



Spa Treatment Menu

2011

TOUCH SPA BODY & SKIN CARE THERAPIES

Exotic Steam Rasul

The Rasul thermal mud treatment is a traditional Arabian inspired cleansing Treatment that combines the health enhancing properties of heat, steam and mud for a totally relaxing and skin conditioning treatment in a magical and sensory private environment with twinkling lights and aromatic vapours. (Available at our Arniston Spa)

45 minutes

1 person	400	2 persons	500
3 persons	600	4 persons	700

Steam or Sauna

A Steam or Sauna session is complimentary in conjunction with Touch & Spa Body Treatments (Available at our Arniston, Erinvale & Steenberg Spas)

20 minutes 100

Ginkgo "Elixir"© Signature Massage

This personalised signature Treatment incorporates a selection of massage techniques unique to your individual requirements using LTI Arometherapy oils and Babor Thermal Lotion.

50 minutes 480

Ginkgo "Ataraxia"© Massage

Gentle three stage rhythmic massage transforming you into a state of tranquillity free from anxiety and emotional disturbance

90 minutes 680

Ginkgo Hot Stone Massage

Heated black basalt stones are used to massage the body, releasing deep seated tension.

50 minutes 460

Ginkgo Golfer's Specialised Signature Massage

Intensive muscle release massage concentrating especially on muscles that affect the "swing!"

20 minutes 230
50 minutes 480
80 minutes 690

Back and Neck Massage

Rapid tension release Massage.

20 minutes 210

Traditional Swedish Massage

Reduces tension and relieves the negative effects of everyday stress.

50 minutes 460

Deep Tissue Sports Massage

Personalised Sportsman's massage

50 minutes 480

Aroma or Foot Reflex Massage

Personalised massages to suite your needs

50 minutes 460

Pre-Natal Specialised Massage	50 minutes	460
For expectant mothers, a relaxing & unwinding treatment		
<i>Add-on additional Massage time:</i>	10 minutes	60
Babor ScenTao Hot Stone Body Treatment	90 minutes	850
A Body and Face Massage using essential oils, volcanic stones and shiatsu. Intensive Eastern Pressure Point Massage working along the body's energy pathways with warm stones and ScenTao oil to effectively release tension		

SPA BODY TREATMENTS

BABORGANIC BODY TREATMENT	90 minutes	640
A layer of lactic clay powder is gently 'snow-flaked' over your body, and a light effleurage movement is used to polish the skin. Mountain crystals are used to activate shiatsu pressure points on your back and feet to remove any tension. This treatment finishes with the application of a pure anti-aging body cream that massages into your skin. This is a truly luxurious and pampering body treatment.		
Babor Purifying Back Treatment	40 minutes	480
This back "facial" includes cleansing, exfoliation, massage and a mask		
Full Body Exfoliation	30 minutes	260
Full body Scrub leaving your skin with a healthy natural glow		
Full Body Exfoliation & Body Bronzing	60 minutes	490
A full body Scrub precedes application of the body bronzer		
Body Bronzing Application	30 minutes	260
Ginkgo Body Wrap	60 minutes	540
Aromas combined with nourishing essences used in hydrating, relaxing or detoxifying the body		
Relaxing Hair & Scalp Treatment	20 minutes	240
Scalp therapy to stimulate blood circulation & healthy hair.		
Hot Spa Bath "Classic"	20 minutes	170
Relaxing hot spa bath with added essential oils		
Anti-Oxidant Hot Spa Bath Treatment	20 minutes	190
Relaxing toxin cleanser		

SKIN CARE TREATMENTS

(Includes a personalised consultation, brow shape & a 10 minute foot, hand or scalp massage)

BABOR

Baborganic - Green Glamour: a luxury, of course, naturally beautiful & 100% pure, white, organic. Pure organic active ingredients accelerate the regeneration and cell renewal and give the skin moisture, vitality and protection. This care concept has won the **Gala Spa Award 2009!**

