



*Constantia
Uitsig*

SPA

CONSTANTIA UITSIG SPA



*The tranquil sound of running water... the presence of grand old trees...
constantly changing vistas of mountain and vineyards... a sense of understated luxury...*

*Relax, rejuvenate and restore mind, body and soul amongst the breathtaking vineyards
of an age-old Wine Estate in the shadow of Table Mountain.*

*We offer a comprehensive range of treatments and therapies, and are the only spa in South Africa to
offer 'Les Arômes du Vin', a body treatment based on the aromatic Components of fine wines.*

SALON TREATMENTS



Spa Manicure

Spa Manicure	<i>60 minutes</i>	<i>R280.00</i>
Paraffin Wax	<i>extra</i>	<i>R 40.00</i>
Express Manicure (no paint)	<i>45 minutes</i>	<i>R150.00</i>

Spa Pedicure

Spa Pedicure	<i>60 minutes</i>	<i>R280.00</i>
Paraffin Wax	<i>extra</i>	<i>R 40.00</i>
Express Pedicure (no paint)	<i>45 minutes</i>	<i>R180.00</i>

Eyes

<i>Brow shaping</i>		<i>R 50.00</i>
<i>Lash / Brow tinting</i>	<i>each</i>	<i>R 50.00</i>
<i>Lash and brow tinting combo</i>		<i>R 90.00</i>

A full range of Depilatory Wax Treatments are offered

SPECIALISED MASSAGE TREATMENTS



Les Arômes du Vin – Signature Treatment

120 minutes

R870.00

Full Body Scrub, Massage & Lunch to the value of R200 at your Restaurant of choice

The components of the bouquet of fine wines are blended and crushed with vine bark creating a scrub that exfoliates, renews and revitalises. The body is then massaged with a blend of essential oils that resonate with the essence of Constantia Uitsig's wine - relax or invigorate, you choose.

Totally renewed, stroll through the garden for Lunch at one of our award winning restaurants.

Hydrotherm heated water-pillow massage

R420.00

Relaxes, detoxifies and relieves back and neck pain

Reflexology

R420.00

Stimulates the reflex points on the feet or hands to promote health and well-being

Hot Stone Massage

60 minutes

R480.00

Working on the back of the body heated basalt stones relieve tension built up in specific area

OTHER MESSAGES



Sports Massage

60 minutes

R440.00

Works deeply to offer relief from sports related muscle tension

Aromatherapy Massage

Uses essential oils, blended to suit you

Deep Tissue Massage

Helps to release muscular tension

Swedish Massage

Stimulates the circulatory and lymphatic system

40 minutes

R320.00

60 minutes

R420.00

90 minute full body treatment

R520.00

SAN TROPEZ



Full body scrub and self tan application

60 minutes

R380.00

THERANAKA™ BODY



From Heavenly aromas, to herbal purity Theranaka is a mesmerising and innovative body and sense-soothing safari, replicating the earthy scents and the awe inspiring wonder of this most profound continent

African Body Scrub

30 minutes

R250.00

Feel invigorated from top to toe with a full body scrub

African Body Mud Wrap

90 minutes

R550.00

A unique treatment using red clay to draw out impurities and smooth and clarify the skin

Theranaka™ African Body Butter Massage

60 minutes

R420.00

Combines various massage techniques ~ Swedish, Lymphatic Drainage, Shiatsu & Foot Reflex, using body butter infused with essential oils. Leaves the skin hydrated, nourished and silky soft

Theranaka™ African Wood Massage

90 minutes

R510.00

To prepare the body, this treatment begins with gentle stretching techniques before using specially designed “Swarthout” dumbbells as a massage tool over which warm olive oil and shea butter are drizzled over the back of the body

Theravine™ Hair & Scalp Treatment

30 minutes

R260.00

A nourishing treatment using specially formulated ingredients to enhance the natural beauty of your hair

Extra 15 minutes R 90.00



HYDROTHERAPY



Ozone Bath 30 minutes R210.00

The powerful anti-oxidant properties of pure ozone relax muscles and detoxify the system

Theravine™ Pinotage Grape Skin Extract Bath Treatment 30 minutes R210.00

Relax in warm water infused with the anti-oxidant extracts of grape skin and vine leaf, combined with indigenous essential oils to promote a youthful and healthy glow

Hydravine™ Rich Milk Hydrating Bath Treatment 30 minutes R210.00

A gentle, nourishing and extremely hydrating treatment for the skin

Musculavine™ Bath Soak Treatment 30 minutes R210.00

A specially formulated muscle soak to relieve aches and pains

CARITA FACE



Created by the Carita sisters in Paris over 60 years ago, the House of Carita comprises a range of super intensive beauty and skincare products representing a fusion of art and science.

