



# *Constantia Vitsig*

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.*

## MASSAGE TREATMENTS



*Les Arômes du Vin – Signature Treatment* *120 minutes*      **R 985.00**

*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.*

Aromatherapy Massage	<i>40 minutes</i>	<b>R 380.00</b>
Swedish/Deep Tissue Massage	<i>40 minutes</i>	<b>R 370.00</b>
Hydrotherm Massage	<i>45 minutes</i>	<b>R 435.00</b>
Hot Stone Massage	<i>60 minutes</i>	<b>R 455.00</b>
Aromatherapy Massage	<i>60 minutes</i>	<b>R 465.00</b>
Swedish/Deep Tissue Massage	<i>60 minutes</i>	<b>R 445.00</b>
Hot Stone Massage	<i>90 minutes</i>	<b>R 520.00</b>
Aromatherapy Massage	<i>90 minutes</i>	<b>R 520.00</b>
Swedish/Deep Tissue Massage	<i>90 minutes</i>	<b>R 500.00</b>
Reflexology	<i>60 minutes</i>	<b>R 455.00</b>

## HYDROTHERAPY



Ozone Bath *30 minutes*      **R 165.00**

# !QMS MEDICOSMETIC



*!QMS Medicosmetics is formulated by Dr. med. Erich Schulte, an aesthetic surgeon, lecturer and international authority on skin aging and skin regeneration, based on research led, collagen enhancing technology to create a bespoke regenerative system of skincare.*

*Dr. med. Erich Schulte's scientific investigation into skin regeneration led him to develop a unique method to condition natural soluble collagens so that they can penetrate into the epidermis and be applied topically to skin thereby allowing skin to regenerate.*

*The signature of !QMS Medicosmetics is to incorporate optimum concentrations of active ingredients in formulations that maximize absorption and effective action of the ingredients, with each product developed from a medical understanding of skin functioning.*

*The Classic Set of Exfoliant Fluid, Night Collagen and Day Collagen is the foundation of daily treatment for facial skin. This anti-aging facial care system of 3 perfectly combined products that work in synergy, helps reduce the signs of aging. Skin looks younger and revitalized while feeling smoother.*

Classic Treatment	90 minutes	R 650.00
Activator Treatment	45 minutes	R 500.00
Deep Cleansing Treatment	45 minutes	R 450.00
SK-Alpha Treatment	60 minutes	R 700.00
Neo-Tissue Dermie Treatment	90 minutes	R 750.00
Triple Action Treatment	90 minutes	R 900.00
Skin Renewal Treatment	120 minutes	R1600.00

## ORGANIC TREATMENTS

### KALAHARI



*Kalahari Spa... Ancient Desert Secrets – This exclusive range of spa and body products will captivate your imagination. A unique collection of naturally derived products based on ancient secrets of the Kalahari Desert.*

Kalahari Khoi-Khoi Escape	<i>30 minutes</i>	<b>R 350.00</b>
Kalahari Rolling Sands Massage	<i>60 minutes</i>	<b>R 650.00</b>

### COMFORT ZONE SACRED NATURE



#### SACRED NATURE FACE - ORGANIC, ANTI-AGING

##### Biological Anti-aging nourishing treatment

*A nourishing and protective treatment with precious active ingredients, chosen according to ecocert guidelines, offering anti-aging benefits, while respecting the environment. Suitable for all skins, even the most sensitive.*

Sacred Nature Facial	<i>60 minutes</i>	<b>R 320.00</b>
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### DAVINES HAIR TREATMENTS

#### Natural Tech

RPM Natural Hair Treatment	<i>30 minutes</i>	<b>R 300.00</b>
APM Natural Hair Treatment	<i>30 minutes</i>	<b>R 300.00</b>

## SALON TREATMENTS



Spa Manicure	<i>60 minutes</i>	R 300.00
Spa Pedicure	<i>60 minutes</i>	R 300.00
French Manicure	<i>90 minutes</i>	R 310.00
French Pedicure	<i>90 minutes</i>	R 310.00
Express Manicure (no paint)	<i>45 minutes</i>	R 225.00
Express Pedicure (no paint)	<i>45 minutes</i>	R 230.00
File and Paint	<i>30 minutes</i>	R 120.00
<i>Eyes</i>		
Brow Shaping		R 70.00
Lash / Brow Tinting	<i>each</i>	R 65.00
Lash and Brow Tinting Combo		R 90.00
<i>Diode Laser Hair Removal</i>		
Lip/Chin		R 300.00
Underarms		R 400.00
Bikini		R 600.00
Hollywood/ Brazilian		R 850.00
Full Legs Front and Back/Both		R1500.00
Half Legs		R 750.00
Back		R 800.00
Chest		R 800.00
Arms		R 900.00
Half Arm		R 450.00

*A full range of Depilatory Wax Treatments are offered*

## LAMELLE DERMAHEAL



*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 Plus	45 minutes	R 510.00
Pigmentation Treatment	45 minutes	R 560.00
Acne Treatments	45 minutes	R 560.00

*Treatments performed by medical personnel on request only*

AHA Lacti-Firm Plus- Anti Ageing	45 minutes	R 640.00
Mela Peel T	60 minutes	R1350.00

## DERMAROLLER TREATMENT



First Treatment	120 minutes	R2250.00
Follow up Treatments	120 minutes	R 700.00

## DERMATUNE OXY FACIAL



*Four different technologies (Laser Technology, Diamond Microdermabrasion, Oxy-Derma Technology and Infrared Waves) combined to offer you the “Rolls-Royce” of all internationally available firming treatments which guarantees an immediate result.*

Oxy Facial	30 minutes	R1500.00
Microdermabrasion	30 minutes	R1500.00
Microdermabrasion Oxy Facial	30 minutes	R1500.00
Oxy Deluxe Facial	60 minutes	R2000.00

## 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*

The Youth Activator	<i>90 minutes</i>	<b>R 660.00</b>
The Youthful Shaper	<i>90 minutes</i>	<b>R 660.00</b>
The Lifting Smoother	<i>90 minutes</i>	<b>R 580.00</b>
The Luminosity Restorer	<i>90 minutes</i>	<b>R 550.00</b>
The Brightening Performer	<i>90 minutes</i>	<b>R 550.00</b>
The Radiance Reviver	<i>90 minutes</i>	<b>R 450.00</b>
The Moister Replenisher	<i>90 minutes</i>	<b>R 450.00</b>
The Skin Healer	<i>90 minutes</i>	<b>R 450.00</b>
The Detox and Shine Stopper	<i>90 minutes</i>	<b>R 450.00</b>
Skin Blitz	<i>60 minutes</i>	<b>R 400.00</b>

### *Body*

Figure Shaper/Intensive Body Firmer	<i>60 minutes</i>	<b>R 500.00</b>
Gentle Skin Smoother	<i>30 minutes</i>	<b>R 350.00</b>
Clarins Spa Experience	<i>120 minutes</i>	<b>R 800.00</b>

## 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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*prices subject to change without notification*