

Arabella

SPA



treatment menu price list

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

Massages

Deep Tissue Massage

A very firm full-body massage tailored to suit your needs. Working deeply into the muscle with pressure points and kneading movements. Great for sport's people, golfers and stressed tight muscles.

60min | R1450

90min | R2200

Swedish Massage

Designed to energise the body and improve overall health. Medium to light pressure applied with oils. This is a more relaxing and calming massage.

60min | R1350

90min | R2200

Hot Stone Massage

Your choice of one of the following three components: Heated volcanic stones, Himalayan Salt or Rose Quartz. Benefits include relaxation, stress release, relief from back pain and reduced depression or anxiety.

90min | R1800

Aromatherapy Massage

Aromatherapy is a specific type of therapy that incorporates the use of scented essential oils. The body benefits from direct contact with the essential oils and their many beneficial properties.

60min | R1450

Mother-to-be Massage

Swedish massage, with long strokes to the muscles focusing on the back shoulders and feet which will help relieve discomfort during pregnancy. Not applicable to first trimester mothers to be and last trimester mothers to be. Oils used are special LT oils for pregnancy.

60min | R1450

30min | R850

Express Massages

Back, Neck & Shoulder

45min | R900

Back, Neck & Shoulder

30min | R750

Leg & Foot Massage

45min | R860

Indian Head Massage

Prevents headaches and migraines by releasing built-up tension in the head and neck area and relieving muscle stiffness. Concentrating on the scalp, décolleté neck and face.

45min | R1000

Couples Massages

Allows two people to have a shared experience that can result in a closer bond. Simply relax and enjoy the experience together.

Couples Swedish Massage

60min | R2700

Couples Deep Tissue Massage

60min | R2900

Foot Reflexology

The theory behind reflexology is that areas of the foot correspond to organs and systems of the body. Pressure applied to the foot nerve endings will bring relaxation and healing to the different parts of the body.

60min | R960

Waxing/tints

Available on request.

Ladies facials

Classic Babor Facial

A treatment tailored to your skin's individual needs. Smooth, silky textures & effective active ingredients restore balance to the skin. In these treatments we select products from our premium Skinovage collection to suit your specific skin type.

60min | R1300

Refine Cellular Facial

Anti Aging/Anti Wrinkle

Ultimate Sensational Skin Treatment

Includes a back massage

Balancing Express Facial

75min | R1680

90min | R2000

90min | R1700

30min | R650

Gents facials

Man on the Move Energising

Gentlemen's Ultimate Treatment

Includes a back massage

A treatment tailored to your skin's individual needs. Smooth, silky textures & effective active ingredients restore balance to the skin. In these treatments we select products from our premium Skinovage collection to suit your specific skin type.

60min | R1300

90min | R1700

Wraps and body journeys

A Spa treatment created to enhance the health and appearance of the skin. These body rituals take you on a journey to the Oceans of the World. Included in these treatments is a gentle yet effective body scrub, followed by a full body massage based on Swedish, Ayurveda and energising movements.

A Journey to the

most beautiful Pacificque Islands

90min | R1870

A Journey through the Far East & Indian Ocean

90min | R1350

A Journey to the

Bachelors of the Atlantic Coast

90min | R1650

Detox, Well-Being, Slimming Booster

A full body scrub, followed by a mud wrap filled with marine seaweed and end with a nourishing cream application. Revitalizing, demineralizing and detoxing.

60min | R2040

Draining, Cellulite, relief for heavy swollen legs

For travellers and anyone suffering from swollen, painful legs, to drain fluids and increase circulation.

45min | R750

Arabella Hydrotherapy Tub Journey

Chromo Therapy (colour therapy) and deep tissue massage jets, work together to bring relaxation, to increase blood circulation, detoxify and rejuvenate the body and mind. Choose between:

- Lagoon water bath
- Precious milk bath
- Arctic spring salts

45min | R670

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Hands and feet grooming

Ladies and gents

A manicure refers to the curation and care of a client's hands and pedicure refers to the curation and care of a client's feet.

Express Nail Treatment 30min | R450

A hand or feet treatment where we cut, file and treat cuticles with varnish.

Summer Ready Heel Treatment 30min | R450

This intensive Mediheel treatment assists with the appearance of dry and cracked heels. Includes a lower leg massage.

Spa Manicure 60min | R600

A luxury manicure to leave you with soft, nourished hands and nails. Kindly inform us of existing gel polish for removal.

Deluxe Manicure 75min | R750

Full luxurious hand pampering including a scrub, mask, varnish and extended massage.

Gel Polish (hands only) 45min | R530

Spa Pedicure 60min | R650

A relaxing pedicure designed to leave you with pampered and hydrated feet. Kindly inform us of existing gel polish for removal.

Deluxe Pedicure 75min | R750

A luxurious foot pampering including varnish. Including a scrub, mask, varnish and extended massage. Soothing & hydrating wrap makes this ideal for cracked heels. Kindly inform us of existing gel polish for removal.

*Add-on gel polish @ R200, available upon request.

*Add-on gel soak-off @ R150, available upon request.

Packages

Arabella Spa Half-Day Package

120min | R2300

- Babor Facial 60min
- Back, Neck and Shoulder Massage 30min
- Leg and Foot Massage 30min
- Relax in our Hydrotherapy pool area unwinding and enjoying our eucalyptus steam room, sauna with cold stream showers. The experience will leave you invigorated with glowing skin (complimentary).

Arabella Spa Full-Day Package

180min | R3300

- Hot Stone Massage 60min
- Babor Facial 60min
- Body Wrap & Exfoliation 60min
- Relax in our Hydrotherapy pool area unwinding and enjoying our eucalyptus steam room, sauna with cold stream showers. The experience will leave you invigorated with glowing skin (complimentary).

Capelli Hair Salon Package (for special occasions)

Option 1:

- Gel Polish Only 45min | R530
- Wash, Treatment & Style - Casual/Formal 60min | R650

Option 2:

- Balancing Express Facial 30min | R650
- Wash, Treatment & Style - Casual/Formal 60min | R650

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

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.