Professional lifting 120 minutes R1025.00

An anti-ageing treatment which remoulds the facial muscle structure.

Includes hot oil hair and scalp treatment complemented by facial, neck and scalp reflexology

Corrective facial 90 minutes R 810.00

A deep cleansing process helps the skin to regain its radiance

Hydratante 90 minutes R 810.00

An intensive moisturising process for dehydrated, tired skin



CLARINS FACE & BODY



Since 1954, Clarins has been a world leader in the evolution of cosmetology, incorporating high-performance plant-based extracts to create a wide range of beauty and skin care treatments.

Face

Youth Booster	<i>90 minutes</i>	<i>R495.00</i>
Skin Firmer	<i>90 minutes</i>	<i>R460.00</i>
Thirsty Skin Soother	<i>90 minutes</i>	<i>R460.00</i>
Radiance Ritual	<i>90 minutes</i>	<i>R460.00</i>
Brighter Skin	<i>90 minutes</i>	<i>R485.00</i>

Clarins Men

Skin Blitz	<i>60 minutes</i>	<i>R380.00</i>
Skin Blitz	<i>90 minutes</i>	<i>R420.00</i>

Body

Figure Shaper/Intensive Body Firmer	<i>60 minutes</i>	<i>R350.00</i>
Gentle Skin Smoother	<i>30 minutes</i>	<i>R285.00</i>
So Natural Self Tanner	<i>90 minutes</i>	<i>R420.00</i>
Clarins Spa Experience	<i>120 minutes</i>	<i>R660.00</i>
Mother's to be Treatment	<i>120 minutes</i>	<i>R660.00</i>



DERMALOGICA FACE



For years, Dermologica's formulas have pioneered new standards for product performance. Developed with the environment in mind, Dermologica ensure that all ingredients are from eco-safe sources and are packaged in recyclable containers. Always cruelty free, we do not test on animals.

All Dermologica facials are suitable for both men and women

Alpha Hydroxy Facial

75 minutes

R490.00

Deep exfoliation is achieved by using AHAs. Is extremely effective for the treatment of scar tissue and pigmentation. A course of treatments is highly recommended

Deep Cleanse

75 minutes

R480.00

A specialised treatment to cleanse, extract and purify problematic skins

Ultra Sensitive Facial

75 minutes

R480.00

A calming treatment to cleanse and soothe skin that is easily irritated

Multivitamin Peel

75 minutes

R490.00

This facial is a must for anyone wishing to reverse the signs of premature ageing and revitalise and renew the skin. A course of treatments is highly recommended

Pigmentation Treatment

75 minutes

R490.00

Using the latest in ingredient technology to repair pigmentation



APPOINTMENT GUIDELINES



Please arrive approximately 15 minutes prior to your treatment time.
A late arrival time may result in a shortened treatment.

The booking of Spa Treatments for Hotel Guests is subject to availability, and the use of Spa facilities is by appointment only.

Any cancellations made less than 24hrs before will be subject to a 50% cancellation fee.

We recommend that you do not eat a heavy meal prior to a massage treatment.

We do not do massage & reflexology treatments in the first trimester of pregnancy.

It is recommended that no alcohol is consumed 4hrs prior to treatment.

Please switch off your cell phone.

We look forward to welcoming you to The Constantia Uitsig Spa

HOURS



*Mon – Fri 9am – 7pm
Sat & Sun 10am – 6pm*

*Tel: +27 (0)21 794 0433 or +27 (0)21 794 6500
Email: spa@uitsig.co.za*

www.constantia-uitsig.com

