



SPA PRICE LIST

Stillness Spa Guidelines

Please arrive 15 minutes early for your appointment to complete your client information form.

Late arrivals will be charged the full treatment rate.

We accept payment by cash, credit card or debit card.

Stillness Spa gift vouchers are on sale at Reception from 09:00 to 17:00 for our full range of treatments.

Always inform your therapist of any allergies or health conditions you may have.

Bookings & Cancellations

Cancellations must be made 48h before the appointment time.

Full payment is owed for no shows or late cancellations. No refund or exception will be made.

All bookings on weekends require a credit card.

Large group bookings require prepayment via EFT (please call us for full details).

Out of hours treatments require a late fee of R150 per hour.

Lunch must be booked 24h in advance. The full amount is due once ordered and a credit card is required to book lunch at Stillness Spa.



2018 Stillness
Spa Pricelist



MASSAGES

STILLNESS SIGNATURE MASSAGE

A combination of Lomi-Lomi, Swedish and Indian head massage techniques for those who want to experience a variety of massages. This massage incorporates a unique blend of aromatherapy essential oils. The fragrance and suppleness of your skin linger in your mind long after you have left the spa.

60 min R590 / 90 min R790

DEEP TISSUE MASSAGE

A firm-pressure massage that targets the deeper layer of muscles to relieve fatigue and stiffness.

60 min R720

HOT STONE MASSAGE

A treatment incorporating heated basalt stones as an extension of your therapist's hands. A relaxing massage that zones in effortlessly to release extremely tight muscles

60 min R680 / 90 min R890

AROMATHERAPY MASSAGE

A treatment incorporating a signature essential-oil blend in its massage medium. The massage routine promotes healing, wellbeing and relaxation.

60 min R620

PREGNANCY MASSAGE

This relaxing massage experience is specifically tailored to relieve typical pregnancy discomforts such as lower backache and poor circulation. This massage routine focuses foremost on your safety and that of your baby. It is only offered to moms beyond their first trimester.

90min R800

BACK OF BODY MASSAGE

This massage helps relieve tension in the neck, shoulders, upper and lower back. It also includes a scalp massage. Quick and delightful.

45 min R460

INDIAN HEAD MASSAGE

A detoxifying massage treatment of the head, scalp, face, neck and shoulders. This is a deeply relaxing massage combined with stimulating techniques, bringing about many beneficial results.

30 min R320 / 15 min R220

SOLE DELIGHT

Pressure point foot massage. The real feel good massage which will leave walking on air.

30 min R350 / 45 min R450 / 60 min R530 (with soak)

SKINCARE THERAPIES

KALAHARI HONEYBUSH FACIAL

The Kalahari Honeybush Facial Treatment is a deeply nourishing facial that includes natural plant extracts and rich botanical oils. The treatment includes a relaxing facial massage that will hydrate and rejuvenate your skin leaving it soft and supple. This treatment is suitable for all skin types and is suitable as a maintenance treatment.

45 min R495

REVITALISING VITA-GEL

A bespoke facial that is customised to your skin's unique profile, the Vita-gel skin treatment is highly effective in revitalising and rejuvenating the skin. The effective combination of alpha hydroxy acids, peptides and moisture-binding ingredients will leave your face visibly radiant. Suitable for all skin conditions.

60 min R650

BACK FACIAL

A cleanse, exfoliation and mask of the back followed by a back, neck & shoulder massage. Quickly becoming one of our clients' favourites.

45 min R495

SOTHYS DEEP CLEANSE FACIAL

A deep exfoliation treatment to remove dead cells and other impurities which accumulate daily on the surface of the epidermis. An essential step towards creating healthy and beautiful skin.

60 min R650

SOTHYS FUNDAMENTAL FACIAL

A classic facial including cleansing, exfoliation and an application of intensive serum, mask and moisture protection. This treatment includes an indulgent face and neck massage. It is suitable for all skin types.

60 min R490

BODY EXFOLIATION & SCRUBS

BODY EXFOLIATION BY SCRUB

Full body exfoliation with scrub removes dead skin cells, stimulates and cleans your skin leaving it silky. Quick and efficient

30 min R300

SKIN RESURFACING PEEL

This Sothys treatment is based on two well-known exfoliation methods: the peel (chemical) and microdermabrasion (mechanical) for high-performance skin cleansing. The skin resurfacing peel helps resurface the outer layer of the skin to minimise acne and other scars, age lines and wrinkles.

60 min R720

SIGNATURE PACKAGES

STILLNESS REVIVE & RESTORE

An exhilarating scrub application followed by a Full Body Aromatherapy Massage.
90 min R890

TRAVELLER'S CHOICE

A relaxing back-of-body massage followed by a pressure-point face and Indian Head Massage and Sole Delight.
90 min R850

COUPLE'S RETREAT

Stillness Signature Massage followed by a Vita-Gel Facial (45 min), Indian Head Massage (30 min) and a Sole Delight (30 min).
2 hours 15 min R2800 per couple

STILLNESS ESCAPE

Surrender your senses and melt away built-up tension with our ultimate spa spoil: Body Scrub (15 min) | Aromatherapy Massage (60 min) | Deluxe Spa Pedicure (60 min) | Deluxe Spa Manicure (60 min) | Vita-Gel Facial (45 min) | Indian Head Massage (15 min).
4 hours 15 min R2150

SPA FACILITIES ACCESS

Includes access to heated indoor pool, sauna and gym

For Hotel Guests: Free

For Spa Clients (with minimum R300 in Spa Treatments): R75pp

For Outside Guests (no Spa Treatments): R150pp

HANDS AND FEET

Classic Manicure 45 min R300
Deluxe Manicure 60 min R330
Classic Pedicure 45 min R350
Deluxe Pedicure 60 min R380

ADD-ONS

Gelish 20 min R100
French Paint 30 min R80
Gelish French Paint 30 min R150

WAXING

Lip /or Chin /or Brow 30 min R100
Full Face 30 min R250
Underarm 30 min R120
Half Leg 30 min R180
Three Quarter Leg 30 min R210
Full Leg 45 min R250
Standard Bikini 30 min R220
G-String 30 min R250
Brazilian 45 min from R300
Hollywood 60 min from R350
Chest/Back 45 min R300