



the spa

FANCOURT

## BODY THERAPY

### **Our signature Roma Stone Placement Massage**

75 minutes

R1320

This treatment is designed around the healing properties of the Basalt Rock Hot Stone and the nourishing elements of the Soy Lotion Candle. This massage aids in relaxing and reviving the tissues. Muscle pain and stiffness in joints are repaired by the heat of the stone enabling blood flow, passing on of oxygen and nutrients to all parts of the body. To achieve a deeper relaxation and aid in regulation of blood pressure, we suggest following your treatment with 15 minutes in our gently heated Roman Tepidarium.

Deluxe Aquatic Aroma massage

90 minutes

R1250

Deep Tissue Massage (Sports Massage)

75 minutes

R1250

60 minutes

R1050

45 minutes

R850

The Spa Full Body Massage

75 minutes

R1100

60 minutes

R950

Aromaceane Massage (Relaxing / Slimming / Detox)

60 minutes

R1050

Nurturing Maternity Massage for Mother-to-Be

60 minutes

R980

Back, Neck and Shoulder Massage

45 minutes

R750

30 minutes

R650

Reflexology

45 minutes

R620

Scalp Massage

30 minutes

R420

Leg Massage

30 minutes

R420

### **Enhance your massage experience with the following special touches:**

Additional 15 Minutes Massage

15 minutes

R250

Hot Stones / Soy Lotion Candle / Bellabaci Silicone Cup

Full Body

R200

Specific Areas

R150

Couples / Partners room

R100

### **Purifying Spa Rituals**

Pure Body Wrap

(Full Body Exfoliation, Body Wrap and a Hydrotherapy Bath)

60 minutes

R750

Pure Body Balance

(Full Body Exfoliation and a Hydrotherapy Bath)

45 minutes

R500

### **Enhance your Purifying Spa Ritual with the following special touch to your hydro bath:**

Red Wine Anti-oxidant Bath

R220



## FACIAL TREATMENTS

### Thalgo

Silicium Marine (Advanced anti-ageing)	75 minutes	R2050
Source Marine Ritual (Dehydrated)	60 minutes	R780
Cold Cream Marine Ritual (Dry / Sensitive)	60 minutes	R780
Purete' Marine Ritual (Oily/Combination)	60 minutes	R780
Illuminating Radiance Facial	30 minutes	R520

### QMS

Collagen Rejuvenation Treatment	90 minutes	R1150
Neo-Tissuedermie	90 minutes	R1150
Activator Facial	60 minutes	R990
Urban Repair Facial	45 minutes	R935
Deep Cleansing Treatment	45 minutes	R880
Deep Cleanse Express	30 minutes	R585

### Theravine

Advanced Cellular Gold Facial	90 minutes	R850
Hydration Facial	60 minutes	R690
Mature Facial	60 minutes	R690

## HANDS AND FEET CARE

### Hand Treatments (includes varnish application)

Full Spa Manicure with Gel Finish	60 minutes	R460
Full Spa Manicure	60 minutes	R360
Express Manicure with Gel Finish	60 minutes	R320
Express Manicure (File, select cuticle work, buff, paint)	30 minutes	R160
File and Polish	15 minutes	R120

### Feet Treatments (includes varnish application)

Full Spa Pedicure with Gel Finish	60 minutes	R480
Full Spa Pedicure	60 minutes	R380
Express Pedicure with Gel Finish	60 minutes	R340
Express Pedicure	30 minutes	R180
(File, select cuticle work, buff, select hard skin work, paint)		
File and Polish	15 minutes	R120
Marine Foot Ritual	45 minutes	R450
(Nail shape, cuticle work, scrub, hard skin removal, massage-buff finish)		
Advanced Medi-heel Callus Treatment	30 minutes	R200

### Bio-Sculpture / Acrylic nail treatments

Tips with Acrylic Overlay and Gel Polish Finish (includes express manicure)	75mins	R550
Acrylic/Biosculpture Fill (Includes buff off with gel overlay)	75mins	R450
Bio Sculpture Gel Overlay (incl express manicure / pedicure)	60 minutes	R395
Silk Repair / Tip Repair		R50

### Add on:

Advanced Medi-heel Callus Treatment (feet only)	15 minutes	R180
Paraffin Wax Dip	15 minutes	R160
Buff Off	30 minutes	R150
Soak Off	15 minutes	R120
French Polish Application	15 minutes	R40



