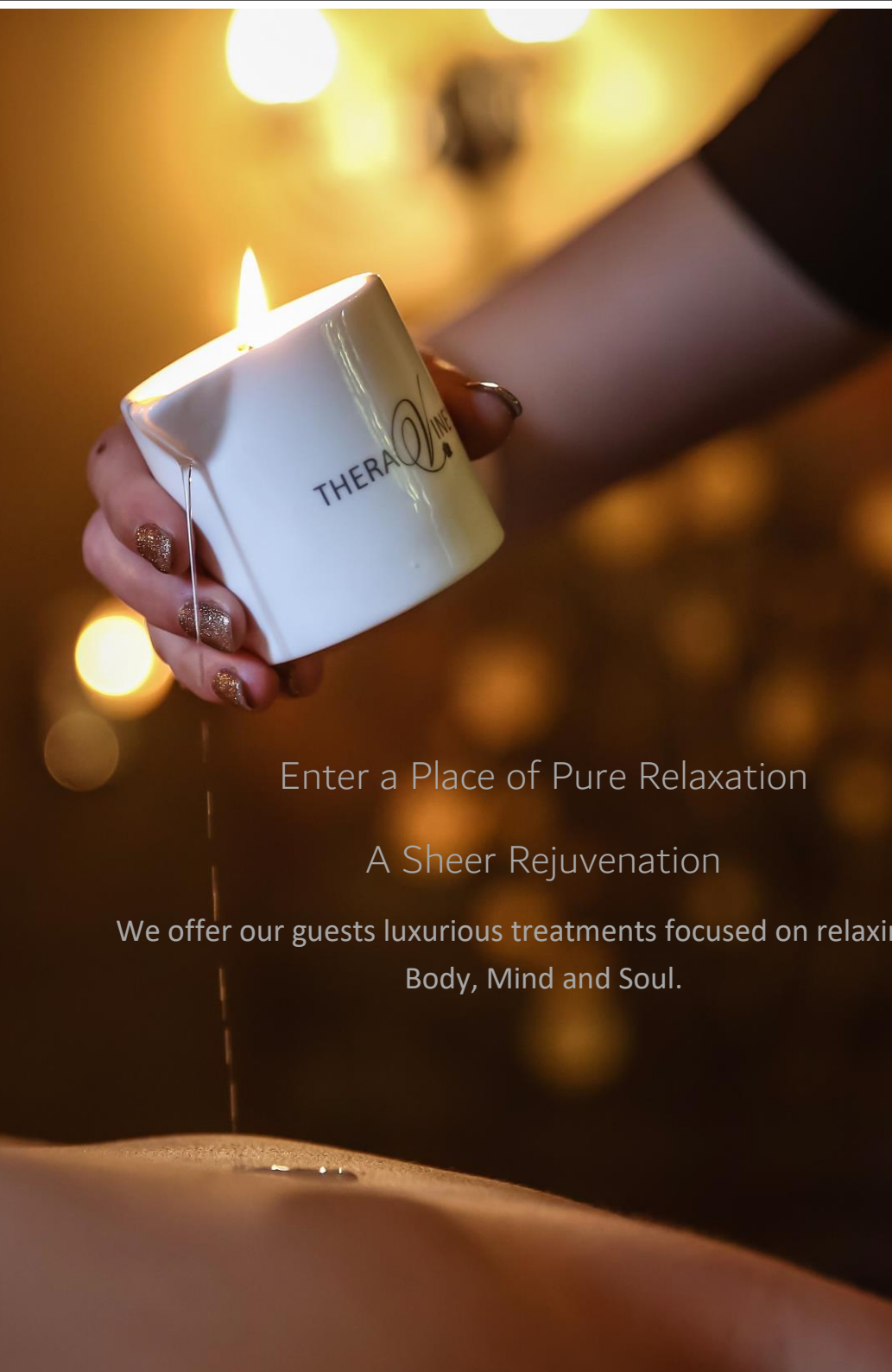


Welcome!

Eagles Rest Day Spa

--Treatment Menu--





Enter a Place of Pure Relaxation

A Sheer Rejuvenation

We offer our guests luxurious treatments focused on relaxing the  
Body, Mind and Soul.



# YOUR SPA

## About the Spa

We are situated on a Protea and Honey Bush Farm 12km out of Napier and 17km out of Elim, Western Cape. With its stunning views, quiet atmosphere, hearing the sounds of Nature, Eagles Rest Spa is the ideal place to come and relax at. The Spa is surrounded by a Beautiful Green Garden, walking a path to the Spa, allowing you to already Relax before you even enter your Therapy room. You will be treated by qualified Therapists, always trying to exceed your expectations. We guarantee you will feel relaxed, leaving wanting more.

