



STILLNESS MANOR & SPA



SPA INFORMATION



BOLD Prices Represents Member Rates

Stillness Spa Information



BODY TREATMENTS

BOLD Prices Represents Member Rates

Full Body Exfoliation	30 min	R210	R200
Exfoliation leaves the entire body feeling smooth and nourished.			
Aroma Hot Spa Bath Deluxe	30min	R250	R225
Enjoy a relaxing hot spa bath with added essential oils. Hot spa baths can be customized according to client needs, such as moisturizing, relaxing or detoxifying.			
Aromatic Body 'Well Being '	1hr30 min	R490	R440
Exfoliation leaves the entire body feeling smooth and nourished. A full body massage with energizing toning oil leaves you relaxed and refreshed.			
Aromatic Body 'Contouring '	2hrs	R500	R445
Includes a Enzymatic scrub, a detoxifying mask and a lymphatic drainage massage on problematic areas.			
DERMLOGICA Thermal Therapies	1hr30min	R580	R475
Thermal therapies provide improved product penetration through stamp therapy. Include intensive body exfoliation, followed by lymph drainage massage and detoxifying/distressing body packs for improved circulation and to regenerate the body.			
AHAVA Full Body Salt Scrub & Remineralising Mud Wrap	1hr30min	R580	R475
Ahava is driven by a deep passion to unearth the secrets of the revitalizing effects of minerals on the skin. Minerals have an extraordinary capacity to act as "intercellular messengers" that transmit information to skin cells and positively impact their health and vital functions.			

TOUCH THERAPIES

BOLD Prices Represents Member Rates

Traditional Swedish Massage	45 min	R300	R255
Traditional Swedish Massage	60 min	R390	R350
Traditional Swedish Massage	90 min	R500	R425
Classic Swedish body massage technique relaxes and soothes the muscles, increases circulation and reduces stress levels.			
Deep Tissue Massage	60 min	R410	R355
Deep Tissue Massage	90 min	R520	R450
Vigorous massage targeting specifically stressed muscles.			
Aroma Massage	60 min	R410	R355
A gentle and nurturing massage using essential oils.			
Hot Stone Massage	60 min	R500	R445
The application of water-heated basalt stones of varying sizes to key points on the body, giving a deep massage and creating sensations of comfort and warmth.			
Deep Tissue Back Massage	30min	R260	R220
Back and Neck Massage	30 min	R210	R200
Back and Neck Massage	45 min	R300	R255
This 'rapid tension release' treatment uses direct pressure on problem areas.			
Hair and Scalp Massage	30 min	R210	R200
Manual Lymphatic Massage	60 min	R390	R350
This massage stimulates the lymphatic system, promotes lymphatic drainage and detoxifies the body.			
Reflexology	30 min	R250	R225
The practice of massaging, squeezing, or pushing on parts of the feet with a goal of encouraging a beneficial effect on other parts of the body to improve general health.			



Stillness Spa Cont....



STILLNESS PACKAGES

BOLD Prices Represents Member Rates

Stillness "Express"	1hr30min	R590	R480
Relaxing Hair and Scalp Massage / Aroma Spa Bath / Back, Neck and Shoulder Massage			
Stillness "Inner Calm"	2hrs30min	R1250	R1100
Aroma Spa Bath / Relaxing Full Body Wrap / Full Body Swedish Massage			
Stillness "Wake-up Call"	3hrs15min	R1290	R1150
Full Body Exfoliation / Aroma Spa Bath / Aroma Body Massage / Facial			
Stillness "Must Have It All"	4hrs30min	R1320	R1190
Full Body Swedish Massage / Facial / Deluxe Pedicure / Deluxe Manicure / Aroma Spa Bath			



ADDITIONAL BEAUTY TREATMENTS

BOLD Prices Represents Member Rates

Eye Brow Tint		R50	R45	Half Leg Wax	R125	R115
Eye Lash Tint		R60	R55	Three Quarter Leg Wax	R150	R130
Eye Brow & Lash Tint		R100	R90	Full Leg Wax	R180	R150
Express Manicure	30min	R110	R95	Under Arm Wax	R80	R70
Express Pedicure	45min	R160	R140	Half Arm Wax	R100	R85
Including French paint	15min	R30	R25	Full Arm Wax	R150	R125
				Chest Wax	R150	R125
				Back Wax	R120	R105
Deluxe Manicure	1hr	R210	R180	Bikini Wax	R100	R85
Deluxe Pedicure	1hr15min	R280	R240	Brazilian Wax	R160	R140
Manicure with Paraffin Wax	1hr15min	R230	R210	Hollywood Wax	R250	R225
Pedicure with Paraffin Wax	1hr30min	R300	R260	Lip Wax	R50	R45
Deluxe French Manicure	1hr15min	R230	R210	Chin Wax	R50	R45
Deluxe French Pedicure	1hr15min	R300	R260	Eyebrow Wax	R50	R45
				Eyebrow Shape	R55	R50

DERMALOGICA FACIAL SKIN CARE TREATMENTS

BOLD Prices Represents Member Rates

Core Skin Treatment 1hr R400 **R365**
A customized skin treatment that includes a deep cleanse, massage and masque. Revitalizing and refreshing to any skin.

