



# THE SPA

## TREATMENT MENU

CIÊLA

—  
TRIBUTE PORTFOLIO



# A WORLD OF WELLBEING AWAITS YOU

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Allow our trained therapists to guide you through a journey of Wellness at the Spa at Ciêla Resort, leaving you feeling revitalized, renewed & rejuvenated. Mind, Body and Soul.

We are dedicated to restoring beauty and balance through individual treatments and spa experiences, personalised for each of our guests. Our commitment to wellbeing focuses on all aspects of Health and Skincare Beauty. Our spa treatment menu offers an extensive variety of health and beauty enhancing treatments to ensure that our guests are nurtured, pampered and relaxed, and our Spa Additional Services, like Hair and Make Up, Barber Services and Nails will allow for a "Head to Toe" transformation.

## SPA OPERATING HOURS

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**MON - THURS:** 08H00 - 17H00

**FRI - SAT:** 08H00 - 20H00

**SUN:** 08H00 - 17H00

## CANCELLATION POLICY

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*The treatments you select are reserved especially for you. Please give 24 hours notice prior to cancelling otherwise 50% of the treatment fee will be charged.*



# MASSAGE THERAPY

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## BACK MASSAGE

Relieves tension in the back, shoulders and neck.

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30 Mins	K560
45 Mins	K600
60 Mins	K730
Add on hot stones	K150

## SWEDISH MASSAGE

Induces a state of relaxation and well being.

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60 Mins	K820
75 Mins	K880
90 Mins	K950

## DEEP TISSUE MASSAGE

A deep pressure massage to relieve tension and stress in the body, followed by a muscle relief gel to soothe tired muscles.

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60 Mins	K880
75 Mins	K940
90 Mins	K1020

## HOT STONE MASSAGE

A massage stone therapy for the purpose of pain.

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60 Mins	K880
75 Mins	K940
90 Mins	K1020

## MAMA'S TOUCH MASSAGE

45 Mins K800

## FOOT MASSAGE

30 Mins K460



# BODY TREATMENTS

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## **BODY POLISH**

An effective body exfoliation to smooth, stimulate and deeply condition the skin, while stimulating the senses.

30 Mins K560

## **COFFEE BODY WRAP**

Re-energize with this revitalizing body wrap. A coffee espresso exfoliation prepares your skin for a stimulating butter mint wrap. This treatment will leave you feeling fresh and awakened while improving circulation.

60 Mins K900

## **ENZYME BODY WRAP**

A deep exfoliation with essential oils and a sugar scrub prepares your skin for the brightening wrap where the star ingredient is baobab. The benefits of its natural high content of vitamin C will aid in brightening uneven skin tone, improving firmness and repairing sun damage.

60 Mins K900

## **CIELA BODY RETREAT**

Allow our therapist to awaken all five senses with a luscious pampering treatment for face and body. A full body buff leaves the skin satiny smooth which is followed by a skin-quenching body butter massage and a customized face treatment. You will feel relaxed, revived and rejuvenated with this head to toe pamper treatment.

90 Mins K1500

## **VICHY SHOWERS - ADD ON TO ANY BODY TREATMENT**

Melt away stress as the gentle, warm waters of the Vichy shower rain over your body creating a luxurious, healthful, and deeply relaxing sensation.

K250



# BODY TREATMENTS BY SPALICIOUS

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## **SELF HEATING BODY BUFF**

A luxurious and intensive 30 minute full body scrub using our award winning Mandarin & Sandalwood Self Heating Sugar Scrub. As the creamy scrub comes into contact with your skin you will feel a relaxing warming sensation which is further enhanced by adding a little water which will deliver another burst of soothing heat. With this treatment your skin will be regenerated and re-mineralized with the increase in blood circulation and removal of dead skin cells.