## Spa Facilities

All Spa and Guest Lodge Guests are welcome to make use of our facilities

### 1. Indoor Sauna

It is a Communal Sauna

### 2. Indoor Swimming Pool (The temperature depends on the Season)

Swimming towels are provided for all Guests

### 3. Treadmill

### 4. Slimming Shaker machine

### 5. Elliptical Machine

### 6. Showers

### 7. Bath tubs

## Relaxation & Drinks

All Spa and Guest Lodge Guests are welcome to make use of our Relaxation Beds at the Indoor Swimming Pool. We do not have an alcohol license on premises, but you are welcome to bring your own alcohol if you wish too, we do however have a drinks menu, including: Cooldrinks, Milkshakes, Coffee, Tea, Juice and Water.



## FACIAL THERAPY

Escape from the pressures of daily life, surrender your senses and experience a facial treatment second to none.

### TheraVine Information

#### WHERE SCIENCE MEETS NATURAL BEAUTY

TheraVine is a scientifically advanced range of result-driven health and skincare products. Active ingredients, grape derivatives and botanical extracts are fused to formulate skin care and body care that gives you perfectly balanced and radiant skin: TheraVine™

#### TheraVine Appetizer Facial 30min/R250.00

An Express Vinetherapy facial boost experience customized to your specific skin concerns.

#### TheraVine Balancing Facial 60min/R350.00

A deep-cleansing facial to gently remove surface impurities using a customized purifying mask while specially selected aromatic botanicals restore balance to the skin.

#### TheraVine Hydrating Facial 60min/R350.00

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 Mature Facial 60min/R420.00

Firm and visibly tone the skin while smoothing out wrinkles. Skin is left looking more radiant and uniform.

#### Galvanic Facial 75min/R450.00

A Specialised facial using Aromatic products best suited for your skins need, with a Galvanic treatment, either Iontophoresis or Desincrustation, your skin will be left feeling, clean, purified, hydrated and smooth!

#### HydraVine Facial 60min/R450.00

A revolutionary cloth mask containing Hyaluronic Acid intensely moisturises the skin and ‘locks in’ active ingredients for up to 3 weeks – perfect for very dry, sensitive skin needing intense hydration!

#### TheraVine Deluxe Anti-Ageing Facial 60min/R450.00

This replenishing treatment assists in reducing fine lines and wrinkles with peptide-rich boosters and serums to combat the signs of ageing while a plasticizing mask further enhances the actions of the active ingredients.

#### UltraVine Advance Cellular Golden Facial 60min/R500.00

Using TheraVine’s breakthrough anti-oxidant technology, this anti-ageing concept along with the revolutionary soft 24k gold and diamond dust collagen film mask, promotes the skin’s DNA repair system while luxurious soft and delicately scented creams, serums and balms transport your skin to an advanced state of renewal.

#### Advanced Facial Therapies:

TheraVine Chemical Peel 45min/R470.00

TheraVine 4-stage Chemical Peeling System –  
Course of 6 treatments over 8 weeks

#### Simildiet Chemical Peel 45min/R550.00

#### Micro Needling – Pen 50min/R600.00

Also known as “Collagen Induction Therapy”. These treatments stimulate the production of new collagen and elastin resulting in a rejuvenated, smooth, and healthy skin.

#### Micro Needling & Chemical Peel Combo 60min/R900.00

## HANDS & FEET

Spa Hand and Foot Therapies never go out of Style! With the use of our Professional Spa products, we Guarantee your Hands and Feet to feel Rejuvenated after your Treatment.

### Eagles Express Manicure

30min/R120.00

A basic Manicure which includes Cuticle care, cut, file and paint

### Eagles Express Pedicure

40min/R120.00

A basic Pedicure which includes Foot file, cuticle care, cut, file and paint

### TheraVine Classic Manicure

60min/R180.00

A Full Manicure which includes Cuticle care, cut, file and a Gel application.

### TheraVine Classic Pedicure

60min/R180.00

A Full Pedicure which includes Exfoliation, Foot File, Cuticle care, cut, file and a Gel application.

### African Amarula Manicure

75min/R250.00

Sip on a divine glass of Amarula while receiving A full Manicure which includes Cuticle care, cut, file and a Gel application, ending off with a hand and arm massage and a paraffin wax treatment.

### African Amarula Pedicure

75min/R250.00

Sip on a divine glass of Amarula while receiving A full Pedicure which includes Exfoliation, Foot file, Cuticle care, cut, file and a Gel application, ending off with a luxurious Foot massage and a paraffin wax treatment.

### Reflexology

45min/R250.00

This is also known as zone therapy, using pressures underneath and on top of the feet to release tension and to promote relaxation.





