



DISCOVER A RANGE  
OF LUXURIOUS  
SPA TREATMENTS



*EH*

ELLERMAN HOUSE

# Welcome to Ellerman House Spa

Ellerman House Spa is a natural extension of the property's commitment to quality and personalised service. Situated on the ground floor of Villa One, it is approached through a garden with tranquil water features and lush indigenous plants.

A small, highly experienced team of therapists offers a carefully considered menu of skin-care therapy and body treatments designed to soothe the senses while the body and mind are coaxed into balance.

With three single treatment rooms and one double treatment room designed for couples, the spa specialises in cutting-edge massage techniques of different cultures from around the world.

A Sauna, steam room and sensation shower are available as a free service, subject to booking a time slot.

The Spa provides a choice of award winning South African and international skin care products for facials and the highest quality products for massages, body treatments and hand and foot therapies.

## SPA TREATMENT TIMES

Monday to Friday

08:00 - 19:00

Saturdays, Sundays and Public Holidays

10:00 - 19:00

## BOOKING ENQUIRIES

Tel: +27 (0)21 430 3200

E-mail: [spa@ellerman.co.za](mailto:spa@ellerman.co.za)

# Spa Etiquette

## RESERVATIONS

Advance booking to secure your date, time and treatment is essential for us to prepare your treatment room. Please dial 3210 for a booking or request to speak to a therapist in the Spa.

## ARRIVAL

We recommend that you arrive 15 minutes prior to your treatment.

Please bear in mind that if you are delayed, your treatment time will be limited as a courtesy to the next guest.

Full treatment price will be charged.

## SPA FACILITIES

Our steam room, sauna and sensation shower have to be booked in advance to remain in line with current Health regulations.

## SPA ATTIRE

You are welcome to change in the privacy of your Hotel room and arrive at the Spa in your robe. Modesty will be respected at all times. Disposable underwear is available if desired.

## VALUABLES

Please may we request your assistance in leaving your valuables in your room safe as there are no locker facilities at the Spa.

## MOBILE PHONES

As a courtesy to other guests, please switch off mobile phones or use silent mode at all times while in the Spa.

## GRATUITY

Please add at your own discretion as gratuity is not included in your treatment price.

# Facials

*Give your skin the love it deserves*

## QMS MEDICOSMETICS

This elite medical skin care range is based on research led, collagen enhancing technology to create a bespoke regenerative skin-care system. It is formulated by Dr. Med. Eric Schulte, and aesthetic surgeon, lecturer and international authority on skin ageing and skin regeneration.

### ELLERMAN HOUSE SIGNATURE COLLAGEN RECOVERY FACIAL BY QMS 120min / R3200

Designed for stressed skin going through hormonal change, the facial uses ingredients to stimulate regeneration, calm dryness and inflammation throughout. The treatment gives back to the skin what may be lost from the decrease of oestrogen, including invigorating and revitalizing the eye area. Using the ultimate Advanced Collagen products.

### SKIN CELL RENEWAL WITH OXYGEN 110min / R2500

Delivers highly regenerating and anti-ageing results through specifically developed techniques and products which support the skin's own stem cells, enhance the stimulation of new skin cells and improve overall skin metabolism. The skin is left fuller, more toned and rejuvenated.

### URBAN REPAIR WITH OXYGEN 90min / R2500

Targets the damaging effects of daily pollutants on the skin and helps to repair the cellular structure to restore the skin's natural wellness. This facial combines a deep pore decongestion with advanced treatment to support the detox process, accelerate epidermal regeneration and boost the metabolism.



## PURE OXYGEN

90min / R2500

The QMS Oxygen machine uses 95% pure oxygen to channel ingredients for the ultimate skin boost. The improved oxygen supply encourages circulation and stimulates a regenerative process, leaving skin firmer, smoother and more radiant.

## PIGMENT CORRECTOR WITH OXYGEN

90min / R2400

Delivers specialised treatment targeting excessive and irregular pigmentation. Features QMS innovative and highly effective Skin Tone light serum, which blocks the melanin synthesis causing the irregular dark spots and helps restore skin tone.