30 MINS  
K600

## **DETOXIFYING BACK TREATMENT**

A lifesaving back treatment with a touch of real luxury. The treatment begins with a Mandarin & Sandalwood Self Heating Sugar Scrub that removes dead skin cells and re-mineralizes your skin. One of your three kaolin creamy masks will be applied to the back and left to detox for any breakouts on your back as well as remineralise and hydrate an area often neglected. Whilst the mask is at work you will then receive a heavenly back of leg massage followed by a relaxing back massage, ending off with the Mandarin & Sandalwood Dry Body Spritz to nourish your skin.

45 MINS  
K650

## **BODY COCOONING BODY BLITZ**

A full body treatment personalized according to your needs, whether you want to destress and revive sore and tired muscles with an Cooling Peppermint Body Wrap, or improve collagen in the skin and remineralize your body with a Firming Chocolate Wrap, or Detox with our Heating Sandalwood and Mandarin Wrap improving Blood Circulation.

60 MINS  
K900

## **CELLULITE TREATMENT**

Spalicious Cellulite treatment was developed after 5 years of intensive research and development on finding a solution to managing cellulite. It works in three steps. Exfoliate, Massage and Contour Cream with active ingredients that firm the skin by 57% and activate lipolysis in the skin.

60 MINS  
K1000



# BODY TREATMENTS BY SPALICIOUS

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## **BODY SCULPTING TREATMENT**

An intense body Treatment, that helps to improve blood circulation and improves collagen production by firming and toning the skin. The heat from the Body Scrub and Cellulite Melting Gel and the Cooling from the Vichy showers helps in losing centimetres.

60 MINS  
K1200

## **MAMA'S BUM AND BELLY PREGNANCY WRAP**

A very special peel off wrap enriched with spirulina with a high protein content to protect the skin elastin and collagen and ginkgo biloba to soothe and protect the skin. Feel light and toned with the cooling effect of the menthol leaving your belly and bum refreshed. No mess or fuss with this easy to apply gel wrap that sets in 15 minutes and peels off easily leaving no trace, revealing a subtle fragrance of pink grapefruit.

60 MINS  
K1000

## **THE CIELA BODY ESCAPE**

Feel ON TOP OF THE WORLD with this 2 hour treatment. Especially recommended for highly stressed individuals in need of intense regeneration and recharging. Together with your qualified therapist a treatment plan tailored to your needs will be delivered. We start with vigorous full body exfoliation that will re-mineralize and increase blood circulation followed by a body cocoon wrap that best suits your specific needs and we end off with a one hour full body massage that leaves you recharged and rejuvenated.

2 HOURS  
K2000

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## **VICHY SHOWERS - ADD ON TO ANY BODY TREATMENT**

Melt away stress as the gentle, warm waters of the Vichy shower rain over your body creating a luxurious, healthful, and deeply relaxing sensation.

K250



# FACIAL TREATMENTS

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Born out of a love for Africa. Essential contains a powerhouse of plant-based oils and extracts from African species that have adapted to cope with the harshest conditions on the planet, thus helping your skin do the same.

## **RADIANT EXPRESS FACIAL**

A great way to brighten your skin in a hurry! The mini version of our signature facial includes cleansing, ex-foliating, mask and moisturizer. This facial is designed to leave you feeling invigorated and ready to face the world.

30 MINS  
K580

## **TEEN FACIAL**

Created with teen complexion needs in mind - our teen facial can help with persisting skin troubles common in teenagers and will also prevent them before the problem starts. This facial uses product formulated with ingredients that are perfect to energize skin.

60 MINS  
K690

## **ESSENTIAL ORGANIC FACIAL**

This facial is customized for your skins needs, whether you are looking for a deep cleanse, intense hydration of an anti-ageing facial. This facial benefits all skin types and ages, natural ingredients such as Rooibos, Mongongo and Kigelia and in replenishing the skin, and restoring balance, leaving the skin nourished and rejuvenated.

