



Massage and Beauty Treatment Menu

Prices valid from 1 October 2017 – 30 Sept 2018

Many health and wellbeing problems we see here stem from excessive long-term stress, lack of physical activity and poor diets. Massage therapies help with circulation, combatting stress symptoms, relieving pain, improving immune responses and improving mood. Massages included as standard in any of our package can be exchanged from others on our treatment lists, and the guest account is adjusted accordingly.

Please NOTE: Male and female therapist are used, please specify if you have any preferences.

Massages:



Hoogland Signature Heavenly Earth Massage 80 min R 700

The Hoogland Earth Massage has been specifically designed for and is unique to Hoogland. It incorporates the elements of fire (hot stone), earth (wood instruments rolled over the body for a unique experience, air (special infusion of aromas to stimulate a sense of wellbeing and nurturing) & water (rhythmical and continuous movements to mimic the ocean)



Full Body Massage 50 min R 450

This is a completely hands-on treatment of the whole body. The main function is to improve blood and lymph circulation as well as reducing stress and tension in the body. This massage covers the back, neck, legs, arms, stomach and decolté area.

Back and Neck Massage or Indian Head Massage 25 min R 335

The technique used is the same as the full body massage except the therapist focuses on the back and neck area, or back, neck and head, reducing stress and tension in the scalp, head, shoulders and neck.

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Deep Tissue Massage

50min R 450
75 min R 650

The purpose of this massage is to get to the deeper seated muscles. It can be painful. It is a slow deep massage, working on the deeper layers of muscles. This massage is mostly suitable for athletes or people with severe tension.

Aromatherapy

Full body 50 min R 480
Back and Neck 25min R 340

Aromatherapy is the use of essential oils from plants for their therapeutic properties and can aid digestion, detoxing, de-stressing, poor circulation and relaxation. It is a flowing massage making use of light, relaxing movements. We make use of pure essential oils that are blended for each specific guest in a carrier oil.

The essential oils take about 1 – 2 hours to be effective, therefore steaming after the treatment is not recommended.

Some oils are not recommended during pregnancy, please consult with the therapist prior to massage.

Gua-Sha Facial Massage

25 min R 320

Gua sha is a long-used technique originally practiced in Traditional Chinese Medicine. It uses smooth cold stones, to massage the face with both short and long strokes and varying amounts of pressure for detoxification, lymphatic drainage, and also pain relief.

Hot Stone Massage

Full body 80 min R 665
Back and Neck 45min R 425

Hot stone massage is a specialty massage where the therapist uses smooth, heated stones as an extension of their own hands, or by placing them on the body. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply, more quickly.

Reflexology

40 min R 415

This holistic therapy uses the feet as a map of the whole body. By manipulating, and applying pressure to certain parts of the feet, the whole body can be 're-tuned' and brought back into balance. It relieves stress and tension, improves circulation thus increasing the efficiency of all organs and cells.



IKETLA AFRICAN SPA

Caring African Massage Therapies

Iketla is a Sesotho word which means “ease”, “luxuriate” or “laid back”

Hoogland has always been very proud of the caring, healing and nurturing hands of all our staff, and years ago Sindy dos Santos started to train these talented ladies in head, foot and hand massages.

Over the last few years, Dr Heinz Meier has been transforming Level 5 at Hoogland into a unique space where guests can get pampered by very special hands while giving back to the community

Income from these treatments is a welcome addition to the salaries of our cooks, cleaners and carers. All profits from Iketla treatments go to Hoogland’s Thaba Community

Iketla Hand Massage	25min	R 150
Iketla Foot Massage	25min	R 150
Iketla Head Massage	25min	R 150

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Facial Treatments

TheraVine™ Facials

This is a grape based product that make of natural products and essential oils in Stellenbosch, South Africa. TheraVine™ is an avant-garde range of advanced health and skin care products which has been developed especially to give you the perfectly balanced and radiating skin.

Facials work wonders at restoring oxygen and moisture to the skin. It improves tone, texture and appearance and leaves you feeling great. Please consult with your therapist regarding which facial will be suitable for your skin and what you would like to achieve.

Appetiser facial	25 min	R 390
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A quick clean and pep-up for your skin

Complete basic facial	55 min	R 680
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Feel refreshed and pampered as the skin is treated according to its needs. Cleansing, toning, exfoliating, extractions, massage, mask and moisturize.

Speciality facials	80 min	R 870
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The ultimate pampering session, includes specialised products and serums to be discussed with your therapist.

Extras:

Timecare eye treatment *	25 min	R 340
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An intensive treatment resulting in the reduction of fine lines and easing of deeper wrinkles leaving your eyes fresh and rejuvenated – either incorporated into a facial or as a separate treatment.

* During Facial or as a stand-alone treatment

Eyebrow and Lash Tint

This can be booked separately or with your facial.

Eyelash or eyebrow	25 min	R 150*
Eyelash and eyebrow	25 min	R 190*

*Costs and time are 50% less when added to a facial

Body Treatments

TheraVine™ Body treatments

Feel free to consult with a therapist for more on these, and what the requirements are to make best use of these treatments.

Luxurious Pinotage Honey and Lime Salt Glow 45 min R 450

A luxurious, ritual body salt scrub, consisting of refined marine salts, grape extracts and honey infused with lemon, lime and sweet orange essences. Silky smooth skin prevails....

Body Buff Cleanse 45 min R 450

A gentle, all over body exfoliation, using grapeseeds in a botanical rich body cleansing cream. Feel invigorated and revitalized as your body is polished to glowing perfection before receiving a body treatment.

MusculaVine Friction Scrub 45 min R 450

A warming sugar scrub infused with circulatory-boosting essential oils used as an antidote for a tired body and mind. This scrub gives an exhilarating start to your day with an uplifting aroma of eucalyptus, pine and black pepper to help unwind the body and mind as well as ease muscular aches and pains.

CirculaVine Leg Treatment 45 min R 450

An invigorating foot and leg treatment combining manual lymphatic drainage with a muscular aches and pains body oil blend. Your feet and legs are then wrapped in a circulation-booster gel followed by the application of a hydrating body lotion. This is the perfect treatment to help relax and relieve tired, heavy legs.

Hair and Scalp Treatment 25 min R 495

Experience self-indulgence during an ultra relaxing, stress relieving scalp massage using a stimulating scalp tonic after which a conditioning hair oil and intensive hair mask is applied to leave your hair silky soft and shining.

Full body wraps: 80 min R 895

Slimming Wrap

Detoxing and slimming wrap to boost circulation of lymph and eliminate waste products

Relaxing Wrap

Relaxing, soothing clay wrap to moisturise dry and dull skin

Full body Paraffin Wax 80 min R 945

Hand and Feet Treatments

Manicure	55 min	R 375
Pedicure	55 min	R 400
Manicure and Pedicure	85 min	R 675

Guests spend a lot of time in water-therapies at Hoogland, and for this reason, our manicures and pedicures include a paraffin wax. It is not possible to offer nail paint at the same time as paraffin was, but nail paint is available as a separate treatment.

Nail paint only:	Hands or Feet:	R 110
	Hands and Feet	R 160

Paraffin Wax only:	Hands or feet	20 min	R 180
	Hands and feet	25 min	R 265

Hair removal waxing

Please do not go steam, sauna or spend too much time in the jet pool just before your wax.

Full leg	R 360*
Half leg	R 265*
Underarm	R 190*
Bikini	R 190*
Brazilian	R 260*
Facial	R 140*

Full price is charged for the most expensive and anything added at the same session is at 50%