

Inhale deeply.... and enliven your senses with the intoxicating smell & taste of pure Alpine air. Exhale slowly.... and truly escape as we soothe away tension & stress, revitalise skin and complete your stay of relaxation and rejuvenation. To fully engage yourself in the peace and tranquility of Select Braemar Lodge we invite you to complete your experience with a visit to our spa.

FACIALS

Used in many reputable spa's throughout the world we have chosen Thalgo skin care for their commitment to provide an exceptional product that achieves outstanding results. Experts in marine beauty for over 40 years Thalgo has been building on the riches and extraordinary potential of the sea. By drawing on the formidable potential of algae with its incomparable concentration of mineral and trace elements, Thalgo combines carefully selected marine and plant extracts to offer products that are extremely effective, absolutely safe and exceptionally gentle on the skin.

Purifying Marine Immersion

An introduction to the world of marine beauty. Focusing on a thorough but gentle cleansing ritual your skin will be perfectly cleansed, refreshed and moisturised.

45 min \$75.00

Absolute Hydration

A truly hydrating moisture treatment featuring active marine ingredients and vegetal milks combined with a unique mask to saturate the skin & combat dehydration. All uncomfortable tightness vanishes and skin texture & smoothness is restored leaving the skin radiant and alive.

A must for dehydrated skins; after prolonged travel and exposure to air-conditioning.

60 min \$120.00

Pure Collagen Velvet Facial

Thalgo's signature facial – this luxurious and highly effective facial incorporates a pure collagen mask with active marine ingredients to replenish the skin and visibly refine fine lines and wrinkles. Renowned as the essential pre-party facial, this luxurious and highly effective facial will give you instant results.

60 min \$145.00

Including Pure Collagen Eye Treatment 70 min \$175.00

Algomega Warm Mask Treatment

A deeply nourishing & soothing treatment for dry and fragile skins. Relax and unwind as your skin is treated to a lavish and intense treatment of essential fatty acids, vitamin E and Red Algae. The warm Algomega mask forms a pleasant cocoon which infuses lipid-boosting active ingredients to restructure and repair the skin.

60 min \$135.00

Pure Collagen Velvet Eye Treatment

Using pure collagen this intensive treatment focuses on the skin around the eyes to effectively treat fine lines, wrinkles and dehydration in this fragile area.

45 min \$ 70.00

Add a relaxing 20 minute back massage to any facial treatment

20 min \$ 47.00

BODY TREATMENTS

Indoceane Spa Journey

In its quest for the ultimate body purifying and relaxing treatment Thalgo bring you the Indoceane Spa Journey. An amazing ritual that takes your body through a journey of continents.

Your voyage begins in the Mediterranean with a body exfoliation of Sacred Lotus, Qi-Marine, Brown Sugar and exotic essential oils blended together to purify and nourish, its creamy softness leaves the skin smooth as velvet. Next and optional is the land of Cleopatra to bathe in the veil of the precious milk bath. Relax deeper with a two step massage originating from the land of Ayurveda, a revitalizing energy balm is applied to relieve tension and re-energise followed by a 45 minute massage using a rich & nourishing blend of relaxing essential oils and Indian Medicinal Oil. The completion of your journey is China, the land of eternal youth, your body is cocooned in a mask of sublime silky cream & rice bran oil to leave you perfectly relaxed and your skin silky smooth.

including Precious Milk Bath	allow	2 hours	\$290.00
without Milk Bath	allow	90 min	\$240.00

Body Polish

A gentle dry brush followed by a full body exfoliation rich in mineral salts and essential oils to eliminate dry & dead skin, increase circulation and give the skin a healthy refined glow. An application of silky cream and ricebran oil will leave your skin replenished, fresh and silky smooth.

		60 min	\$ 95.00
Back only		30 min	\$ 50.00

Frigi-Thalgo Circulatory Wrap

Perfect for relieving tired, aching and swollen legs also for treating cellulite, heavy hips and thighs. This renowned highly effective cool marine wrap improves circulation and encourages the elimination of toxins and excess fluid. Legs feel lighter and elasticity is improved giving the skin a smoother, toned appearance.

		45 min	\$ 95.00
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SPA INDULGENCE

Breamar Escape

BODY EXFOLIATION, WRAP, MASSAGE, FACIAL, SPA LUNCH PLATTER, MANICURE OR PEDICURE

From the soles of your feet to the tingling of your scalp embark on a journey to sensory heaven.

Begin by unwinding with a warm purifying foot soak, a body exfoliation & body wrap to smooth & refine, followed by a deeply relaxing aromatic massage. The experience is completed with a hydrating facial and scalp massage to send you into heavenly serenity. Your choice of either a Manicure or Pedicure will complete the Braemar Escape.

	allow	4.75 hours	\$440.00
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Traveller Revival

BODY EXFOLIATION, MASSAGE, FOOT ACUPRESSURE, EYE THERAPY

The perfect total body treatment for stressed, tired or jetlagged bodies. Combining heat & cold with body massage, exfoliation, foot acupressure and eye therapy this treatment is a must to stimulate blood & lymph circulation, eliminate toxins, reduce swelling and ease muscular tension.

	allow	2 hours	\$220.00
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MASSAGE

Aroma Bliss

Destress, soothe and relax... the Aroma Bliss is a gentle massage of slow, rhythmic strokes combined with essential oils to indulge your senses, improve circulation, and gently restore balance.

