



HEALING  
**earth**<sup>™</sup>

RETREAT

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ABALONE HOUSE SPA

**SPA MENU**

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# HEALING EARTH RETREAT

## CONNECT INSPIRE EMBRACE

Embark on a journey. Put aside life's challenges. We welcome you to the divine sanctuary of a Healing Earth Retreat. Allow the soothing therapies to guide your soul on a journey of profound peace within and a renewed sense of gratitude.

### REFINE...

#### Body Exfoliation

##### Polishing Body Ritual

60min

R400

Hydrate and soften your skin with your choice of an earth soul body polish rituals.

Choose from :

- ☼ Kalahari Melon
- ☼ Mongongo Nut

- ☼ Coffee cinnamon and orange
- ☼ African Ginger

##### Glow Ritual

120min

R890

Discover your Kalahari skin's unique ability to transform to a silky glow with unique glow ritual. This includes a full body polish and body wrap and full body massage. Choose from:

- ☼ Kalahari Melon Hydrate
- ☼ Mongongo Nut Detox

- ☼ Marula & Neroli Relax

##### Feather Light Foot and Leg Ritual

60min

R750

Refresh and recharge a tired body with a Mongongo Detoxing foot and leg polish. This will drain away any excess fluid while your therapist gives you a reflexology foot ritual to simulate renewal. Followed by a detoxing masque leaving you in a pure blissful state of being.

- ☼ Mongongo foot and leg polish
- ☼ Stimulating reflexology ritual

- ☼ Detoxifying foot and leg wrap
- ☼ Feather light leg and cooling gel

### INDULGE...

#### Spa Packages

##### Anti-Aging Vino Therapy

2h 30min

R1500

Release all stresses by indulging in a head to toe indulgent Vino delight.

- ☼ Pinotage full body Polish
- ☼ Relaxing Crystal Bath

- ☼ Anti-Oxidant Body Clay wrap
- ☼ Pinotage Full Body Massage

##### Radiant Glow

2h 30min

R1500

Discover the true path of radiance by indulging in a body polish, body wrap, followed by a detox bath with our luxurious oils, crystals and candles. End of the treatment with a healing and relaxing full body massage.

You can choose from the following pure African rituals:

- ☼ Kalahari Melon Hydrate
- ☼ African Ginger Fit & Firm
- ☼ African Potato Heal & Repair
- ☼ Mongongo Nut Detox

- ☼ Marula & Neroli Relax
- ☼ Coffee Cinnamon & Orange Define & Sculpt

##### Gentlemen's Bliss Ritual

2hours

R990

Revive and Restore your body to its natural state of well being

- ☼ Men's Reviving Facial

- ☼ Full Body Massage

##### Healing Touch

3hours

R1500

- ☼ 60min Full Body Massage
- ☼ 60min Anti-Ageing Facial

- ☼ 30min Reflexology

##### Absolute Indulgence

4hours

R2200

- ☼ 60min Full Body Massage
- ☼ 60min Anti-Ageing Facial

- ☼ Spa Pedicure
- ☼ Spa Manicure

## TOUCH...

### Massage Therapy

#### Healing Full Body

Listen to your body and SELECT a massage ritual that will Uplift, De-stress or Detox

60min R550

90min R700

#### Couples Retreat

Share a bonding experience and create new memories by celebrating the memories of your treasured partnership.

60min R1150

90min R1550

#### Nurturing Mom-to-be

Nurture this beautiful time in your life by relaxing and taking in those special moments with your soon to be new arrival.

60min R550

## PURIFY...

### Facial Therapy

#### Hydrating – Marula

Quench your skins thirst and enhance your natural glow through natural actives and rose crystals

60min R590

#### Anti ageing - Baobab

Restore and renew your skins health through nourishing omegas

60min R590

#### Balancing – Neroli

Regain control and matify the skin by balancing the use of pore botanicals and balancing Jade roller crystals

60min R590

#### Mom to be Glow

A special treat to add to your glowing radiance to calm the soul and heal

60min R590

#### High Performance Peptide Facial

The ultimate anti-ageing facial that enable valuable collagen producing ingredients to penetrate the skin ensuring the anti-ageing benefit. Allow yourself to feel and see the difference!

60min R850

## BLISS...

### Hands & Feet

✿ Spa Manicure	60min	R250
✿ French Manicure	60min	R280

✿ Spa Pedicure	60min	R300
✿ French Pedicure	60min	R320

### Waxing

✿ Eyebrows	15min	R60
✿ Half leg	30min	R150
✿ Lip	15min	R70

✿ Full leg	45min	R200
✿ Standard Bikini	30min	R70
✿ Chest or Back	50min	R170

### Tinting

✿ Eyebrows	15min	R60
✿ Eyelash	25min	R60

✿ Brows and Lashes	30min	R110
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### Add on options:

#### Salt Therapy Room

Heal and alleviate all stress by adding the salt therapy experience to any body treatments during your visit at our spa.

±30min R100

✿ Mini Facial	30min	R350
✿ Mini Pedicure	30min	R160
✿ Mini Manicure	30min	R140
✿ Back and neck massage	30min	R300
✿ Scalp massage	30min	R250
✿ Reflexology	30min	R300



## **SPA POLICIES**

### **WHEN SHOULD I ARRIVE FOR MY APOINTMENT?**

Please arrive 15 minutes early to allow yourself time for a consultation and to check in and change

### **WHAT IF I AM LATE OR WANT TO CANCEL MY APPOINTMENT?**

24 Hours notice is required for cancellation, after which 50% of the treatment cost will be charged. We will however assist in rescheduling your appointments where possible.

In case of late arrivals, treatment duration will be reduced accordingly, unless accommodation can be made within the spa schedule.

### **ALLERGIES/ILLNESS**

Please be sure to inform your therapist of any known allergies or current illnesses that may affect your treatment

Please Note: Prices are subject to change without prior notice.

Operating hours:

Monday- Sunday

09:00- 18:00

(Alternative operating times on request by hotel guest only)