

Spa Massages

Akoya Massage 90min R650.00

Our signature 90min massage includes a head to toe fusion of deep tissue massage, long relaxing strokes, kneading motions, therapeutic heated stones & nurturing aromatherapy oils.

Hot Golf Ball Massage

A unique massage with heated golf balls, which will help to ease muscle tension, improve circulation and will give you an ultimate relaxing experience at the place known best for golf.

45min R430.00 60min R500.00

Hot Stone

Therapeutic heated stones provide the ultimate relaxation and improve circulation within the muscle tissue, while easing tension on nerve pathways.

45min R480.00 60min R550.00

Calabash Massage

In this massage, raw Calabash from nature is used to promote blood and lymph circulation. It is soft to the touch, but will work deep. Dried seeds on the inside brings a heightened sense of relaxation and peacefulness.

45min R380.00 60min R450.00

Swedish

This is a traditional massage where we use different invigorating techniques to focus on releasing tense muscles and improve overall body circulation.

60min R400.00 30min R250.00

Golfers Massage

Back only 30min R250.00

Back, Lower Legs, Feet 60min R400.00

Reflex Foot Massage 45min R280.00

This rejuvenating foot massage combines the therapeutic effects of reflexology with relaxing, kneading and stroking movements. This includes a foot scrub and hot compression.

Soy Candle Massage

A warming massage using special soy candle wax that will put you in a full state of relaxation and nourish your skin.

45min R475.00 60min R525.00

Sports Massage

A back and neck or full back massage, using special techniques and firm pressure, to release muscle tension and stimulate nerve endings, relieving any muscle pain you might have.

Back and back of legs 60min R400.00

Back and neck 30min R250.00

Relaxing Aroma

In this nurturing massage, we use gentle kneading strokes to encourage energy flow and to allow the therapeutic aromatherapy oils to sink into your skin to relax the mind and uplift the spirit.

45min R375.00 60min R435.00

Spa Packages

Golfer's wives package

Hours of pampering to include a full body exfoliation, followed by gorgeously relaxing hydrotherapy bath, a customised facial and wonderful pedicure to round off the few hours of bliss.

Time: 180min Price: R765

Ladies who lunch package

Full body exfoliation, followed by an Akoya body massage. Once completely relaxed a customised facial to suit your skin type and to round off the perfect few hours a lovely lunch in the Pearl Valley Club House or on the terrace to the value of R200.

Time: 180min plus lunch Price: R1325

Gentlemen's grooming package

Customised facial, manicure and pedicure followed by a relaxing back; neck; shoulder; back of legs and foot massage.

Time: 200min Price: R880

Body bliss package

A full body exfoliation followed by a Spa body wrap and a warm relaxing shower. After the shower you will receive a customised facial to treat your main skin concerns and finish off with a Reflex Foot Massage

Time: 170min Price: R900

Pamper package

Swedish full body massage followed by a facial and finish off with a manicure and a pedicure.

Time: 225min Price: R920

Cancellation policy: If you need to cancel or reschedule your appointment, please provide a minimum of 24h notice to avoid a 50% cancellation charge. Should you fail to cancel, the full fee will be charged.

Breathe Spa

at
Pearl Valley Golf Estates

Treatment Men

021 867 8001

wellness@pearlvalley.co.za



Operating Hours	Mon – Fri	09:00 to 18:00
	Sat	09:00 to 16:00
	Sun	09:00 to 14:00

Skin Care Treatments

dermalogica

Express Facial 45min **R280.00**

This "no fuss no frills" face treatment will leave your skin feeling fresh and hydrated, perfect for in-between facials to give your skin a boost!

Customised 60min **R350.00**

In this treatment, your therapist will customise the facial according to what your skin shows it needs in the facemapping consultation, leaving your skin perfectly balanced.

Environmental Control 75min **R400.00**

Harsh environmental conditions sensitise our skins. This soothing treatment will nourish and repair to give your delicate skin relief.