Pigmentation Treatment 1hr R450 **R395**

Medicated Clearing Treatment 1hr30min R470 **R425**

Breakouts have met their match! Botanicals to purify and decongest the skin, preventing future breakouts, including extractions. (For problem skins)

Environmental Control Treatment 1hr30min R490 **R445**

A blend of calming botanicals to soothe the most irritated skin. Including a specialized oatmeal masque.

Skin Bright Treatment 1hr R520 **R450**

Using the new Chromo White range with Tri-Enzymes to penetrate deeper into the skin and work on the epidermal and dermal pigmentation.

Age Smart Treatment 1hr30min R570 **R525**

Potent vitamin and hydroxyl acid exfoliation resurfaces and retextures the skin while energizing massage techniques release tension in the facial muscles for the ultimate in skin therapy and prematurely ageing, mature and



Stillness Spa Cont....



FACIAL SKIN CARE TREATMENTS

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Our therapies are focused on achieving optimum skin health. All our treatments begin with a thorough consulta-

Filorga Facial treatments

Filorga Express Facial	30 min	R250	R225
Filorga Anti-Ageing Facial	1hr	R500	R450
This facial provides you with the basic skin care needs—lighten your complexion, hydrate, balance and protect			
Filorga Anti-Ageing Facial Peel			
20%	1hr15min	R600	R550
50%	1hr15min	R650	R600
Mesotherapy Facial	1hr 15min	R700	R650

This unique age-defying treatment allows your skin to regenerate itself with the use of Filorga's A.H.A. acids which provide deep exfoliation using 20% and 50%, peels refresh the skin to enhance, firm and stimulate your complexion.



Guinot Facial treatments

Deep Cleanse	1hr	R400	R365
Steaming, thorough deep-pore cleansing, exfoliation, mask, toning, eye cream and moisturizer. this facial leaves your face feeling balanced, refreshed and clean.			
Hydradermie	1hr15min	R490	R445
A beauty treatment with visible lasting results, which imbues the skin with wellbeing.			
Hydradermie Hydra Plus	1hr30min	R720	R645
The classic Hydradermie facial, including the delicate eye and neck areas using separate gels, serums, creams and masks for each area.			
Hydradermie Lift	1hr15min	R580	R525
This treatment incorporates all the benefits of the hydra plus facial plus it reaches below the surface of your skin to stimulate muscle tissue resulting in a more tightened, toned and radiant complexion.			
Hydradermie Deluxe	1hr45min	R890	R725
A Hydradermie facial combined with the Hydradermie lift for the ultimate hydration and lifting effects.			
Hydradermie for Men	1hr15min	R490	R445
A renewed skin tone and a healthy complexion in the beard regions and the rebalancing and restoration of skin aggravated by shaving, pollution and overexposure to the environment.			
Beauté Neuve	45 min	R490	R445
A beauté neuve double peeling treatment with fruit acids, glycolic acids and pure vitamin c; a treatment for youth, radiance and anti-pigmentation.			
Liftosome	45 min	R515	R435
Best suited for mature skins, aiming to energize, tighten and firm using vitamin c to brighten the skin. Liftosome relaxes features, smoothes away fine lines and adds a luminous glow to the complexion.			
Aromatics	45 min	R490	R445
Plant extracts and essential oil blends are combined in an aromatherapy treatment customized to suit your skin.			



Stillness Spa Cont....



SPECIALISED TREATMENTS—10%discount for members

VelaShape treats both the deeper tissue, offering a measurable reduction in fat layers, circumference and the upper layers of the skin, resulting in cellulite reduction. It is an easy non-invasive, no down-time, comfortable deep therapeutic treatment.

VelaShape - 8 treatments per course

Neck	8 x 1hrs	R2500
Arms	8 x 1hrs	R2500
Stomach	8 x 1hrs	R2500
Thighs & Buttocks	8 x 1hrs 30 min	R4500
Thighs, Buttocks & Stomach	8 x 1hrs 45 min	R5500
Thighs, Buttocks, Stomach & Arms	8 x 2hrs	R6500



ADDITIONAL INFORMATION—MEMBERSHIP OF THE FACILITIES

* Measurements & Photos will be taken on consultation

The Membership becomes active on the payment of a once-off Sign-on Fee of R950.