## COLLAGEN REJUVENATION

90min / R2000

Restores and revitalises the complexion whilst delivering an important boost to the moisture levels through the use of pioneering wellbeing treatment masks and QMS signature 70% natural soluble collagens. Skin is left firmer with more volume; fine lines are reduced and texture is improved.

## SK-ALPHA TREATMENT

90min / R2000

Detoxifies the skin and focuses on stimulating the microcirculation through the use of a unique thermal-active revitalising mask, resulting in an instant boost to the complexion. Skin is left visibly smoother and the radiance is restored.

## ACTIVATOR TREATMENT

90min / R2000

Hydrates, refuels and energises the skin through the use of innovative activation techniques which increase the supply of active ingredients to revitalise the skin, leaving it fresh and glowing. Provides instant vitality for jet-lagged and tired skin.

## NEO TISSUDERMIE

90min / R2000

Strengthens and regenerates the skin with a focus on the areas that are prone to the loss of elasticity as the skin ages. Delivers a lifting and tightening massage in combination with a collagen-boosting treatment to help improve the tonicity of the jaw lines, cheeks and eyebrows.

## SENSITIVE REBALANCE TREATMENT

90min / R2000

Clears impurities, calms inflammation and regenerates the basic functions of the skin which are important to improving the overall wellness of the skin.

## QMS OXYGEN ADD ON

R450

Speak to your therapist on the advantages of adding Oxygen to your treatment.

## QMS ADVANCED COLLAGEN EYE LIFT ADD ON

R350

Add this collagen eye treatment to your facial for extra hydration to this delicate area.

## ENVIRON

Where technology meets beauty! Environ's patented Ionzyme DF machine is the first in the world to combine low frequency Sonophoresis & pulsed Iontophoresis. The ultimate in advanced skin care products with the revolutionary DF machine to ensure visible results.

## ENVIRON VITAMIN THERAPY FACIAL

90min / R2000

## ENVIRON PURIFYING THERAPY FACIAL

90min / R2000

# Massage Therapy

*Restore your body and invigorate your mind*

## **CBD MASSAGE**

60min R2200 / 90min R2500

This massage uses a high-quality CBD infused coconut oil with wintergreen, arnica, lavender and rosemary to name a few. This product will help with sleep, muscle aches, stress and anxiety.

## **SWEDISH MASSAGE**

60min R1870 / 90min R2200

A full body massage based on classic European massage techniques using long, smooth strokes to relieve stress and tension. This is not a deep pressure massage but rather medium pressure. Emerge with a feeling of total wellbeing.

## **DEEP TISSUE MASSAGE**

60min R1870 / 90min R2200

A full body stress and tension releasing massage.

## **MENO-FREE MASSAGE (FEMALES ONLY)**

60min R1870 / 90min R2200

A full body massage with a specialised formula designed to help with the symptoms of menopause. This massage will leave you calm, cool and rejuvenated.

## **AROMASTONE MASSAGE**

60min R1870 / 90min R2200

This relaxing massage includes the use of hot stones and traditional massage techniques. Perfect after a long flight for relaxing aching muscles.

## **BELLABACI MASSAGE**

60min R1870 / 90min R2200

One of the best deep tissue massages available. A wonderful ancient technique has found its place in the modern world of healing.



## **SOS SPORTS REPAIR BACK & NECK MASSAGE**

60min / R2000

This massage focusses only on the back, neck and shoulder area.

## **SOS SPORTS REPAIR MASSAGE**

60min R1870 / 90min R2200

This specialised oil is designed to facilitate with any injuries and muscle strains you might have. It reduces inflammation instantly. This massage focus on your specific problem areas

## **AROMATHERAPY MASSAGE**

60min R1870 / 90min R2200

Gentle soothing massage strokes are used together with a combination of essential oils to relax, revitalise, rebalance and purify the body. The benefits linger long after the massage is over.

## **MANUAL LYMPH DRAINAGE**

60min R1870 / 90min R2200

Enjoy this specialized light pressure massage that will help with water retention and aid in removing toxins and waste products from the body.

## **PREGNANCY MASSAGE**

60min R1870 / 90min R2200

A complete relaxing full body massage using oils safe and effective for pre-natal treatment.

# Body Treatments

Reconnect with the mind, body and soul.

