

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 | R1550
90min | R2400

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 | R1450
90min | R2250

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 | R2250

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 | R1550
90min | R2250

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. **No massage first trimester and last trimester.** Oils used are special LT oils for pregnancy.

60min | R1550
30min | R900

Express Massages

Back, Neck & Shoulder

45min | R950

Back, Neck & Shoulder

30min | R800

Leg & Foot Massage

45min | R950

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 | R1100

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 | R2900

Couples Deep Tissue Massage

60min | R3150

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 | R1100

Ladies facials

Signature Babor Facial Experience

This elite ritual combines our most coveted Hero products to deliver radiance and rejuvenation.

60min | R1400

Dr Babor Facial Journey

A meticulously crafted facial experience with advanced hero products that expertly resurface, smooth imperfections, and enhance the skins' natural functions.

90min | R1800

Babor Luxury Anti-Ageing Facial

A luxurious anti-wrinkle, expert facial of rich textures and luxurious scents.

90min | R2150

Ultimate Sensational Signature Treatment Massage including Back Massage

90min | R1850

Hydration Express Treatment

An express facial that includes a deep cleansing foam, ampule and mask.

30min | R850

Gents facials

Energising Man on the Move

This elite ritual combines our most coveted Hero product to deliver radiance and rejuvenation.

60min | R1400

Waxing/tints

Available on request.

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 Pacific Islands

Travel to the Pacific Islands, where this relaxing ritual with warm sand pouches, inspired by the rocking movement of the waves, this induces deep relaxation.

90min | R2000

A Journey through the Far East & Indian Ocean

Dream of serenity on a journey to the Far East, to harmonise the body and calm the mind.

90min | R2000

A Journey to the French Riviera Marine Spa Ritual

Travel to the French Riviera, where the sun, sea and sand are inspiration for this journey. Experience a unique double massage using the self heating white jade pebble for pure relaxation. The body is also remineralised thanks to ingredients from the Mediterranean Sea!

120min | R2870

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 | R2200

Draining, Cellulite, Relief for heavy swollen Legs

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

45min | R960

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.

45min | R700

Choose between:

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

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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.

Shape/Paint or Buff & Shine 30min | R500

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

Summer Ready Heel Treatment 45min | R550

This intensive summer heel treatment assists with the removal of dry and cracked heels. Leaving the feet smooth, soft and hydrated, including a lower leg and foot massage.

Deluxe Manicure 75min | R800

Full luxurious hand pampering including a scrub, mask, varnish and extended massage. Kindly inform us of existing gel polish for removal.

Deluxe Pedicure 75min | R800

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

Gel Polish Only (Hands) 45min | R550

Kindly inform us of existing gel polish for removal.

*Add-on gel polish @ R250, available upon request.

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

Packages

Arabella Spa Half-Day Package

120min | R2500

- Babor Facial 60min
- Swedish Massage 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).

Arabella Spa Full-Day Package

240min | R3550

- Aromatherapy 60min
- Babor Facial 60min
- LT Wrap - with exfoliation 60min
- Express Pedi 30min
- Express Mani 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).

Hours of operation

The Spa is open 7 days a week. Monday to Sunday 08h00 - 20h00.

Vouchers

Vouchers can be purchased online @ www.southernsun.com.

Packages for groups

Enquire directly with Reservations.

Bookings & cancellation policy

Pre-booking treatments is essential. Voucher details or full payment is required to secure your Spa booking. Hotel guests, please make changes 12 hours prior to treatments and day visitors a 48-hour treatment change or cancellation charges will apply. 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.

March 2025