



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.*

SPECIALISED MASSAGE TREATMENTS



Les Arômes du Vin – Signature Treatment

120 minutes

R985.00

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.

Hot Stone Massage

60 minutes

R455.00

Hydrotherm Massage

60 minutes

R435.00

Reflexology

60 minutes

R455.00

OTHER MESSAGES TREATMENTS



Aromatherapy Massage

40 minutes

R380.00

Swedish/Deep Tissue Massage

40 minutes

R370.00

Aromatherapy Massage

60 minutes

R465.00

Swedish/Deep Tissue Massage

60 minutes

R445.00

Hot Stone Massage

60 minutes

R455.00

Aromatherapy Massage

90 minutes

R520.00

Swedish/Deep Tissue Massage

90 minutes

R500.00



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	<i>30 minutes</i>	R305.00
African Body Mud Wrap	<i>90 minutes</i>	R590.00
African Body Butter Massage	<i>40 minutes</i>	R385.00
African Body Butter Massage	<i>60 minutes</i>	R490.00
African Body Butter Massage	<i>90 minutes</i>	R565.00
Theravine™ Hair & Scalp Treatment	<i>30 minutes</i>	R375.00

HYDROTHERAPY



Ozone Bath	<i>30 minutes</i>	R165.00
Theravine™ Pinotage Grape Skin Extract Bath Treatment	<i>30 minutes</i>	R230.00
Hydravine™ Rich Milk Hydrating Bath Treatment	<i>30 minutes</i>	R215.00
Musculavine™ Bath Soak Treatment	<i>30 minutes</i>	R210.00



LAMELLE DERMAHEAL

COSMECUTICAL GENTLE SKIN PEELS & TREATMENTS



Powerful Collagen Re-modeller

Created by South African Doctors to stimulate ageing skin cells, containing growth factors to significantly improve overall skin quality, returning the skin to a more youthful appearance in a very short space of time

Revitalisation Facial

A basic facial, with steam and light exfoliant

30 minutes **R 315.00**

Revitalisation Plus

Gentle peeling for more sensitive skin

45 minutes **R 505.00**

course of 6 **R2300.00**

Revitalisation AHA

Containing Alpha Hydroxy Acids

45 minutes **R 420.00**

course of 6 **R2300.00**

AHA Lacti-Firm Plus - Anti Ageing

Firming, lifting, revitalising

75 minutes **R 635.00**

course of 6 **R2800.00**

Pigmentation Treatment

Extremely effective for the treatment of pigmentation

45 minutes **R 370.00**

course of 6 **R1800.00**

Salicylic Acne Treatments

Specifically formulated to treat acne prone skin

course of 6 **R 555.00**

course of 6 **R2300.00**

Acne Clay Treatment

Purity clay mask for congested skin

45 minutes **R 390.00**



Mela-Peel T 60 minutes R1350.00

SQ only - performed by Medical Personnel . This highly effective peel is equivalent to six superficial peels, be prepared for 5 - 7 days of peeling – results are excellent

Lamelle Dermaroller Treatments

Micro Needling to stimulate new collagen growth - 5 Monthly treatments required

Micro Needling to improve Acne scarring - 5 Monthly treatments required

1st treatment includes Derma Roller R2250.00

Next 4 treatments each R 600.00

Homecare Dermaroller to increase product penetration

Effective home use for 2 years R1550.00

BOTOX & SPECIALISED TREATMENTS

Administered by a Medical Practitioner - by appointment only



No one can halt the inevitable ageing process that affects us all, but we can reduce and improve the visible signs of ageing, using the latest Botox, Dermal Fillers and non-injectable treatments

Botox

		<i>per unit</i>	R22.00
Glabellar (frown line)	52.5 units		
Eyes	45 units (both eyes)		
Forehead	45 - 52.5 units		
Fillers – by request only		<i>per 1ml</i>	R2100.00



DERMALOGICA FACE



For years, Dermalogica's formulas have pioneered new standards for product performance. Developed with the environment in mind, Dermalogica 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 Dermalogica facials are suitable for both men and women.

Alpha Hydroxy Facial	75 minutes	R585.00
Deep Cleanse	75 minutes	R435.00
Ultra Sensitive Facial	75 minutes	R575.00
Multivitamin Peel	75 minutes	R580.00
Microzone Treatment	20 minutes	R160.00

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	90 minutes	R615.00
Skin Firmer	90 minutes	R455.00
Thirsty Skin Soother	90 minutes	R475.00
Radiance Ritual	90 minutes	R420.00
Brighter Skin	90 minutes	R520.00

Clarins Men

Skin Blitz	45 minutes	R260.00
Skin Blitz	60 minutes	R365.00

Body

Figure Shaper/Intensive Body Firmer	60 minutes	R450.00
Gentle Skin Smoother	30 minutes	R320.00
Clarins Spa Experience	120 minutes	R700.00

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	<i>120 minutes</i>	R1000.00
Corrective Facial	<i>90 minutes</i>	R 800.00
Hydratante	<i>90 minutes</i>	R 800.00

SALON TREATMENTS



Spa Manicure

Spa Manicure	<i>60 minutes</i>	R300.00
Spa Pedicure	<i>60 minutes</i>	R300.00
Paraffin Manicure	<i>60 minutes</i>	R340.00
Paraffin Pedicure	<i>60 minutes</i>	R400.00
French Manicure	<i>60 minutes</i>	R310.00
French Pedicure	<i>60 minutes</i>	R310.00
Express Manicure (no paint)	<i>45 minutes</i>	R225.00
Express Pedicure (no paint)	<i>45 minutes</i>	R230.00
File and Paint	<i>30 minutes</i>	R120.00

Eyes

Brow Shaping		R 70.00
Lash / Brow Tinting	<i>each</i>	R 85.00
Lash and Brow Tinting Combo		R 65.00

A full range of Depilatory Wax Treatments are offered

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 offer 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*

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Email: spa@uitsig.co.za

www.constantia-uitsig.com



prices subject to change without notification