



# ABALONE

## Wellness Centre

“Come and enjoy a relaxing, luxury treatments at  
The Abalone Wellness Centre”

An authentic Overberg Spa at Abalone Guest Lodge.  
Included in each treatment is the use of the infrared sauna.

### OPEN HOURS

Monday – Saturdays from 08:30 – 7pm

Sundays from 8.30am - 3pm

*...no excuse not to spoil yourself and a loved one!*



Thera**N**AKA<sup>®</sup>  
SOUTH AFRICA

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## **SPA TREATMENTS**

**Please consult your therapist if you have any of the following conditions:**

On any medication  
High blood pressure  
Heart condition  
Recent surgery  
Sinusitis  
Sunburn  
Pregnancy  
Epilepsy  
Diabetes  
Eczema or Psoriasis  
Muscle or joint injuries  
Any Allergies

### **ABALONE WELLNESS CENTRE CANCELLATION/RESCHEDULING POLICY**

Your spa treatments are reserved especially for you. We value your business and ask that you respect the spa's scheduling policies. Should you need to cancel or reschedule, please notify us at least 24 hours in advance. Any cancellation requested less than 24 hours prior to your appointment are subject to a cancellation fee amounting to 50% of the cost of the scheduled service. We recognize the time of our clients and therapists is valuable and have implemented this policy for this reason.



## SIGNATURE EXPERIENCES

# TheraNAKA™

### **TheraNaka™ Couples Retreat**

**60 MIN – R1 265**

An African couple's journey for a memorable unifying experience. Melt away the stresses with this complete head to toe treatment, using natural, botanical mood enhancing essential oils to relax and restore your weary body.

TheraNaka™ Ginger and Lavender Poultice Massage

### **TheraNaka™ Ginger and Lavender Poultice Massage**

**90MIN – R 1200.00**

A tranquil experience designed to enhance deep relaxation, muscle recovery and increased lymphatic flow from the tips of your toes to the intricate muscles of your face. Inspired by ancient de-stressing heat therapies, your senses are calmed as the Himalayan Salt poultice bags infused with Keffir Lime and African Potato Extract re-lease tension and restore vitality. A sensorial journey of therapeutic warmth awaits as the lingering fragrances of Lavender and Ginger invite you to escape from your busy life and restore harmonious flow, leaving your skin nourished and your soul deeply relaxed.

### **Abalone Heavenly Massage**

**90 min – R 1 550**

Get your body back after this rejuvenating and unwinding experience. This is a divine combination of stones, deep tissue, bamboo and finishing off with Bellabuci cups, stimulating the lymphatic flow.



## **B O D Y   I N D U L G E N C E**

### **TheraNaka™ Tension Release Vigour Massage**

**30 MIN – R445 (BNS)**

**60MIN – R690**

**90MIN – R950**

A warm aroma blend infused with circulatory-boosting essential oils is coupled with a deep tissue massage designed to relieve pain and muscle tension throughout the body. A refreshing gel is applied, leaving your body feeling refreshed and invigorated. The ideal massage for active individuals and frequent travellers in need of a circulation boost.

### **Humankind Luxury Fusion Body Massage**

**60 MIN – R635**

Relaxing Swedish massage to calm the soul, rebalance and uplift the mind.

### **Humankind Deluxe Shea Butter Massage**

**60 MIN – R690**

**90MIN – R805**

Experience the soothing warmth as the butter melts under your therapist's hands, leaving you utterly relaxed and your skin nourished and hydrated.

### **Deeper Than Deep – Hot Stone Massage**

**60MINS – R690**

**90MIN – R1010**

Experience a therapeutic massage using heated lava stones that melt away the muscle tension, relieves muscle pain and reduces stress. Promotes sleep, Ideal for active individuals and frequent travellers in need of a circulation boost.

### **Mom To Be Massage (from 12 -36 weeks)**

**60MINS – R760**

Using a variety of massage techniques that are safe for both mom and baby, we customise the massage to address your individual needs. Assisting with better sleep, reducing leg and back tension and raising natural immunity for you both.



### **Scalp and Neck Massage**

**20 MIN – R320**

Ease your mind and calm your senses with this relaxing, invigorating treatment.

### **TheraNaka™ Body Wraps**

**R890**

Ease your mind and calm your senses with this relaxing, invigorating treatment. To commence this sensory journey, you will receive a full body exfoliation, followed by a foot massage. Let your mind drift off whilst you are cocooned in a comforting envelope of fragrant oils and African wraps from our therapeutic range. Choose the wrap that will treat, renew, or invigorate the skin and drift away during a relaxing scalp massage. Bringing this journey to a close is the healing touch of your therapist applying nourishing Baobab lotion. An experience out of Africa!