## MASSAGE

### **AromaVine Lemon Zest Soy Candle**

60min/R450.00

Infused with plant botanicals of Lime, Sweet Orange and Lemongrass, this massage is designed as a complete body and wellbeing massage experience using a 100% natural superior blend of plant waxes and butters.

### **Heated Coconut Massage**

60min/R450.00

### **Heated Coconut Back Massage**

30min/R300.00

### **AromaVine Relaxing Pinotage**

60min/R450.00

Tension melts away with this relaxing massage containing a synergistic blend of Cape Chamomile, Neroli and Lavender.

### **AromaVine Relaxing Back**

30min/R300.00

Tension melts away with this relaxing massage containing a synergistic blend of Cape Chamomile, Neroli and Lavender.

### **MusculaVine Muscle Ease**

60min/R450.00

Relieves muscular tension with an intensive massage and muscle reconditioning techniques followed by the application of refreshing gel.

### **MusculaVine Back**

30min/R300.00

Relieves muscular tension with an intensive massage and muscle reconditioning techniques followed by the application of refreshing gel.

### **Lomi-Lomi**

60min/R450.00

This is a traditional Hawaiian massage that relaxes the body, mind and soul. We target mainly the back of the body to release any tension and spasms using flowing movements. With the techniques, movements and pressures, you will most definitely leave wanting more.



## BODY THERAPY

Each Ritual has been expertly woven to relieve stress and recharge, purify and detoxify, firm and rejuvenate while delicate aromas will transport you into a place of complete serenity.

### Grape Infused Sponge Soap Exfoliation

30min/R270.00

An exfoliating sponge embedded with red grape skin extract, redbush extract and vegetable soap cleanses the entire body – something totally unique and you get to take the sponge home.

### Thalasovine Body Buff

30min/R250.00

An exfoliating salt crystal buff which gently helps eliminate impurities using friction movements. Your deeply cleansed and oxygenated skin feels soft, smooth and revitalised.

### TheraVine Body Buff Cleanse

30min/R250.00

A gentle body exfoliation using grapeseed's in a botanical rich body cleansing cream. Feel invigorated and revitalized as your body is polished to glowing perfection.

### TheraVine Firming and Hydrating Body Gel Wrap

60min/R500.00

A super hydrating treatment using firming actives and essential botanicals blended in an aloe-based pack. Drift away as you are cocooned in a blanket, revealing skin with greater firmness, tone and texture.

### TheraVine Recharge Body Clay Wrap

60min/R500.00

An ideal treatment for those in need of a boost, a vibrant blend of essential oils of Clary Sage, Rose and Jasmine will enliven your total being while your body is cocooned in remineralising clay for smoother, hydrated and radiant looking skin.

### TheraVine Relaxing Body Cream Wrap

60min/R500.00

Drift away with this relaxing anti-stress treatment with soothing music playing in the background as your therapist treats you to this 'never to be forgotten experience'.



## SIGNATURE TREATMENTS

### HydraVine Rich Milk Bath Ritual

60min/R350.00

Let the pressure of the everyday life melt away as you submerge in a rich grape-milk bath containing actives of Redbush extract, Panthenol and Hyaluronic Acid followed by a Hot Stones Relaxing Massage.

### Eagles Rest Signature Experience

120min/R550.00

Start off with a relaxing Full Body Massage, including Hot Stones and a specialised mask. Receive a very pampering Lymph drainage Facial Massage, leaving your skin feeling smooth and rejuvenated. End off with a luxurious Thalassovine crystal body buff leaving your body feeling revitalised.

### Thalassovine Cellulite treatment

60min/R550.00

Stimulate the circulatory and lymphatic systems, concentrating on the areas of the body prone to blockages, cellulite, fluid retention and uneven skin texture. After an exfoliation, a cellulite complex is massaged on to the affected areas followed by a thermos-active mousse envelopment. Relax and experience the warm bubbling sensation of the mousse as your skin's metabolism and lymph area activated followed by the application of a circulatory-boosting gel and a cellulite cream.

### Thalassovine Detox Treatment

90min/R550.00

After a salt crystal buff exfoliation, be submerged in a heated aromatic bath infused with a remineralising sea water concentrate, a detoxifying Fucus and marine sediment blend and a blend of Juniper Berry, Grapefruit and Tea Tree essential oils. Concluding with a lymphatic drainage massage, leaving your body restored and energized.

### TheraVine Face and Body Glow experience

120min/R655.00

We commence this sensory signature experience by sipping on a glass of bubbly. After the foot cleanse ritual, both face and body are exfoliated followed by a relaxing Full Body and Facial Massage. Relax while embalmed in a moisturising vine treatment cream to hydrate and nourish your skin and awaken to a warm, botanical infused compress.