## BELLABACI

Bellabaci uses the latest in technology, science and eastern medicine to create superior quality products for luxury Spas and health-conscious consumers. Keren Trabelsi is the originator of the Bellabaci Body and Facial Cupping Massage Therapy Systems and CEO of Bellabaci International, a South African company located in Cape Town. Dr Nye is a registered Naturopath who additionally holds qualifications in several other natural health disciplines. She has a special interest in aromatic and integrative medicine.

## BODY WRAPS

### PURIFYING AND SLIMMING BODY TREATMENT 120min / R2500

Full body scrub and wrap.  
Whilst the wrap is on the body a pressure point and cupping draining massage is done on the face.  
60 Minutes cupping treatment to be done in areas of concern for client. This experience is designed to give the client an overall detoxification, boosting their metabolism as well as to address concerns such as cellulite, tightening and firming up the body.

### STRESS AND MUSCLE RELIEF TREATMENT

120min / R2500

Full body scrub and wrap  
Whilst the wrap is on the body a pressure point and cupping draining massage is done on the face.  
60 Minutes deep tissue massage to be done with adding the Bellabaci cups to the area of concern.  
The treatment is designed to rid the body of aches and pains, to reduce inflammation in the body as well as to enhance optimal blood flow to muscles and to breakdown lactic acid build-up.

### RENEW AND REVIVE BODY RITUAL

90min / R2300

Full Body Scrub and wrap.  
Whilst the wrap is on the body a pressure point and cupping draining massage is done on the face.  
A life genie application is applied to the skin after the wrap is removed.  
This treatment will focus on removing dead cells and restoring glow to your skin. While giving you intense hydration and will be deeply nourishing, assisting with any dry skin conditions, can also assist in improving the appearance of stretch marks.

### BODY SCRUB AND MASSAGE

90min / R2300

A full body scrub to remove all dead skin cells followed by a relaxing moisturising massage.



# Mind Treatments

## Making your soul smile

THE POWER OF SOUND

45min / R1500

A ritual with tuning forks to work and balance all your chakra's, soothes and reconnect your mind and body through sound vibration.



Tuning Fork Therapy is based on the principle that everything in the Universe is made of vibration. Sound Healing is possible because our human bodies are not solid. Our bodies are rhythmic and harmonic.

# Enhancements

## Elevate your experience

### TINT AND LASH TREATMENTS

#### Lash extensions – Classic lashes

Full set	90 min / R 1200
2 Week fill	60 min / R 500
3 Week fill	60 min / R 750
4 Week fill	90 min / R 950

LASH SOAK OFF 40 min / R 300

Lash and brow tint	45 min / R 550
Lash tint	30 min / R 350
Brow tint	20 min / R 300
Brow shape	20 min / R 250

*Included complimentary during your facial*

### WAXING

For our clean up treatments we use hot wax (soft wax) for face, under arm and bikini. Cold wax (strip wax) for legs.

Full leg wax	60 min / R 500
½ Leg wax (above knees)	45 min / R 450
Bikini wax (females only)	
<i>Hollywood or Brazilian</i>	45 min / R 450
Under arm wax	30 min / R 380
Lip wax	30 min / R 350
Chin wax	30 min / R 300
Arm wax	45 min / R 450
Ear wax	30 min / R 280
Nose wax	30 min / R 280
Brow wax	20 min / R 250
Back wax	45 min / R 500

### HAND AND FOOT THERAPIES

#### FOOT REFLEXOLOGY

50min / R1500

An ancient art of pressure point massage on the feet. Restores a sense of balance by targeting specific pressure points to improve circulation, relieve stress and tension. Inducing a wonderful sense of relaxation.

#### MANICURE

60min / R580

This classic manicure will get nails and cuticles in shape. Hands are softened with a gentle exfoliation followed by a relaxing moisturising massage. Finish with your choice of nail colour.

#### GELISH MANICURE

90min / R680

A long-lasting LED cured gel polish with your normal classic manicure.

#### PEDICURE

60min / R770

A traditional pedicure, an exfoliating scrub and invigorating massage energises your feet and soothes the skin. Finish with your choice of nail colour.

#### GELISH PEDICURE

90min / R880

A long-lasting LED cured gel polish with your traditional pedicure.