

THE WELLNESS CENTRE

@ CATHEDRAL PEAK HOTEL

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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 **60 min** **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 **R250.00**

Vitamin Mask **R50.00**

Snow Algae Peel Off Mask – Anti Aging **R250.00**

Collagen & Hyaluronic Peel Off Mask – Hydrating **R250.00**

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.

MASSAGE

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**

BODY WELLNESS

Mandarin & Sandalwood Warming Body Scrub 25mins R R400.00

A luxurious full body exfoliation using a Mandarin & Sandalwood Self Heating Sugar Scrub.

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.

Mandarin & Sandalwood Lifesaving Back Treatment 40mins R550.00

This treatment begins with a Mandarin & Sandalwood Self Heating Sugar Scrub, to remove dead skin cells and re-mineralizes your skin. A creamy mask will then be applied to the back. Whilst the mask is at work you will then receive a heavenly back of leg massage. After removal of the mask 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	R180.00
3/4 leg wax	R210.00
Full leg wax	R250.00
Bikini Wax from	R180.00
Under Arm	R120.00
Lip	R100.00
Brow	R100.00
Chin	R100.00
Face – Lip, Chin & Cheeks	R250.00

SPALICIOUS MANICURES & PEDICURES

File & Varnish	R200.00
Spalicious Manicure	R400.00
Spalicious French Manicure	R420.00
Spalicious Pedicure	R450.00
Spalicious French Pedicure	R470.00
Spalicious Foot Peel (Add to Pedicure)	R320.00
Spalicious Foot Peel (On Its Own)	R450.00

* 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 March 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 a deposit to secure your bookings.