MediBac Clearing 75min **R400.00**

This acne clearing facial uses medicated active complexes and pure botanicals to target, clear and soothe break-outs.

ChromoWhite TRx 90min **R470.00**

Lighten darker pigmentation spots with this advanced skin brightening treatment that uses scientifically researched active ingredients. For the best results ask for a treatment package and homecare regimen.

AGEsmart 75min **R470.00**

Fight against the effects of ageing with this highly advanced skin rejuvenation treatment. By using the best anti-oxidants, multi-vitamins and botanicals you will see and feel an instant firming effect on the skin.

[comfort zone]

a complete sense of beauty

Skin Resonance 75min **R320.00**

Decongesting, rebalancing and protective for reactive skin that is subject to redness, couperose and fragile capillaries.

Hydrmemory 75min **R380.00**

24h deep hydrating treatment

Exceptional hydration and nourishment due to trehalose and betaglucon, recommended in dry weather conditions, during and after air travel.

Chrono-reverser 75min **R470.00**

Delicate anti-ageing fruit acids treatment

Delicate treatment for stimulating cell regeneration, giving the complexion a fresh uniform glow, thanks to the power of alpha-hydroxy acids and vitamin C.

Glorius Skin Express 75min **R600.00**

Extraordinary lifting treatment

Amazing, immediate visible results on expression lines for a younger-looking, more toned and radiant skin.



These peels are a therapeutic alternative to harsh chemical peels and skin resurfacing. It is potent, yet gentle and safe, delivering powerful results. A course of peels is recommended. It will refine the texture of your skin, reduce pore size and improve the elasticity and vitality of the skin.

20% New age peel&heal 60min **R350.00**

40% New age peel&heal 60min **R400.00**

70% New age peel&heal 60min **R450.00**

90% New age peel&heal 60min **R500.00**

Spot treatment, 90% 10-15min **Add-on**

Ultra Hydrating facial 60min **R300.00**

This acne clearing facial uses medicated active complexes and pure botanicals to target, clear and soothe break-outs.

Body Care Treatments

Spa Body Exfoliation 45min **R250.00**

A full body crystal and oil exfoliation followed by a hydrating skin application, leaving the skin silky smooth.

Spa Body Wrap 60min **R400.00**

A full body crystal and oil exfoliation followed by a body mask application and skin hydrator. Relax, revive and refresh.

Hydro Therapy

Herbal Hydro Bath 30min **R100.00**

Soul Relax Hydro Bath 30min **R120.00**

Detox Hydro Bath 30min **R150.00**

Hand Treatments

Express Manicure 45min **R130.00**

Deluxe Spa Manicure 60min **R180.00**

Men's Express Manicure 30min **R100.00**

Men's Full Manicure 45min **R120.00**

Foot Treatments

Express Pedicure 45min **R200.00**

Deluxe Spa Pedicure 75min **R250.00**

Men's Express Pedicure 45min **R130.00**

Men's Full Pedicure 60min **R150.00**

Add-on's

Paraffin wax dip 15min **R50.00**

French Paint 15min **R30.00**

Revanish 30min **R70.00**

Hair Removal

Face wax (per area) 15min

Under arm 15min

Half arm 30min

Full arm 45min

Bikini 20min

G-string 30min

Brazilian (¼) 45min

Hollywood (full) 60min

Stomach 15min

Back 30min

Chest 30min

Upper leg to hip 30min

Full leg 45min

¾ leg 30min

½ leg 30min

Grooming

Male grooming (Includes brows, top of nose and ears)

Brow shape

Brow tint

Lash tint

Lash tint, Brow tint and shape combo

BioSculpture Gel/Acrylic (Monday & Thursday)

Full set-Acrylic/Gel 90 min

Overlay 60 min

Fills - Acrylic/Gel (No missing nails) 90 min

Missing Nails **R10.0**