## SPA ESSENTIALS

### Waxing

Full Leg Wax	60 minutes	R320
Three-quarter Leg Wax	45 minutes	R300
Half Leg Wax	30 minutes	R260
Hollywood Wax	60 minutes	R260
Back Wax	45 minutes	R250
Brazilian Wax	60 minutes	R220
Arm Wax	30 minutes	R220
Underarm Wax	30 minutes	R180
Standard Bikini Wax	30 minutes	R180
Half Arm Wax	30 minutes	R160
Lip/Chin/Brow Wax	15 minutes	R140

### Tinting

Lash and Brow Tint	30 minutes	R200
Lash Tint	15 minutes	R140
Brow	15 minutes	R140

### Teeth Whitening

6 Session Program (advised to do every 1 – 2 weeks)	45 minutes per session	R4170
1 Power Session	45 minutes	R795

This FDA approved, pain free treatment utilizes a 100% natural teeth whitening system to brighten and lift stains off natural teeth, crowns, veneers and dentures. The treatment utilises the latest UV blue light whitening technology to catalyse the teeth whitening process. The active ingredients are non-toxic, non-sensitising and peroxide free (Contains sodium bicarbonate and plant extracts such as Aloe Vera, Pomegranate, and Chamomile.) This unique system provides long lasting results for up to 12 months. This can be done as an intensified 6 session teeth whitening program or alternatively as a single power session which can be maintained every 6-12 months



# SPA PACKAGES

<b>The Fancourt Spa Journey</b> Theravine Hydrating Facial, Body Balance Exfoliation, Full Body Massage, Spa Manicure, Spa Pedicure and Light Lunch on the Spa Terrace	5 hours	R3150
<b>Thalgo Marine Immersion</b> Back, Neck and Shoulder Massage Illuminating Radiance Facial Marine Foot Ritual	2 hours	R1400
<b>Theravine Muscle Release</b> Full Body Exfoliation, Hydrotherapy Bath, Body Wrap and Full Body Massage	2 hours	R1300
<b>Youth @ Fancourt (8 -15 years)</b> Back, Neck and Shoulder Massage Theravine Facial Hand and Foot Massage French Pedicure Pedicure French Manicure Manicure	30 minutes 30 minutes 30 minutes 30 minutes 30 minutes 30 minutes 30 minutes	R300 R280 R200 R180 R160 R160 R160
<b>Enhance your Experience</b> Mother/Father and Daughter/Son treatment		R100

The above youth treatments are based only on the treatment provided by your therapist. The Spa facilities are not available to children under the age of 18. All children under the age of 18 must be accompanied by an adult. The Spa consultation or consent form must be signed by the accompanying adult.





# SPA ETIQUETTE

**Age restriction:** No children under the age of 18 are allowed to use the spa facilities.

**Dress code:** The Spa operates on a strict no-nudity policy. Bathing costumes must be worn at all times when using the hydro facilities.

**Reservations:** Advance bookings prior to your arrival are strongly recommended to secure your preferred date and time of treatment.

**Arrival:** We recommend that you arrive 30 minutes prior to your scheduled treatment time to make use of our complimentary facilities, including our Steam Room, Tepidarium, Sauna, Chill Pool and Roman Bath. Please bear in mind that all spa treatments need to end on time and late arrivals will result in shortened treatment time to accommodate other guests fairly. Full treatment price will be charged.

**Cancellation policy:** As a courtesy, we request that you notify The Spa a minimum of 24 hours prior to your appointment in order to avoid a 100% cancellation charge.

**Disclaimer:** Guests are kindly requested to ensure that they take care of their personal belongings. Fancourt does not accept responsibility for any loss or damage. Prices and operational times subject to change without prior notification. To ensure that all guests benefit from the quiet and tranquil environment we request all spa areas to be shared respectfully.

**Gift vouchers:** Gift vouchers are available from The Spa. The original gift voucher must be presented at the appointment in order to be honoured. Please note that gift vouchers may not be redeemed for cash, are non-transferable and are valid for three years from the date of purchase.

Note: Treatment durations are an indication only and may fluctuate slightly.

For further enquiries, please phone The Spa on +27 (0)44 804 0013 or email: [spa@fancourt.co.za](mailto:spa@fancourt.co.za)

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