conditions such as dehydration, tired & dull skin or sensitivity **75 min | R505**

**Pinotage Deluxe Facial:** An anti-ageing treatment which is rich and luxurious with long-lasting results **90 min | R740**

**Champagne Mousse:** Add an anti-ageing eye treatment **15 min | R170**

### Personal Touches

Eye contouring treatment 30 min | R225  
Lash tint R70  
Brow tint R45  
Lip wax R45  
Chin wax R45  
Brow shape R35

### Indulgent Body Experiences

#### **Two- Oceans Wrap Experience** 75 min | R615

Seaweed wrap treatments reduce muscle tension & deep cleanse the body inside & out

#### **"TOP TO TOE" Spa Ritual** 2 hr 15 min | R980

A rich and luxurious facial combined with the powerful effects of an aromatherapy muscle relaxing massage. Dramatic results will instantly be seen

#### **"And Then There Were Two..."** 2 hrs 15 min | R615 per person

Fun Ritual for couples  
A 20 min African body scrub & shower • 15 min two colour African mud application to each other • 20 min of relaxation in the Rasul • 60 min nourishing African duo massages • 15 min African tea ritual

### Specialised Massage Rituals

**Decadence Avocado & Shea Butter Nugget** 60 min | R540  
Massage Experience

Relaxing African massage with nuggets of avocado- & sheabutter

**Marula African Wood Massage** 60 min | R540

An African signature treatment- "Swarthout" dumbbells over olive- & marula butter designed to ease away muscle tension

**Pamper Massage For "Mother-To-Be"** 90 min | R760

Pregnancy massage techniques are adapted to each stage of pregnancy

**Kahuna Massage** 60 min | R670

An ancient Polynesian massage incorporating the use of breath,

### Classic Massage Options

Lanzerac Wellness Massage 60 min | R505  
Deluxe Wellness Massage 90 min | R760  
Duo Massage 60 min | R955  
Hair & Scalp Treatment 30 min | R325  
Back, Neck & Shoulder Massage 30 min | R325  
Reflexology 45 min | R470  
Equilibrium Stone Therapy Massage 90 min | R670