60 MINS  
K850

## FACIALS BY SIX

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Whether your desire is to maintain vibrant, young and healthy skin or you wish to restore and rejuvenate ageing and dry skin, SIX Skin Treatments can help you achieve beautiful, healthy skin.

## **ENERGISING EXPRESS FACIAL**

An efficient express treatment that will be tailored to your specific needs. This is a great booster treatment or mini deep cleanse to add with other treatments and will rejuvenate, revitalise and refresh the skin.

30 MINS  
K800

## **DOUBLE EXFOLIATING DEEP CLEANSE FACIAL**

This treatment will couple an Energising express skin treatment with a choice of 3 spa rituals to provide a truly indulgent experience. Choose from a back, foot or Indian head massage ritual.

45 MINS  
K900



# FACIAL TREATMENTS

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## REVIVING SKIN GLOW FACIAL

This classic facial treatment will provide you with a unique sensorial experience as well as a thorough anti-aging treatment. It restores the natural luminosity to your complexion and revitalizes tired, dull skin whilst smoothing out expression lines and wrinkles using professional massage and extraction techniques coupled with the advanced firming and rejuvenating ingredients to aid in nourishment, protection and maintenance of your skin and to stimulate production of collagen and elastin.

60 MINS  
K1000

## INTELLIGENT ANTI AGEING FACIAL

For the ultimate in relaxation and pampering experience this treatment combines an indulgent hot oil back massage and herbal compress treatment with a rejuvenating, revitalising facial that includes a double exfoliation, hand treatment and a heavenly signature facial massage.

90 MINS  
K1200

## WRINKLE SMOOTHING & INSTANT FIRMING EYE TREATMENT - ADD ON

A skin enhancer that adds no additional treatment time to your facial. This luxurious anti-ageing eye treatment firms, smoothes fine lines, reduces puffiness, tones and hydrates the delicate eye area, giving your eyes that shine like diamonds.

15MINS  
K250

## ADVANCED SKIN THERAPY

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### REVEAL SKIN PEEL

The only super intensive Alpha hydroxyl acid peel facial that still delivers the unique SIX sensorial experience with our relaxing warming and lifting massage. Instant results with refined pores, smoothed lines, clearer and more even complexion and super glowing and radiant skin. This treatment is best suited for any skin type with turbo charged cell turnover.

60MINS  
K1800

### AZELIAC SKIN PEEL

A lighter peel for the more sensitive clients, that still delivers the unique SIX sensorial experience, leaving the skin with a radiant glow.

60MINS  
K1500

### Dermaplaning

An Effective and safe exfoliation procedure making use of a specially designed 10R scalpel to remove the surface of the skin which removes excess dead skin and vellus hair. It creates a deeper product penetration boosting the effects of the ingredients, this is followed by a Facial making the skin look and feel smoother. A lighter peel for the more sensitive clients, that still delivers the unique SIX sensorial experience, leaving the skin with a radiant glow.

75Mins  
K2000



# MALE GROOMING

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## SIX MEN - SKIN TREATMENT

### SIX MAN ON THE MOVE

This treatment will combine an express men's specific facial with a choice of 3 spa rituals to provide a truly rejuvenating 30 minute experience. Choose from a back massage, foot ritual or indian head massage ritual.

30 MINS  
K800

### SIX MAN ENERGISING FACIAL

Just the tonic for tired looking skin, a SIX MAN facial provides deep cleansing and hydration while helping to reduce fine lines and wrinkles. A thorough exfoliation will remove dull, dead skin cells and energise and invigorate the skin. With specific massage techniques the skin is left toned, refreshed and supple. A deeply relaxing scalp massage is performed whilst an exceptional mask is applied and left to set on the skin.

60 MINS  
K1000

### SIX MAN RENEWAL SKIN TREATMENT

Using only super intensive and natural lactic acid and glycolic acid, choose from two alpha hydroxyl acid skin peels that work like a personal trainer on your skin bringing fitness and health back to the skin. An express treatment for the man on the move perfect for ingrown hairs, spots, fine lines and dehydration. Giving your skin renewed strength and health.

