

# Arabella

SPA



## signature treatments price list

"You cannot pour from an empty cup. Take care of yourself first."

### African Rainforest

120mins | R2300

The African Rainforest experience offers 120 minutes of pampering, comprising of therapeutic showers, scrubs, steam treatments and local fragrances. The experience consists of a 13-step programme of various treatments which are designed to help blood flow and improve circulation leading to tranquility, peace, relaxation, improved immunity and balancing. This energizing treatment leaves your body soft and feeling smooth as silk. Back, neck & shoulder 30min treatment is included.

### Rhassoul Treatment

45mins | R950

Traditional Turkish cleaning ritual used for centuries. Full body scrub which is very invigorating, apply the MNA Thalgo (micronized marine algae mask), steam in the Rhassoul Chamber for 20mins followed by rain shower 7mins to remove the mud. Ending in the Dry Cream room. Pores are open and impurities are released, the skin's texture is improved, toned, hydrated with a healthy glow.

### African Rainforest & Rhassoul

150mins | R4500

If you are looking for a unique sensory water experience that goes back to ancient Roman, Turkish and Moroccan times. This is the experience and treatment you will love and never forget, as you escape to a private place of calmness, serenity and well-being. Inspires and guides you towards a healthier lifestyle. Leaving your skin as soft as silk while the steam eases and relaxes tired muscles. Back, neck & shoulder 30min treatment is included.

For the ultimate Spa experience and indulgence, combine any of the treatments above with one of our massages.

## Hours of operation

The Spa is open 7 days a week. Season times: Monday to Sunday 08h00 - 20h00. Winter times: Monday to Sunday 08h00 - 19h00.

## Vouchers

Vouchers can be purchased online [www.southernsun.com/sungift](http://www.southernsun.com/sungift)

## Packages for groups

Enquire directly with the Spa.

## Bookings & cancellation policy

Pre-booking treatments is essential. Voucher details or full payment is required to secure your Spa booking. Resident guests, please make changes 12 hours prior to treatments and day visitors a 48-hour treatment change or cancellation notice period is required. Group cancellations must give a minimum of 72 hours' notice prior to scheduled booking. Treatments cancelled after this time will incur a cancellation tariff of 100%.

## Children policy

No children under the age of 16 allowed at the Spa Hydrotherapy Pool area.