

# Treatment Menu



THE  
FEATHER  
HILL  
SPA

## Welcome

Feather Hill Spa, a place of charm and grace, Where every moment is a warm embrace.

As you step inside, aromas dance around , a fragrant yet soothing trance, Embrace the tranquil ambiance.

We see your gentle, caring frame.  
What a dear guest you've become, you're no longer just a name.

Here, massages are poetry, a symphony of touch, Crafted for your wellness by our hands' gentle brush.

Your journey begins, let peace unfurl

# PACKAGES

Packages include a light lunch from the famous *Vista's* restaurant.



## ESCAPE PACKAGE 3.5H

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**Includes:**

*TheraNaka Fusion African oil massage 60min, TheraNaka Essential facial 60min, TheraNaka Hand ritual 30min, TheraNaka Foot ritual 45min, scalp massage 20min & Access to the hydration facilities (sauna, steam room and indoor pool) for 30 minutes.*

**Price**

One person only R2215  
Couple R3730

## RENEW PACKAGE 3.5H

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**Includes:**

*TheraNaka Fusion African oil Hot stone full body massage 60min, TheraNaka Essential facial 60min, TheraNaka Pedicure 60min, scalp massage 20min & Access to the hydration facilities (sauna, steam room and indoor pool) for 30minutes.*

**Price**

Per person R1215

## RESTORE PACKAGE 2H45M

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**Includes:**

*TheraNaka African Fusion oil massage 60min, TheraNaka Essential facial 60min, TheraNaka Hand OR Foot ritual 45min & Access to the hydration facilities (sauna, steam room and indoor pool) for 30 minutes.*

**Price**

Per person R1095

## HYDRO FACILITIES & SWIMMING POOL

All booked treatments include the use of the Hydro Area. Visitors without spa bookings will be charged R250 per person per hour for the use of any/all Hydro Facilities

# PACKAGES



## How it works

To create your custom package, select a minimum of 1 treatment per category listed below.

Select **1** base treatment, **1 or 2** focus area, **1 or 2 or 3** additional treat(ment)

### BASE TREATMENTS **60 MIN**

*Choose only one*

#### **Price R500**

*60min*

*TheraNaka African Fusion oil massage*

*Swedish | Deep tissue | Hot stone | Pregnancy*

*60min*

*TheraNaka Essential Care Facial*

### FOCUS AREA **15 MIN**

*Choose one or two*

#### **Price R320**

*15min TheraNaka African Fusion oil massage*

*Scalp | Foot | Hand | Back neck & shoulders*

*| Facial massage*

### ADDITIONAL **R 300**

*Choose one or two or three options*

#### **Additional Treatment**

##### **Price R300**

*60min Gel mani | Gel Pedi (NO nail art, acrylic or tips)*

*45min TheraNaka Foot Ritual | Hand Ritual*

*30min Eyebrow tint + wax*

MANICURES  
PEDICURES

## **THERANAKA® MANICURE** **45 MIN R300**

*Indulge in an African inspired spa manicure, treating your hands and forearms to a gentle exfoliation followed by an African Earth fusion hand massage, whilst including nail and cuticle attention, followed by a nail colour of your choice for your rejuvenated younger-looking hands. (No nail art, acrylics or tips)*

## **THERANAKA® PEDICURE** **60 MIN R400**

*Pamper tired feet and legs during a soothing spa pedicure, focusing on exfoliation of rough skin, a customised nourishing African Shea butter dumbbell massage, including nail and cuticle attention Choose a dazzling nail colour for your gorgeous new feet. (No nail art, acrylics or tips).*

### **MANICURE 1H R330**

*Starting off with a salt scrub, soaking in luke warm water, removing dead skin and cutting the cuticles. Monochrome style only NO art, acrylics or tips. Includes a hand massage.*

*Gel*

### **PEDICURE 1H R440**

*Using a salt scrub, soaking in luke warm water, removing dead skin and cutting the cuticles. Filling the heels and dry skin areas. Feet are dipped into warm paraffin and covered with a bootie, encapsulating the product and causing intense moisturising Includes a foot massage.*

### **MANICURE 1H R315**

*Using a salt scrub, soaking in luke warm water, removing dead skin and cutting the cuticles. Hands are dipped into warm paraffin and covered with a mitten, encapsulating the product and causing intense moisturising Includes a hand massage.*

*Paraffin Wax*

### **PEDICURE 1H R420**

*Using a salt scrub, soaking in luke warm water, removing dead skin and cutting the cuticles. Filling the heels and dry skin areas. Feet are dipped into warm paraffin and covered with a bootie, encapsulating the product and causing intense moisturising Includes a foot massage.*

*Add on to your mani or pedi*

### **SOAK OFF 1H R77**

*We soak cotton in acetone and wrap each nail, once the gel is soft we scrub and file the gel layer until the natural nail is seen.*