60 MINS  
K1200

### SIX MAN FIRST-CLASS TREATMENT

Renowned as our 'Hero' treatment; this SIX MAN experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment. Starts with a specialised back massage using unique movements to relieve tension followed by an energizing facial with an outstanding Indian head massage ritual.

90 MINS  
K1500

### MENS HAND GROOMING

75 MINS K300

### MENS FEET GROOMING

75 MINS K420

We also offer men's waxing.  
Please enquire at reception or see waxing offers.



# HANDS AND FEET

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**MANICURE AND POLISH** 45 MINS  
Nail care, scrub and massage, paint. K400

**SPA MANICURE** 60 MINS  
Nail care, scrub and massage, mask and paint. K450

**PEDICURE AND POLISH** 60 MINS  
Nail care, scrub and massage, paint. K500

**SPA PEDICURE** 75 MINS  
Nail care, scrub and massage, mask and paint. K550

**FOOT PEEL TREATMENT** K320  
A foot treatment directed at regaining foot health.

**GEL ADD ON** K200      **POLY GEL SET** K580

**GEL REMOVAL** K180      **POLY GEL FILL** K300

**FILE AND GEL POLISH** K300      **IBX NAIL TREATMENT** K320

**FILE AND PAINT** K250      **ACRYLIC SET** K580

**GELISH DIP ADD ON** K250      **ACRYLIC FILL** K300

**GELISH SOFT TIP** K550      **ACRYLIC NAIL REPAIR** K100

**GELISH FILL** K300      **ACRYLIC SOAK OFF** K200

# WAXING AND TINTING

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<b>BIKINI</b>	K300	<b>HALF LEG</b>	K250
<b>BRAZILIAN</b>	K460	<b>FULL LEG</b>	K400
<b>HOLLYWOOD</b>	K580	<b>FULL FACE</b>	K280
<b>VAJACIAL</b> A vajacial treats ingrown hairs, removes dead skin cells, smooths bumps around the bikini line, helps with hyperpigmentation, all to maintain healthy and hydrated skin.	K450 30 MINS	<b>SIDES OF THE FACE</b>	K200
		<b>BROW</b>	K150
		<b>LIP</b>	K150
		<b>CHIN</b>	K120
<b>UNDERARMS</b>	K280	<b>STOMACH</b>	K250
<b>HALF ARM</b>	K230	<b>CHEST</b>	K250
<b>FULL ARM</b>	K320	<b>BACK</b>	K400

## TINTING

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<b>LASH</b>	K150
<b>LASH AND BROW</b>	K280
<b>BROW</b>	K150

## LASHES

<b>LASH EXTENSIONS CLASSIC</b>	K700
<b>LASH EXTENSION VOLUME</b>	K800
<b>LASH FILL 2 WEEKS</b>	K400
<b>LASH FILL 3 WEEKS</b>	K500
<b>LASH REMOVAL</b>	K250

## MAKEUP

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<b>EVENING</b>	K300
<b>ADD FULL LASH SET</b>	K100
<b>BRIDAL</b>	K400

We offer a bridal package for Hair and Make up, enquire at reception



# CIELA SPA KIDS

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<b>MAGICAL MINI</b> Soak, Massage, Nail care and Polish.	20 MINS K300
<b>MAGICAL PEDI</b> Soak, Massage, Nail care and Polish.	20 MINS K300
<b>MAGICAL MANI AND PEDI</b> Soak, Massage, Nail care and Polish.	40 MINS K550
<b>LITTLE PRINCESS MASSAGE</b> Back, Neck & Shoulders, Back of Legs and Arms.	20 MINS K350
<b>LITTLE PRINCE MASSAGE</b> Back, Neck & Shoulders, Back of Legs and Arms.	20 MINS K350
<b>ROYAL HEAD AND FOOT MASSAGE</b>	20 MINS K250
<b>LITTLE DUCHESS/LITTLE DUKE FACIAL</b>	20 MINS K400
<b>KIDS HAIR CUT</b>	K200
<b>QUEEN'S BLOWOUT/KING'S HAIRSTYLE</b>	K180