BABORGANIC FACIAL	60 minutes	580
The Baborganic Facial features Babor's 100% natural skincare line, containing pure and active organic ingredients which refresh and revitalize the skin, stimulate cell renewal and the skin's natural regenerative powers to promote an even, balanced, radiantly fresh and younger-looking complexion		
Babor Men's Exclusive Skincare Treatment	60 minutes	530
Energy boosting complex leaves the skin attractive and well groomed		
Babor Executive Anti-Stress Back Massage & Facial	90 minutes	660
Relaxation for body, mind and soul giving new vitality to stressed skin		
Babor Express Cleanse	45 minutes	420
Deep pore cleansing for a radiant clear skin		
Babor Classic Facial	75 minutes	600
Intensive facial care to balance the specific needs of your skin		
Babor Anti-Aging HSR® Facials		
Babor High Skin Refiner Speed Lifting Facial Treatment	60 minutes	950
Instantly minimizes traces of time and visibly tones the skin		
Babor High Skin Refiner Deep Lifting Facial Treatment	120 minutes	1450
Luxurious pampering facial that effectively lifts sagging tissue and leaves the skin youthful and radiant		
Add-on Babor Beauty Masks & Fluids		
Babor Mini "Ampoule Crash" 3-5 Ampoules	per ampoule	180
Ampoules for instant Beauty & Hydration		
Babor Collagen Fleece		290
Moisturising fleece mask to combat fine lines & Wrinkles – tones the skin		
Babor Firming Algae Peel Off Mask		240
Lifting & Plumping, improves puffiness, dark circles & fine lines around the eye area		

NIMUE

<p>Nimue Specialised Facial This is a maintenance treatment customized to the client's specific skin needs and all the essentials including: cleanse, exfoliate, gentle steam (where necessary), massage and masks to deliver excellent results.</p>	60 minutes	450
<p>Nimue Alpha Lipoic Maintenance Facial Designed to treat hyper pigmented and environmentally damaged skin classifications. Great as a follow up after a course of peels with the added benefits of the super anti-oxidation of the Alpha Lipoic Activator.</p>	60 minutes	490
<p>Nimue Hydrating Facial This is an intense hydration application using pure hyaluronic acid. 3 different strands of HA called high molecular, low molecular and cross-linked molecular all work together as 1 product, assuring that hydration reaches the dermis, stays there and creates an emollient effect, so no loss of hydration is possible.</p>	60 minutes	490
<p>Nimue TCA (7.5%) Advanced Winter Rejuvenation</p>		140
<p>Nimue GLYCOLIC (35%) Advanced Summer Rejuvenation</p>		140

MATERNITY TREATS

<p>Mama Mio Lighten Up A mineral-rich foot soak exfoliation and massage for lower legs and feet to help with poor circulation, water retention</p>	30 minutes	370
<p>Mama Mio Mellow Mama A completely relaxing full body massage using our safe but effective pre-natal techniques and our award winning Omega-rich oils to relax those specific carrying back muscles</p>	75 minutes	650
<p>Mama Mio Smoothie Your skin will be gently exfoliated. This is followed by a most moisturising massage that will hydrate and elasticise your skin. A luxurious scalp massage will sweep away your stress, leaving you with a lovely rejuvenated skin.</p>	75 minutes	750

Mama Mio Yummy Tummy	75 minutes	750
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This is an Omega-rich facial for your tummy, because it's your tummy that needs the attention to maximise skin strength, health and elasticity. This treat is combined with the luxury of an upper back, neck and head massage.

Mama Mio 4th Trimester Healing Hour	60 minutes	570
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Your baby is here and you are in need of a little rejuvenation? This restorative massage treatment helps your body realign as you remember how to be one person again. Sometimes new mothers need a little mothering too! This is the perfect present for new mamas.

MANICURES AND PEDICURES

Deluxe Spa Manicure with Paraffin Wax or Nail Colour	60 minutes	300
Deluxe Spa Pedicure with Paraffin Wax or Nail Colour	60 minutes	330
Express Manicure with Paraffin Wax or Nail Colour	45 minutes	220
Express Pedicure with Paraffin Wax or Nail Colour	45 minutes	260
French Manicure	60 minutes	350
French Pedicure	60 minutes	380

GINKGO LEAF COLLECTION

A Collection of Treatments especially designed for those indulgent and invigorating moments

1. The Ginkgo "De-Stress-Express"	1hr 20min	R560
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De-stressing tune-up after a long day
 Steam, Sauna or Aromatic Hot Spa Bath Treatment
 Relaxing Hair and Scalp Massage
 Back and Neck Massage
 Fresh Fruit Juice/ Glass of MCC Bubbly

