

# Packages

## Sunset Package

1 hr 30min

An aromatherapy back and neck massage, foot massage and a TheraVine Appetizer Facial. Price includes a fruit juice.

## Elephants Package

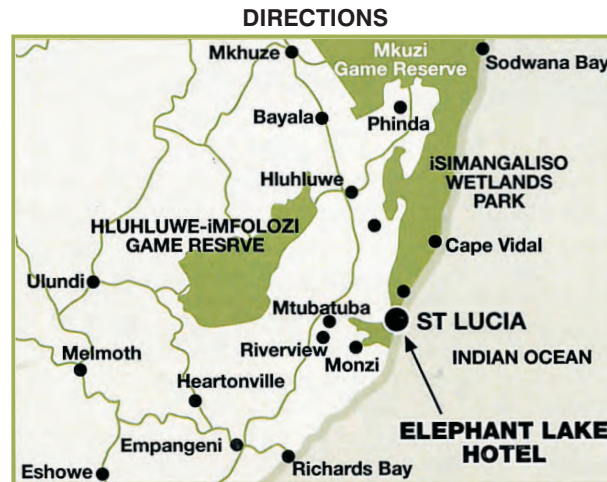
3 hr 30min

An aromatherapy full body massage, a TheraVine Appetizer Facial, body polish and Pedicure. Price includes a light lunch and fruit juice.

## St Lucia Package

4 hr 30min

A body polish, serenity body clay wrap, aromatherapy full body massages, TheraVine Appetizer Facial and pedicure. Price includes a light lunch and fruit juice.



Stockists Of:

Lilian Terry Arinotherapy Oils

TheraVine

Bio Sculpture



THE HEALTHIER ALTERNATIVE IN NAIL CARE

TheraVine is an innovative and world-renowned Spa product treatment range. Developed in the heart of Stellenbosch Wine lands from the indigenous Pinotage cultivar grape seeds, grape skins & grapevine leaves and in addition to these powerful anti-oxidants ingredients, organically grown indigenous botanicals have also been utilized to ensure that you receive the utmost in therapy and product performance.

**All major credit cards accepted**

For booking, please contact Carmen  
on mobile: 082 319 3494,  
email: [carmenbreedt@lantic.net](mailto:carmenbreedt@lantic.net)  
or enquire at Elephant Lake Hotel Reception  
035 590 1001

# SPA

## Elephant Lake Hotel



# Facial Treatments

**TheraVine™ Appetizer Facial** 45min  
Experience an express Vinetherapy facial boost customised to your specific skin concern.

**TheraVine™ Balancing Facial** 75min  
A deep-cleansing facial customised to gently remove surface impurities followed by a personalised mask which utilising specially selected aromatic botanicals for restoring balance to the skin, leaving your skin soft and restored.

**TheraVine™ 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™ Deluxe Anti-Aging Facial** 90min  
The infinite replenishment treatment, assists in reducing fine lines and wrinkles by implementing specialised boosters and serums to combat the signs of aging. The products contain active peptide which help regenerate skin's collagen and elastin. A plasticizing paradox mask is applied to further enhance the actions of the active ingredients. A true time interceptor.

**NutriVine™ TheraPack Facial** 90 min  
An anti-oxidant nutrient rich facial that nourishes and revitalises dull, fatigued skin types. This facial incorporates a specialised, warm multi-active grape- and linseed face pack which stimulates and enhances the action of the products applied during the treatment. Skin is left feeling smooth, soft and radiant.

**TheraVine™ Intensive Exfoliating Facial** 60min  
A professional Skincare treatment containing a 70% Glycolic Acid recommended for mature, sun damaged, wrinkled skins as well as deep acne scarring or other facial scarring. This peeling consists of a natural fruit acid of deeper concentration than enzyme peelings but is still a safer alternative to harsh chemical peels and resurfacing treatments. A course of peels is recommended.

# Body Treatments

**Back Facial** 60 min  
**Back and Neck Massage** 30 min  
**Aromatherapy Body Massage** 60 min  
**Aromatherapy Body Butter Massage** 60 min  
**Swedish Full Body Massage** 60 min  
**Lymph Drainage** 60 min  
**Indian Head Massage** 30 min  
**Foot Massage** 30 min  
**Full Body Hot Stone Massage** 60 min  
**Back and Neck Hot Stone Massage** 30 min

# Body Wraps & Body Polish

(Sefako means Thunderstorm in Tswana)

**Sefako Body Polish/Exfoliation** 45 min  
**Sefako Thunderstorm Clay Wrap** 90 min  
For Lymph Circulation & Detox, Includes Body Polish  
**Serenity Body Clay Wrap** 90 min  
For a complete Relaxation and De-Stress, includes Body Polish  
**Honey Massage and Wrap** 60 min  
**Honey Massage, Wrap and Polish** 90 min

# Slimming

10 x G5 Sessions - great for cellulite

# Waxing

**Full Leg**  
**Half Leg**  
**Lip**  
**Chin**  
**Lip, chin & Shape**

**Arm Wax**  
**Underarm**  
**Brow Shape**  
**Bikini**  
**Full Bikini**

# Manicure & Pedicure

**Manicure** 45 min  
**Spa Manicure** 60 min  
includes Paraffin Wax  
**Pedicure** 60 min  
**Spa Pedicure** 70 min  
includes Paraffin Wax  
**Paraffin Treatment**  
Nourishing and softening

# Nails

**Full Set Tips**  
**Full Set Sculpture Gel Nails**  
**Gel Overlay Natural / French / Colour**  
**Gel Fill**  
**Nail Repair**  
**Nail Art**  
**Soak Off**

# Tinting & Make Up

**Lash Tint**  
**Brow Tint**  
**Last & Brow Tint & Shape**  
**Bridal Make up**  
Travelling cost not included