# PAMPER PARTY

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Little Princess or Prince Massage	30 MINS
Little Duchess or Duke Facial	K800PP
Queens Blowout or Kings Hairstyle	
And a milkshake	

Children must be accompanied by an adult at all times.  
An indemnity is required to be signed for each child.

# SPA ETIQUETTE

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## HOW DO I CHOOSE MY TREATMENTS?

We offer a menu to pamper, relax and revive the body. Our Therapists can help you select those treatments that are most appealing and beneficial to you.

## TREATMENT CONSULTATIONS

Our consultations are confidential and complimentary and will be carried out before all our treatments. Please notify us when booking your treatment if you have any allergies. If you have any concerns regarding your health or body, please let us know.

## ARRIVAL

If you are a new client please arrive 15-30 minutes prior to your appointment to register at reception and complete our consultation questionnaire. Arriving late will deprive you of precious minutes of your spa or treatment time.

## WHAT SHALL I WEAR?

Wear whatever is comfortable. Whilst at the spa we will provide you with a robe and slippers. On arrival, your Therapist will explain the elements of your treatment and advise what items of clothing should be worn during it. During treatments all our Therapists are trained to drape you appropriately for privacy. Whilst using the wet spa and any of our holistic experiences, swimming shorts/trunks or costumes should be worn.

# YOUNG ADULTS

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We welcome all young adults aged 16 and over.

## WHAT IF I'M TO BE A 'YUMMY MUMMY'?

Please notify us if you are pregnant when booking your treatments. We have designed treatments with products and techniques that are safe for pregnancy.

## WHAT IF I HAVE A SPECIFIC HEALTH PROBLEM?

- ▲ Please notify us when booking your treatment if you have any allergies.
- ▲ If you have any concerns regarding your health or body, please let us know

## RESERVATIONS AND CANCELLATIONS

Please book spa appointments in advance. Credit card details are required to secure an appointment. Clients who wish to change or cancel an appointment are asked to give 24 hours notice otherwise 50% of the treatment will be charged, unless the slot is fully booked and the appointment is taken by another client. If you do not arrive then we will have to charge the full treatment price. Always feel free to walk in, we may have space!

## CONTINUE YOUR EXPERIENCE AT HOME.

As part of your complete experience, our trained Therapists will gladly recommend a skin care routine to enable you to continue the benefits of your treatment at home. Our products are available to buy directly from the spa.



## GIFT VOUCHERS

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Beautifully presented gift vouchers are available at a variety of monetary values and for any treatment or package; these can be purchased from reception. Vouchers are an ideal way of solving those 'what-to-buy dilemmas' for that special occasion, an anniversary surprise, birthday treat or just because you care!

## PEACE OF MIND

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We endeavour to provide you with a tranquil, relaxing and reviving environment. We therefore request that you respect the needs of fellow clients by leaving your mobile phones and other electronic items in your locker. Smoking is not permitted on the premises.

## AND FINALLY, A FEW SPA TIPS

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To ensure a wonderful spa experience, please make us aware of any preferences that you may have. Talking with your Therapist will help them customise their service to ensure maximum enjoyment.

- ▲ Re-hydration is an important part of spa treatments. We therefore recommend that you drink plenty of water.
- ▲ We recommend that men shave a few hours before a facial.

## SPA LOYALTY

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### **SPA MEMBERSHIP**

### **BONANZA GOLF MEMBERS PAY**

## GYM MEMBERSHIP

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### **GYM MEMBERSHIP**

### **BONANZA GOLF MEMBERS PAY**

### **NON MEMBER DAILY USE**