

THE  
WELLNESS CENTRE  
@ CATHEDRAL PEAK HOTEL

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Email: [wellness@bergwood.co.za](mailto: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





## BODY WELLNESS

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**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

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(Under 15 years only) - 30 min each

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

TINTING & SHAPING \_\_\_\_\_

<b>Lash tint</b>	<b>R100.00</b>
<b>Brow tint</b>	<b>R100.00</b>
<b>Lash &amp; Brow Tint</b>	<b>R180.00</b>
<b>Brow Shaping</b>	<b>R100.00</b>

DEPILATORY TREATMENTS \_\_\_\_\_

<b>1/2 leg wax</b>	<b>R200.00</b>
<b>3/4 leg wax</b>	<b>R230.00</b>
<b>Full leg wax</b>	<b>R260.00</b>
<b>Bikini Wax from</b>	<b>R180.00</b>
<b>Under Arm</b>	<b>R120.00</b>
<b>Lip</b>	<b>R100.00</b>
<b>Brow</b>	<b>R100.00</b>
<b>Chin</b>	<b>R100.00</b>
<b>Face – Lip, Chin &amp; Cheeks</b>	<b>R250.00</b>

HANDS AND FEET \_\_\_\_\_

<b>File &amp; Varnish</b>	<b>R200.00</b>
<b>Delux Manicure</b>	<b>R400.00</b>
<b>Delux French Manicure</b>	<b>R420.00</b>
<b>Delux Pedicure</b>	<b>R450.00</b>
<b>Delux French Pedicure</b>	<b>R470.00</b>
<b>Spalicious Foot Peel (Add to Pedicure)</b>	<b>R320.00</b>
<b>Spalicious Foot Peel (On Its Own)</b>	<b>R450.00</b>

\* 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](mailto: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.