



THE SPA

TREATMENT MENU

CIÊLA

—
TRIBUTE PORTFOLIO



A WORLD OF WELLBEING AWAITS YOU

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

MON - THURS: 08H00 - 17H00

FRI - SAT: 08H00 - 20H00

SUN: 08H00 - 17H00

CANCELLATION POLICY

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

BACK MASSAGE

Relieves tension in the back, shoulders and neck.

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

SWEDISH MASSAGE

Induces a state of relaxation and well being.

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.

60 Mins	K880
75 Mins	K940
90 Mins	K1020

HOT STONE MASSAGE

A massage stone therapy for the purpose of pain.

60 Mins	K880
75 Mins	K940
90 Mins	K1020

MAMA'S TOUCH MASSAGE

45 Mins	K800
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FOOT MASSAGE

30 Mins	K460
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BODY TREATMENTS

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

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

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

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

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

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

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

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

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

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

BIKINI	K300	HALF LEG	K250
BRAZILIAN	K460	FULL LEG	K400
HOLLYWOOD	K580	FULL FACE	K280
VAJACIAL 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	SIDES OF THE FACE	K200
		BROW	K150
		LIP	K150
		CHIN	K120
UNDERARMS	K280	STOMACH	K250
HALF ARM	K230	CHEST	K250
FULL ARM	K320	BACK	K400

TINTING

LASH	K150
LASH AND BROW	K280
BROW	K150

LASHES

LASH EXTENSIONS CLASSIC	K700
LASH EXTENSION VOLUME	K800
LASH FILL 2 WEEKS	K400
LASH FILL 3 WEEKS	K500
LASH REMOVAL	K250

MAKEUP

EVENING	K300
ADD FULL LASH SET	K100
BRIDAL	K400

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



CIELA SPA KIDS

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

PAMPER PARTY

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

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

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

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

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

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

SPA MEMBERSHIP

BONANZA GOLF MEMBERS PAY

GYM MEMBERSHIP

GYM MEMBERSHIP

BONANZA GOLF MEMBERS PAY

NON MEMBER DAILY USE