**Gel application 30min R110**  
**Nail polish application 30min R80**

MANICURES  
PEDICURES

## African Fusion Body Oil options

Enjoy the freedom of choosing your favourite scent from our selection of Marula-herb infused Fusion body oils to address your every need whilst restoring balance

Selection:

### **AFRICAN STORM | Invigorating**

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An invigorating blend of 100% pure plant extracts – including Marula, Fennel and Ginger – used for massage targeting areas of sluggish circulation. **Important Ingredients: Marula Oil, Fennel, Ginger.**

### **AFRICAN PEACE | Relaxing**

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A relaxing body treatment oil containing 100% pure plant extracts – including Marula, Lavender, Jasmine and Geranium used for massage to help relieve stress and fatigue for a total feeling of well-being. **Important Ingredients: Marula Oil, Jasmine, Geranium.**

### **AFRICAN RECHARGE | Uplifting**

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An uplifting body treatment oil containing 100% pure plant extracts – including Marula, Lime and Sweet Orange – used for massage to create a sense of upliftment leaving you feeling refreshed and energised. **Important Ingredients: Marula Oil, Lime, Sweet Orange.**

### **AFRICAN EARTH | Safe & soothing**

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A moisturising body treatment oil containing 100% pure plant extracts – including Baobab, Neroli and Wheatgerm – used for massage to promote a sense of well-being leaving your skin soft and silky smooth. **Important Ingredients: Neroli, Wheatgerm Oil, Baobab Oil.**

### **AFRICAN VIGOUR | Invigorating and refreshing**

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A revitalising blend of 100% pure plant extracts – including Rosemary, Black Pepper and Marjoram – used for massage to create a sense of well-being leaving you feeling refreshed and invigorated. **Important Ingredients: Marula Oil, Rosemary, Marjoram, Peppermint, Black Pepper.**



# MASSAGES 1

## **SWEDISH FULL BODY MASSAGE 60MIN R650**

*A relaxing massage which movements consists out of effleurage, kneading and wringing. Starting at the feet working up towards the neck, these massage techniques will ease the tension in your muscles.*

## **BACK, NECK AND SHOULDER MASSAGE 30MIN R495**

*For any spasm or tension between your scapula's, this focused treatment is wonderful. Feel free to ask your therapist to focus on specific areas which relaxes you most.*

## **HOT STONE FULL BODY MASSAGE 60MIN R715**

*Muscles respond very well to heat, which means hot stones are great for tense and stubborn knots. This massage is a combination of Swedish movements and hot stones, alternating between hands and stone.*

## **HOT STONE BACK, NECK AND SHOULDER MASSAGE 30MIN R495**

*As mentioned above the massage is a combination of Swedish massage movements and hot stones being used as a massage instrument which releases heat and relaxes the muscles.*

**Pregnancy Massage Full Body Pregnancy Massage Arms & Legs Relaxation  
Foot Massage Indian Head Massage**

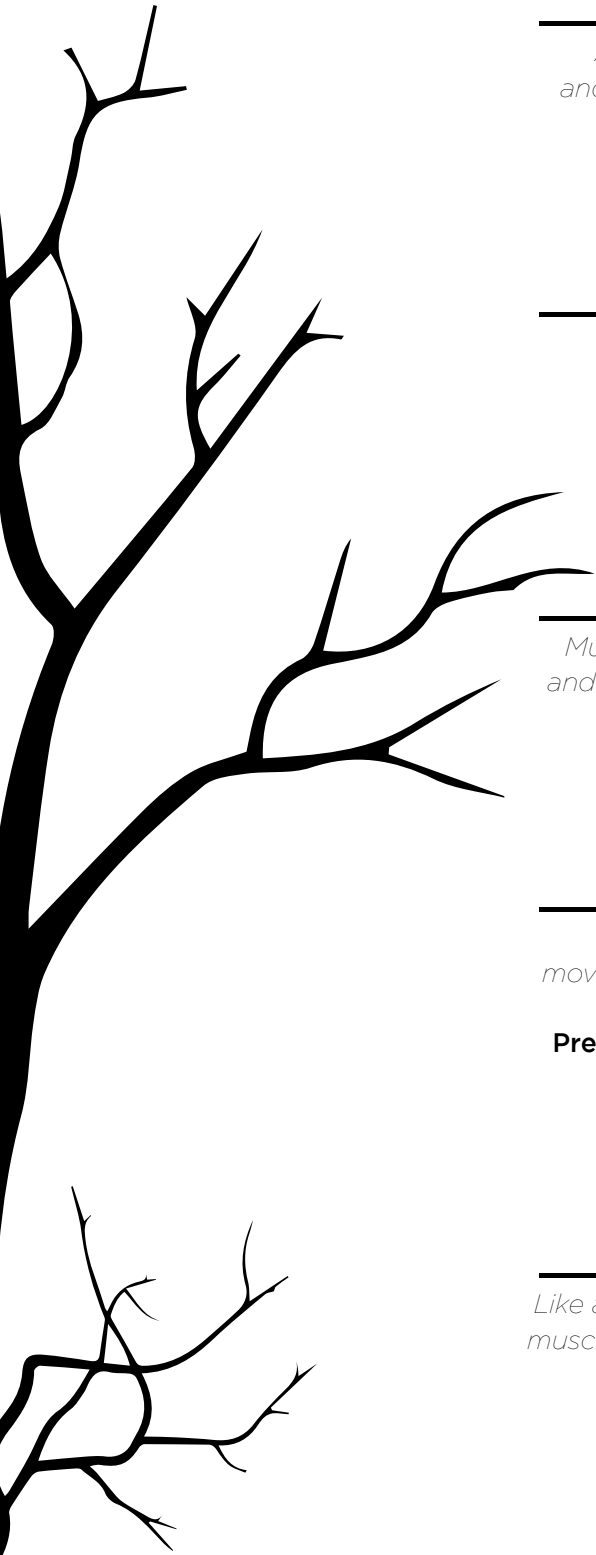
## **DEEP TISSUE FULL BODY MASSAGE 60MIN R715**

