THE WELLNESS CENTRE

@ CATHEDRAL PEAK HOTEL

Tel: 082 9282069

WhatsApp: 0829282069

Email: wellness@bergwood.co.za



OPERATING HOURS:

Monday – Saturday 8:00 am – 17:00 pm Sunday 8:00 am – 14:00pm

Closed on Christmas & New Years Day

SKINCARE - SIX _

Energising Skin Treatment

40 min

R550.00

An express facial with a 10 min back, foot or head massage

Rejuvenating Skin Treatment

R700.00

This classic facial treatment will restore the natural luminosity to your complexion and revitalizes tired, dull skin

Intelligent Skin Treatment

90 min

R950.00

For the ultimate experience in relaxation and pampering. This treatment combines an indulgent hot oil back massage with a rejuvenating, revitalizing facial. Relax, restore and hydrate your skin

SIX MAN Energizing Skin Treatment

60 min

R700.00

This Men's facial is a tonic for tired looking skin. It provides a deep cleaning and rehydration for the skin

ADD TO ANY OF THE ABOVE FACIALS

Hydrating and Firming Eye Treatment Vitamin Mask

R250.00

R50.00

Bilberry Soothing Peel Off Mask

R300.00

PACKAGES FOR 1 __

Scrub & Massage

90 min

R930.00

A self-heating body exfoliation followed by a one Hour Hot Stone or Spalicious Full Body Massage.

4 Treatments

110 min

R1000.00

Enjoy the following 4 treatments to feel refreshed and relaxed. Body Scrub, Back Massage, Foot Massage and a File and Varnish on hand or feet.

Stress Buster

120 min

R1080.00

Reduce stress. Receive a Cathedral Head Massage followed by a one-hour Swedish Full Body Massage

Deluxe Package

210 min

R1700.00

Pamper yourself with a Spalicious Manicure, Pedicure, a one-hour Swedish Full Body Massage and a SIX Rejuvenating or SIX Man Energizing Skin Treatment

PACKAGE FOR 2.

Treatment for Two

120min R2100.00

Each receive a one-hour Swedish full body Massage followed by a SIX Rejuvenating or SIX MAN Energizing Skin Treatment.

N/	$\Lambda CC \Lambda CC$	
171	ASSAGE .	

Cathedral Head Massage Treatment

60 min

R650.00

This treatment works on shoulders, neck, and scalp ending with a pressure point massage on the face. It is the ultimate for all those stressed out individuals.

Swedish Massage

This Massage technique is excellent for relaxation and stress relief. Varied pressure is applied depending on the client's preference. Grapeseed oil is used as our massage medium which helps to nourish and condition the skin.

Full Body Massage – legs, arms, back, neck & scalp	90 min	R900.00
Full Body Massage – legs, arms, back, neck and scalp	60 min	R600.00
Back, Neck & Scalp	45 min	R450.00
Back & Neck	30 min	R300.00
Legs	30 min	R300.00
Hands and Feet	30 min	R300.00
Feet	30 min	R300.00

Hot Stone Massage

This massage technique uses heated stones to heat and relax tired and stressed muscles.

Full Body Massage – legs, arms, back, neck & scalp	90 min	R1050.00
Full Body Massage – legs, arms, back, neck & scalp	60 min	R700.00
Back, Neck & Scalp	45 min	R525.00
Back & Neck	30 min	R350.00

Spalicious Blended Aromatherapy Oil Massage

Choose between 1 of the following 3 oil blends – Arnica & Mint, Marula, Hawaiian Coconut

Full Body Massage – legs, arms, back, neck & scalp	90 min	R1050.00
Full Body Massage – legs, arms, back, neck & scalp	60 min	R700.00
Back, Neck & Scalp	45 min	R525.00
Back & Neck	30 min	R350.00

RODY	W/FI	LNESS

Body Exfoliation

25mins R R400.00

A luxurious body exfoliation to get rid of excess dead skin cells leaving you with soft and smooth skin.

Firming Chocolate Body Cocoon

85mins R1000.00

A full body pamper that will improve collagen in the skin, re-mineralize and certainly release much needed endorphins. The treatment begins with a full body exfoliation to speed up blood circulation and remove dead skin cells followed by a heated body envelopment with the Chocolate Firming Body Mask, and lastly a 30 min Swedish Back massage

Detox Mandarin & Sandalwood Body Cocoon 85mins R1000.00

This ultimate pamper treatment helps to detoxify the body. It also contains anti oxidants to help combat free radicals. The treatment begins with a full body exfoliation to speed up blood circulation and remove dead skin cells followed by a heated body envelopment with the Mandarin & Sandalwood Detox Body Mask, and lastly a 30 min Swedish Back massage

** FOR THE ULTIMATE SPOIL, ADD AN EXTRA 30 , 45 OR 60 MIN SWEDISH MASSAGE TO YOUR BODY ENVELOPMENT TREATMENT AND RECEIVE A 10% DISCOUNT ON THE EXTRA MASSAGE.

Cathedral Lifesaving Back Treatment

40mins

R550.00

This treatment begins with an invigorating exfoliation for the back to remove dead skin cells. A creamy mask is then applied to the back. While the mask is at work you will receive a heavenly massage to the back of the legs. The treatment ends with a relaxing back massage.

KIDDIES MINI TREATMENTS

(Under 15 years only) - 30 min each

Spa Mini Pedicure	R300.00
Spa Mini Manicure	R300.00
Foot Scrub and Massage	R300.00
Back and Neck Massage	R300.00
Express Gentle Facial	R400.00

TINTING & SHAPING	
Lash tint	R100.00
Brow tint	R100.00
Lash & Brow Tint	R180.00
Brow Shaping	R100.00
DEPILATORY TREATMENTS	
¹/₂ leg wax	R200.00
³/₄ leg wax	R230.00
Full leg wax	R260.00
Bikini Wax from	R180.00
Under Arm	R120.00
Lip	R100.00
Brow	R100.00
Chin	R100.00
Face - Lip, Chin & Cheeks	R250.00
HANDS AND FEET	
File & Varnish	R200.00
Delux Manicure	R400.00
Delux French Manicure	R420.00
Delux Pedicure	R450.00
Delux French Pedicure	R470.00
Spalicious Foot Peel (Add to Pedicure)	R320.00
Spalicious Foot Peel (On Its Own)	R450.00

 $[\]mbox{\ensuremath{^{\star}}}$ The foot peel is most effective when using our remineralizing foot therapy for home care.

PLEASE NOTE: We do not apply or remove any false nails (Gel, Acrylic or Silk)

Please remember your open toed shoes when booking a pedicure.

BOOKINGS __

- Please be sure to book in advance as bookings are subject to availability.
- All cancellations or changes need to be done 24 hours prior to the treatment to avoid being charged in full
- Please ensure that you make all changes or cancellations with the Spa directly to avoid being charged for your treatments
- Please arrive 15 min prior to your treatment to complete a client card
- Should you arrive late your treatment time will be shortened accordingly.
- This price list is valid from 1st November 2024.
- · Prices are subject to change without prior notice.
- Times quoted are inclusive of changing into and out of treatment garments

GIFT VOUCHER _____

Gift vouchers are available for purchase from The Wellness Centre reception or via email wellness@bergwood.co.za. Vouchers can only be purchased for monetary value and are valid for 1 year from date of purchase..

DRESS CODE _____

Please wear boxers, running shorts or underwear for treatments.

PAYMENT _____

Payment can be made at The Wellness Centre by cash or charged to your hotel room account.

All non-resident guests will be required to pay in advance for their treatments.

All group bookings will need to pay in advance to secure your bookings.