**Humankind DETOXIFYING MUD WRAP – 60 MIN**

**Humankind MUSCLE RELEASE MUD WRAP – 60 MIN**

### **Aroma Cupping Massage**

**60 MIN – R720**

**90MIN – R1200**

One of the most effective techniques of releasing tension from the body. Cupping therapy along with dry body brushing and a lymphatic drainage massage helps to remove stagnation, eliminate toxins, increase blood flow, help with pain relief and many more leaving you feeling strong and energised.

# ESSEL

Innovative Skin Care for a Beautiful Future

**ESSEL INNOVATIVE SKIN CARE  
FOR A BEAUTIFUL FUTURE**



### **DNA Ultra Hydration Treatment**

**60 MIN – R690 | 90 MIN – R1 440**

This treatment is an easy lunch hour facial that provides your skin with ultra-hydration. The leave-on mask provides intense hydration, while the combined treatment stimulates cell renewal revealing a more youthful appearance.

### **Abalone Signature Facial with Hot**

**Stone - 60 MIN – R1075**

Imagine melting away all your tension and fatigue, that's exactly what this facial does. The dual effects of the hot stones and product also help to firm and tone your skin. Your skin will ultimately feel wonderfully moisturized and revitalized.

### **ESSEL Destress Cooling Treatment**

**60 MIN – R690**

Create balance in combination skins with an oily T-zone. Recommended for oily/combo skin. Deeply purifying treatment. This treatment is designed to soothe and calm inflammation resulting in a strengthened skin barrier.

### **Hyaluronic acid Boosting facial**

**60 MIN – R790**

Hyaluronic acid is present in our skin and is responsible for our hydration and moisture. It's essential to boost our skin with Hyaluronic acid. This treatment will boost your skin with Hyaluronic acid and boost your moisture and hydration and plump the skin.

### **Amazon deep cleansing facial**

**90 MIN – R1200**

This treatment is ideal for clients that require a deep cleansing facial to eliminate any congestion and breakouts. This treatment will nourish and smooth the skin ensuring a brighter complexion.

# DNA•EPINEW



## **DNA Epinew anti-aging treatment**

**60 MIN – R760**

Known for its healing properties, this rather unusual holistic therapy works to calm and energise you from head to toe. Like the techniques found in a Hot Stone massage, warm bamboo is used to roll and knead the tissue to help alleviate muscle tension and general aches and pains. Talk about no cane, no gain!

# aesthet

## **Aesthet expert**

**peel 45 MIN – R690**

This is an advanced peel resulting in a smoother, radiant skin. This treatment can be successfully used for acne treatment, photo-damage, pigmentation and scarring and other skin conditions.

## **Bio sculpture Deluxe Manicure**

**45 MIN – R350**

Indulge in an African inspired spa manicure treating your hands and forearms to a gentle exfoliation followed by an African Earth fusion hand massage, whilst including nail and cuticle attention. Followed by a nail colour of your choice for your rejuvenated younger looking hands.

## **Humankind Fire and Ice Foot Ritual**

**45 MIN – R 440**

This “soulful” journey will take your feet through a geranium and pine sugar exfoliation whilst soaking in herbal salt foot bath. Allowing your feet and legs to relax completely, a muscle soothing foot and leg massage with hot stones will commence followed by a cool, revitalising gel. Nourishing Baobab infused lotion will be applied to prepare your feet for their journey ahead.



# Human Kind

## **Humankind Express Pedicure**

**30 MIN – R315**

## **Premium Elim Pedicure**

**60 MIN – R440**

Ensure heels are left smooth with the Elim chemical peel. Includes an enzymatic exfoliation, anti-bacterial soak, massage with Elim Foot Perfector that includes vitamins and minerals and finished off with the Gold Spritz which leaves a golden shimmer on the skin.

## **Abalone Signature Medi heel**

**Pedicure 75 MIN – R570 \* ADD ON GEL**

*POLISH- R115*

Remove hard, callused skin and neutralise the heel to its optimum PH level with a Chemical Peel for cracked heels. Followed by an AHA Exfoliant which is an enzymatic peel and an anti-fungal and anti-bacterial foot soak. The Ultra mud is a bentonite clay detox mask and the Foot Perfector is the perfect finish to the pedicure. As a final touch the Gold Spritz will leave a golden shimmer on the skin.

## **French paint add on**

SOAK OFF / REVANISH – **R 115**

BROW AND LASH TINT – **R 175**





# DermaPlex™

## SPA PACKAGES

### **Unwind. Relax. Rejuvenate - 90 MIN**

**R 950** PER PERSON

- Deep tissue Back Neck and Shoulder
- Hydra boost mini facial
- Express manicure or pedi

### **THE ABALONE SPA RITUAL - 3HRS**

**R 2120** PER PERSON

- Full body exfoliation
- Body wrap
- Full-body massage including scalp massage
- DNA anti-aging facial.

### **LOVER'S SPA-RADISE - 2 HR 30MIN**

**R3450** PER COUPLE

- Shea Butter Massage
- Ultra hydrating facial with hot and cold stones

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