60 min	\$100.00
30 min	\$ 65.00

Therapeutic / Deep Tissue Massage

Focusing on individual areas of discomfort and muscular tightness to release tension, knots and stiffness. Pressure is adapted to each individuals preference.

60 min	\$120.00
30 min	\$ 65.00

Sheer Bliss - Head, Hands, Feet

Our feet carry the weight of our body, our heads carry the weight of the world. A foot bath and light exfoliation to your feet start this heavenly treatment, pressure points are then worked on to release tension and massage away the heavy load. As we work our way from your feet to your hands to your head you will feel the tension dissolving away.

45 min	\$ 75.00
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Hot Stone Therapy

As an extension of the therapists hand hot stone therapy brings you the combined benefits of massage, essential oils and the powerful properties of warm lava stones. Your treatment begins with a dry skin brush to stimulate circulation and promote an exceptionally powerful and relaxing treatment. A choice of oils is available: Relaxing Detoxifying Muscle Ease

80 min	\$170.00
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HANDS & FEET

Sole Intention

Lie back and relax with a complimentary glass of wine or juice as we treat your feet to this divine indulgence. A warm aromatic foot soak, exfoliation, and nourishing mask will soften & smooth, nails and cuticles will be preened and pressure point massage will target all the right spots to leave your feet light and revived. Polish is included.

	60 min	\$ 95.00
	*with paraffin 70 min	\$110.00
combine with Frigi Thalgo for tired, aching legs, swollen ankles	75 min	\$130.00

Hand Revival

On display for all to see our hands deserve lots of TLC. Nail & cuticles will be shaped and tidied a gentle exfoliation and nourishing mask to rejuvenate and replenish dry skin and a relaxing hand massage to dissolve all tension.

	60 min	\$ 95.00
	*with paraffin 70 min	\$110.00

***Paraffin Treatment:** Intensify your Manicure or Pedicure with the luxurious warm sensation of a paraffin treatment. The warmth of the paraffin moulds to the contours of your hands and feet forcing the nourishing mask deeper, leaving the skin exceptionally softer and more rejuvenated.

A treatment often used in rehabilitation Paraffin is highly recommended for easing joint pain, arthritis, inflammation, bursitis, eczema and many other joint and skin disorders.

Hand / Foot Rescue

Nails and cuticles will be shaped and tidied, a gentle exfoliation and moisturising treatment to revive hands or feet. Polish application included if requested.

30 min each \$ 65.00

IN-SUITE BATH RITUALS

Prepared in the privacy of your suite, immerse into the indulgence of a specially prepared bath for two, surrounded by candles and soothing music.

Egyptian Milk Bath

A creamy luxurious milk bath rich in Qi-Marine and Sacred Lotus with the soft fragrance of musk and delicate fruits on a base of sandalwood. A shimmering veil of gold flecks will cover your body as you step out – a truly sensual experience.

\$ 45.00

Vinothrapy – Pinotage Bath

Immerse into a warm & relaxing bath of Pinotage Grape Skin & Vine Leaf extracts and infuse your entire body with their powerful anti-oxidant properties.

\$ 45.00

Body Soother

A refreshing and invigorating blend of essential oils to soothe exhausted, aching bodies and clarify a tired mind. Highly recommended prior to a massage.

\$ 45.00

FINISHING TOUCHES

Tinting

Eyelash Tint	\$28.00
Eyebrow Tint	\$20.00
Eyelash + Eyebrow Tint	\$35.00
Eyebrow Shape	\$15.00
Eyelash + Eyebrow Tint + Eyebrow Shape	\$50.00

Waxing

Full Leg	\$58.00
Under Arm	\$20.00
Half Leg	\$35.00
Lip, Chin or Eyebrow	\$15.00
Bikini Tidy	\$28.00
Back	\$55.00

*Please note: Times for treatments may vary slightly for some treatments.
Prices are subject to change without prior notification.*

Spa Braemar

SPA INFORMATION

Hours of Opening

Daily from 9.30 am to 8.00 pm. To avoid disappointment please book your spa treatments in advance.

Cancellation Policy

To ensure we do not disappoint other guests we do appreciate as much cancellation notice as possible. A cancellation with less than 6 hours notice will incur a 50% cancellation fee. The full cost of the treatment will be imposed for a "no show".

Appointments

Prior to your treatment we will ask you to complete a consultation form. Please arrive at least 15 min prior to your booking time to ensure that we start your treatment on time.

Late Arrivals

All treatments are completed as scheduled, so please be aware that if you arrive late your treatment will finish as scheduled to avoid inconveniencing the next guest.

Cellphones

To maintain the harmony and ambience of the spa we ask that your cellphone is turned off before entering the spa.

Alcohol

For you to receive the full benefits of your treatment we ask that you do not consume alcohol prior to or immediately after your treatment. Your therapist has the right to cancel your treatment if she/he feels you are intoxicated. In this instance the full cost of the treatment will be charged.

Minimum Age

To help maintain a peaceful environment the minimum age requirement in the spa & gym area is 16 years of age.

Your comfort

Is of utmost importance to us. We will always ensure that your privacy is respected at all times. Please do not hesitate to let your therapist know if there is anything that can be done to improve your treatment or comfort.

Gift Vouchers are available for all spa treatments or to a specified value.