### TheraVine Vitality Spa Ritual

135min/R850.00

Indulge your senses and recharge bod and mind with this energizing ritual, starting off with a body cleanse using an exfoliating sponge embedded with red grape skin extract, redbush extract and vegetable soap. An uplifting, warm massage oil is used to release deep seated tension and stress followed by a purifying clay wrap while enjoying the effects of anti-ageing eye treatment. Leave feeling revitalised...

### MusculaVine Muscle-Release Spa Ritual

120min/R750.00

Commence with a warm, aroma-infused sugar scrub and then submerge in a hydrotherapy bath containing muscle warming actives. Ease the pains of muscle spasms, arthritis, rheumatism and fatigue with a massage, followed by an application of a circulatory-boosting gel which leaves the body feeling refreshed and invigorated.

### TheraVine Deluxe Spa Ritual

120min/R600.00

Pure indulgence beginning with a foot cleansing ritual followed by a relaxing Massage combined with a specialized TheraVine Facial. Drift away while receiving an acupressure point scalp massage.



## WAXING, TINTING, HAIR & TANNING

Exfoliate 1-2 days prior to your appointment. Do not apply any lotions, depilatories or creams containing alcohol or fragrance 24hours prior and after the treatment.

Hollywood	60min/R200.00
Brazilian	45min/R150.00
Bikini	30min/R120.00
Full Leg	30min/R150.00
Half leg	20min/R120.00
Underarm	20min/R100.00
Arm	30min/R120.00
Back	45min/R150.00
Chest	45min/R150.00
Eyebrow	10min/R60.00
Lip	10min/R60.00
Chin	10min/R60.00
Nose	10min/R60.00
Tinting:	
Eyelash Tint	20min/R60.00
Eyebrow Tint	20min/R60.00
Eyelash & Eyebrow Tint	30min/R100.00
Eyelash Extensions:	
Classic Eyelashes	120min/R680.00
Volume Eyelashes	120min/R900.00
Spray Tanning:	
Full body application	30min/R250.00
Mycro Keratin Hair:	
Long hair	75min/R1200.00
Short hair	60min/R750.00





## Spa Packages

Enjoy one of our Uniquely designed packages, of well-combined treatments. You are more than welcome to book any Package. These packages are guaranteed to leave you feeling relaxed, rejuvenated and revitalised.

### Vitality Package

120min/R750.00

Full Body Salt Crystal Buff followed by a HydraVine Rich Bath Milk Treatment, completed by a Full Body heated Coconut Massage including Hot Stones and a Scalp massage.

### Dear Friend Package

90min/R550.00

A Heated Coconut Back, Neck and Shoulder Massage including Hot Stones and a Scalp massage. TheraVine Appetizer Facial ending off with a very relaxing Pedicure

### Mother & Daughter Package

120min/R750.00

AromaVine Soy Candle Full Body Massage, TheraVine Hydrating Facial, ending off with an Eagles Express manicure.

### Mother -To-Be Package

120min/R650.00

A Relaxing Hot Stones Foot, Lower Leg, Hand, Arm, Scalp and Shoulder massage. TheraVine Deluxe Facial, ending off with a Pedicure and Paraffin wax treatment.

### Lovers Package

90min/R550.00

Sauna Session, followed by a Full Body Swedish massage, completed by enjoying a snack platter and champagne.

### Rejuvenation Package

180min/R1150.00

Full Body Salt Crystal Buff followed by an application of contouring gel and a Clay body Mask. Relax while receiving a UltraVine cellular Golden Facial, ending off with an AromaVine Soy Candle Full body massage including Hot stones. Relax in the Sauna.

## CLIENTS ARE KINDLY REQUESTED TO READ THE FOLLOWING CONDITIONS APPLICABLE TO THE EAGLES REST DAY SPA

### **Etiquette**

The Spa is a Retreat for the Body, Mind and Soul. Please Respect the other clients currently having a treatment done, by keeping the noise levels to the minimum. Please switch your cellular devices off before entering the Spa. Children under the age of 12 years, are not allowed un-accompanied in the Day Spa.

### **Reservations**

Advanced bookings are essential to secure your booking time and date.

### **Arrival**

New Clients, please arrive 15minutes prior to your treatment time, to complete a consultation form required by the Spa, in order for the Therapist to give you the best possible treatment.

### **Valuables**

We Recommend that no Jewellery be worn to the Spa.

The Management and Staff cannot be liable for any missing items.

### **Refund Policy**

A 50% Deposit is required for any treatment booked. Cancellation of treatments are required 48hours before the scheduled appointment, you will then be refunded on your 50% deposit.

### **Payment**

We accept Cash, Card and EFT.

All prices quoted are in Rands and subject to change without prior notice.

### **Group Bookings**

All Group Bookings of 3 Guests or More require a 100% payable fee.

Gift Vouchers are available to purchase.

### **OPENING HOURS:**

Monday-Saturday

09:00am – 19:00pm