*Like a sports massage, the deep tissue has a goal to achieve. Moving deep in the muscle with very particular techniques and speed, resulting in more blood flow to the tense area.*

## **DEEP TISSUE BACK, NECK AND SHOULDER MASSAGE 30MIN R495**

*Muscles heal and repair when blood flow is increased in the area or surrounding area, if you love a deep and intense massage this is a great option. After much strain or training a deep tissue massage can assist the muscles in removing waste products.*

# MASSAGES 1



# MASSA

## **FULL BODY PREGNANCY MASSAGE 60MIN R550**

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*Side-line Swedish full body massage, laying in the recovery position while the massage is performed to ensure comfort and relaxation for the mom to be.*

## **ARMS & LEGS PREGNANCY MESSAGES 30MIN R495**

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*Focusing on the arms and legs of the mom to be, Swedish massage movements are used. Complete relaxation should be achieved, inform your therapist whether you would like a side-line position or a seated position massage session.*

## **INDIAN HEAD MASSAGE 30MIN R300**

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*Increasing blood flow on the scalp is very beneficial for hair growth and a seasonal dry scalp, and assists in carrying nutrients and more blood flow to sluggish cells.*

## **RELAXATION FOOT MASSAGE 30MIN R300**

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*Feet are the most used but the least thought of, and one of the most common areas we hold stress. Making use of soothing and stretching movements along with massage techniques to ease the tension.*

Add a *Lilian Tussy* oil

### **Vascu Flow**

*Add to: Full body massage / Back, neck and shoulder massage **R75** Lower leg and foot massage **R50**. May improve blood circulation, appearance of varicose veins and reduce thinning of the skin (for women on HRT for more than 3 years). Could be very beneficial to diabetics. (Cypress, Bergamot & Spearmint in a grapeseed oil carrier base.)*

### **Dryscalpo**

*Add to: Indian Head Massage on scalp **R50**  
Could alleviate dry & irritated scalp and may prevent hair loss.  
(Patchouli, Bergamot & Lavender.)*

### **Pregny oil**

*Add to: Full body massage / Back, neck and shoulder massage **R75** Lower leg and foot massage **R60**. Combats nausea, spinal pain and swelling of the extremities. May increase breast milk production and improve immune defence. Hydrates and nourishes skin to prevent stretch marks. (Ginger, Lemon & Roman Chamomile.)*

### **Sportz Muscle**

*Add to: Full body massage / Back, neck and shoulder massage **R70** Lower leg and foot massage **R50**. May help relieve muscle, joint and ligament injuries. Can be used pre & post sport (Ginger, Lavender & Black pepper.)*

# AGES 2

# TheraNaka®

## F A C I A L THE ULTIMATE SKIN CARE ESSENTIALS

*This unique assortment of exceptional products will collectively repair, hydrate and rebalance the skin's natural protective functions whilst leaving your skin feeling smooth, toned and radiant. The Essential Skin Care Collection consists of key products to transform your skin while the fusion of carefully interwoven elements take you on a blissful sensory journey.*

### **ESSENTIAL CARE FACIAL 60MIN R380**

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**Pre-cleanse | Cleanse | Exfoliate | Toner | Masque | Toner | Massage | Moisturise**

*TheraNaka Essential skin care products: Waterproof make-up remover, daily foaming cleanser, revitalizing mist, gentle exfoliating gel, moisturising face essence, moisturising protective eye gel, moisture comfort mask, hyaluronic acid massage medium, soothing protective day cream.  
Facial includes a facial massage with small wooden dumbbells.*

*Influenced by nature and focused on naturally improving the condition of the skin.*

*With Mother Nature as your chemist and the powerful gift of touch, the treatment was designed to create a healing experience from the earth and leave you feeling renewed and revitalised with guaranteed result. This idyllic and rejuvenating facial will repair, hydrate and re-balance the skin's natural protective functions whilst leaving the skin feeling smooth, radiant and ultra nourished*





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