2. The Ginkgo "Renaissance"	2hrs 20min	R1030
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The focus is the body. As combination of treatments that offer a powerful rejuvenation package
 Steam, Sauna or Aromatic Hot Spa Bath Treatment
 Relaxing Full Body Wrap
 Traditional Full Body Swedish Massage
 Fresh Fruit Juice/ Glass of MCC Bubbly

<p>3. Ginkgo “Time Out”</p> <p><i>The few minutes of luxurious bliss!</i> Babor Express Cleanse Facial Spa Deluxe Manicure Aroma Massage Treatment Fresh Fruit Juice/ Glass of MCC Bubbly</p>	<p>2hrs 45min</p>	<p>R1220</p>
<p>4. The Ginkgo “Debutante”</p> <p><i>These Treatments are perfect for first-time Spa guests</i> Steam, Sauna or Aromatic Hot Spa Bath Treatment Luxurious Full Body Exfoliation Ginkgo Signature “Elixir” Full Body Tranquillity Massage Babor Classic Facial – System Gold Refreshment Treatment Fresh Fruit Juice/ Glass of MCC Bubbly</p>	<p>3hrs</p>	<p>R1350</p>
<p>5. Ginkgo “Executive Renewal”</p> <p><i>A Selection of Treatments for the professional</i> Steam, Sauna or Aromatic Hot Spa Bath Treatment Ginkgo Full Body Hot Stone Massage Treatment Spa Deluxe Pedicure and Manicure Babor Purifying Back & Facial Treatment Spa Lunch (60min)</p>	<p>approx. 6hrs</p>	<p>R2000</p>
<p>6. Ginkgo “Tranquillity”</p> <p><i>A wonderful day of extraordinary service and pampering</i> Steam, Sauna or Aromatic Hot Spa Bath Treatment Babor Full Body Wrap Ginkgo Signature “Elixir” Full Body Massage Ginkgo Spa Deluxe Pedicure Ginkgo Spa Deluxe Manicure Babor Classic Facial – System Gold Refreshment Treatment Spa Lunch (60min)</p>	<p>approx. 7hrs</p>	<p>R2380</p>
<p>7. Ginkgo “Mother-to-be”</p> <p><i>These are special treatments designed for expectant mothers. Treatments are combined to induce relaxation and rejuvenation of tired feet, body and mind. Not for woman beyond eight months pregnancy.</i> Mama Mio Smoothie Body Buff Mama Mio Mellow Mama Specialised Pre-Natal Massage Babor System Gold Facial Express Manicure with Paraffin Wax or Nail Colour Express with Paraffin Wax or Nail Colour Spa Lunch (approx. 60min)</p>	<p>approx. 5hrs</p>	<p>R1900</p>

8. Mama Mio's 9-Month Maternity Treatment Course 9months R6500

First Trimester (Week 1 to 13)

No treatments allowed.

Second Trimester (Week 14 to 26)

Spa Treatments:

Month 1 - Mellow Mama

Month 2 - The Smoothie

Month 3 - Yummy Tummy

Third Trimester (Week 27 - 40+)

Spa Treatments:

Month 4 - Mellow Mama & Lighten Up

Month 5 - The Smoothie & Lighten Up

Month 6 - Yummy Tummy & Lighten Up

Fourth Trimester (3 Months after giving Birth)

Month 7 - Healing Hour - 60 min full body massage

Month 8 - 4th Trimester Healing Hour - 60 min full body massage

Month 9 - 4th Trimester Healing Hour - 60 min full body massage

9. Ginkgo Spa Party (minimum 4 persons - price per person) approx. 5hrs R2000

The ultimate Private Spa Party – the spa is yours to enjoy with only your friends! Price is quoted per person.

Glass of Sparkling MCC Bubbly

Steam, Sauna or Aromatic Hot Spa Bath Treatment

Relaxing Hair and Scalp Massage

Ginkgo Signature "Elixir" Full Body Tranquillity Massage

Spa Health Refreshment

Sportsman's or Babor High Skin Refiner Speed Lifting Facial

Express Manicure

Express Pedicure

Spa Health Lunch (approx. 60min)

ADDITIONAL ESSENTIAL BEAUTY TREATMENTS

Waxing or tinting will add the final touches to a perfect make-over

WELLNESS MEMBERSHIP

This Membership is especially designed for the spa aficionado. Members enjoy great privileges and special rates. For more information, please visit our website or phone any of our spas.

GIFT VOUCHERS

This is the perfect gift for any occasion. Vouchers are available from any Ginkgo Spa, for any Ginkgo Spa.