The Member will during the period of active Membership enjoy the following privileges:

- Membership Rates are valid as published and are subject to change without prior notice. See accompanying Spa Rate Sheet for Membership Rates (discounts vary).
- Enjoy a complimentary Stillness Signature treatment – Anti Stress Back Massage and Facial.
- Enjoy a further 5% discount on all subsequent non-discounted Signature Stillness Spa Packages purchased during the period of membership.
- Enjoy discounted rates on special promotions during the period of membership. Information on this will be available in our Stillness Spa Newsletter.
- You may bring one guest with you for a first visit and he/she will enjoy Membership Prices on any Touch Therapy and Treatment or Spa Package on that first visit.
- Enjoy a further 20% reduction on all your Member-priced treatments when you bring a minimum of 3 full paying guests for a Spa Party.
- Invitation to new product/treatment launches and events.
- Enjoy the use of our spa facilities without a treatment at a cost of R70 instead of R90. Please note that your guests cannot be provided this discount on their first visit or subsequent visits unless they become Stillness Spa Members.

The Membership remains valid for 1 year subject to the minimum purchase every calendar month of a 60-minute therapy treatment (single treatment of your choice). Please remember to buy a voucher if you are away for more than a month. You will then be able to enjoy the treatment on your return. The Membership terminates automatically with non-compliance of this requirement.

**Clients that book treatments at the spa can use our facilities with no extra charge. (*Indoor heated swimming pool, sauna, stream room and gym)
Vouchers can also be booked and paid for via the internet.**

FITNESS MEMBERSHIP

Stillness Fitness membership is only R750 a month and entitles the Stillness Fitness Member to unlimited use of the Fitness Centre. Members may utilise the gym, the indoor and outdoor pools, sauna, steam room and changing room facilities only. Stillness Fitness Members are entitled to Member rates for Spa treatments as long as their Fitness Membership is fully paid up. Operating hours for the Fitness Centre are from 07:00 – 19:00 seven days a week. For more information please contact Stillness Manor & Spa on +27 (0)21 713 8826/25.

More about Stillness



Suites:

10 Suites (Luxury and Presidential) equipped with:

- Air conditioning
- TV with M-net, BBC, Super Sport 1,2,3, Movie Magic 1, SABC 1,2 & 3, E-TV
- Alarm/Radio/CD Player
- Mini Bar / tea & coffee facilities

Bar/Lounge: Includes snooker table, satellite TV, games and internet access

Dining Facilities: Guests can enjoy breakfast and lunch in either our Private Dining Room or on the Front Terrace. Breathtaking views of the Hottentots Holland Mountains and the Constantia Valley.

* Up to 30 guests can be accommodated in the Private Dining Room.

* Dinner is only served for special functions and must be booked well in advance.

Spa: Stillness Spa offers touch therapy, spa body therapies and skin care treatments.

Fitness Centre : Gentle cardiovascular exercise in our well-equipped Fitness Centre is on offer as well as Stillness Fitness Memberships.

Conferences: Due to its beautiful and peaceful setting, Stillness Manor & Spa is regarded as a very special venue for private functions and conferences. Comfortable seating available for 40 delegates in the set-up of your choice, wall to wall carpets and full air conditioning.

Photo Shoots: Many great photographers have shot Stillness including the last BMW ad, they keep coming back because they find unusually good light conditions (95m above sea level) and excellent assistance provided by our staff.

Weddings: Intimate weddings can be held, a maximum of 20-25 pax for comfort. Noise levels must be kept down after 23:00 as Stillness is surrounded by private residences.

Leisure: Activities organized on demand.

- Tennis Court
- Two outdoor swimming pools
- One indoor 12m heated swimming pool (in Spa)
- Sauna and steam room
- Meditation Deck hidden away in our garden
- Forest and Mountain hikes
- Horse riding, Fishing and Other Leisure

Children: Children are most welcome at Stillness and special rates apply. Children under 16 are not allowed in the Spa unless supervised by parents and out side spa treatment hours.

Transfers : Transport to and from Stillness Manor can be arranged as well as vehicles for hire.

SPA HOURS

Tuesday—Saturday 9h00—18h00 [* Clients can request until 19h00 on weekdays](#)

PLEASE NOTE THAT WE DO NOT ACCEPT AMERICAN EXPRESS AND DINERS CLUB CARDS

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