

The Spa at Selborne

“rejuvenate in subtropical refinement”

MATIS FACIAL THERAPY

* **DEEP CLEANSE:** a ritual of purity to remove impurities, refine pores and improve skin texture.

60minutes

R220.00

***REVITALISING FACIAL TREATMENT:** A booster treatment for dull, stressed and tired skin. A perfect treatment for smokers and environmentally damaged skin.

60minutes

R280.00

***FACE PRINT MASK TREATMENT:** A dual action treatment that combines application of a vitaminised serum and a print mask used for its instant radiance boosting properties. You have three choices:

Energizing and vitalizing treatment for dehydrated tired skin

Decongesting and soothing treatment for dry sensitive skin

Balancing and purifying treatment for oily problem skin

90minutes

R370.00

* **ACNE FACIAL TREATMENT:** A highly advanced, targeted treatment that help purify and improve the appearance of problem skin.

90minutes

R420.00

* **DELICATE AND SOOTHING TREATMENT:** A skincare treatment that calms even the most delicate and sensitive skins. It's an instant and long lasting comfort for irritated and sensitive skin types.

90minutes

R420.00

* **SUPERIOR WHITENING TREATMENT:** A solution to pigmentation using a combination of natural ingredients. It not only reduces the appearance of pigmentation but also gives skin a porcelain even finish.

90minutes

R620.00

*** YOUTH RESPONSE TREATMENT:** A genuine epidermal energybooster. This treatment stimulate cell renewal and prevent appearance of fine lines and wrinkles.

90minutes
R600.00

*** UNIQUE CAVIAR ANTI-AGEING TREATMENT:** Rolls Royce of anti-ageing skincare treatments. This treatment contains active energizing, regenerating and revitalizing ingredients plus skin cell activity booster. It is rich in caviar extract and marine collagen.

120minutes
R760.00

***GENT'S FACIAL TREATMENT:** An ultimate treatment in male grooming. Get a 30minute back neck and shoulder massage PLUS an hour of either a

Detoxifying treatment: fight stress and pollution and reinforces natural skin defenses against external aggressions. **Recommended for dull complexions, smokers and highly stressed businessmen.**

Purifying treatment: Balances oil secretion and refines pores. Fight blackheads and is **excellent for rebalancing those skins that get shiny during the day.**

Energizing treatment: Powerful anti-ageing treatment. Increases level of water within skin; reduce sebum secretions and stimulates cell renewal leaving the skin clear, bright and full of vitality.

90minutes
R410.00

***PURIFYING BACK TREATMENT:** A specialized "deep cleanse" for the back.

60minutes
R320.00

ADD ON:

EYE CONTOUR TREATMENT: Especially designed to restore youthfulness to the eye contour area and diminish the signs of ageing. This treatment can be added to any facial treatment.

30minutes
R180.00

MATISPA BODY WRAPS

***CHOCOLATE MOUSSE SOOTHING FOAM BODY WRAP:** Is a delicious and sensual pathway to the well-being.

90minutes
R515.00

***SELF HEATING CELLU SMOOTHING MASK:** Is for body contouring and relaxation, it remains pleasantly warm throughout the treatment.

90minutes
R515.00

***DRAINING AND RELAXING MUD WITH ORANGE ZEST:** Is for a relaxing effect.

90minutes

R515.00

***REMINERALISING BODY WRAP WITH SEAWEED AND TRACE ELEMENTS:** Is a perfect treatment to help you regain your vibrancy, energy and vitality. **90minutes R515.00**

***SCULPTING BODY WRAP WITH SEAWEED AND GREEN TEA:** Is a seaweed based mask with a targeted slimming action.

90minutes

R515.00

MATISPA BODY EXFOLIATORS/SCRUBS

They intensely exfoliate the epidermis, leaving it beautifully soft. Products come in a range of textures to allow for efficient, tailored exfoliation response to clients needs and expectations.

*For a **gentle exfoliation** you get a choice between **EXFOLIATOR WITH GREEN TEA** or **EXFOLIATOR WITH ORANGE ZEST**.

*For a medium exfoliation you get a **CRYSTAL EXFOLIATOR WITH FLOWER PETALS**.

30minutes

R205.00

***AROMATIC HYDROBATH:** A perfect way to begin any treatment.

30minutes

R160.00

MASSAGE THERAPY

All our massages include a scalp massage apart from the reflexology treatment.

With our full body massages we massage the back, back of legs, feet, front of legs, arms, shoulders and neck..

***Back Neck and Shoulder:** A relaxing massage to relieve tension zones.

30minutes

R170.00

45minutes

R210.00

***Swedish massage:** A full body, medium pressure European massage to ease tense muscles and for general wellbeing.

60minutes

R300.00

90minutes

R375.00

***Aromatherapy Massage:** A blend of essential oils for a healing massage.

60minute

R320.00

90minute

R400.00

***Hot Stone Massage:** A massage with the use of basalt stones to create harmony in the body.

90minute

R450.00

***Kahuna Massage:** A Hawaiian style massage for increased circulation and relaxation. Perfect for Bridal preparation.

90minutes

R450.00

***Indian Head Massage:** A traditional healing massage to relieve emotional stress.

20minutes

R150.00

30minutes

R200.00

***Aroma Reflex Massage:** A combination of aromatherapy massage and reflexology, the complete relaxation experience.

120minutes

R550.00

***Reflexology:** A traditional healing massage by working on the body reflex points on the feet, a perfect way to relaxation.

45minutes

R250.00

SPA PACKAGES

***De-stress and Re-juvenate Package**

Aromatic Hydro-Bath, 45minute Back Neck and Shoulder massage and Indian Head Massage.

1hr30minutes

R360.00

***Quick Fix Package**

30minute Back Neck and Shoulder Massage, Mini Manicure and Mini Pedicure.

1hr30minutes

R450.00

***Unwind Spa Day**

Aromatic Hydro-Bath, Full Body Exfoliation, Swedish Massage, Deep Cleanse Facial.

3hrs

R660.00

***Pamper Package**

Face Print Mask Treatment, Body-wrap, Mini Manicure and Mini Pedicure.

4hrs

R1180.00

***Heaven for a Day**

Aromatic Hydro-Bath, Orange Zest Full Body Exfoliation, Hot Stone Massage, Face Print Mask Treatment plus Eye Contour Treatment, plus free Hand and Foot Treatment.

5hrs

R1400.00

***Sanctuary Day Spa**

Aromatic Hydro-Bath, Relaxing Body wrap, Aromatherapy Massage, Revitalizing Facial Treatment, Paraffin Manicure, Paraffin Pedicure.

6hrs

R1300.00

***Bridal Day Spa**

Full Body Scrub using Crystal Exfoliation, Hot Stone Massage, Face Print Mask Treatment, French Manicure and French Pedicure.

5hrs30minutes

R1200.00

***Golfers Retreat**

Golfers Back Massage, Indian Head Massage, Leg Treatment

1hr40minutes

R380.00

OPI HANDS AND FEET TREATMENT

Pedicure and Paint

60minutes

R250.00

Manicure and Paint

60minutes

R200.00

Foot Treatment

45minutes

R180.00

Re-varnish

30minutes

R65.00

French Re-varnish for Hands or Feet

30minutes

R65.00

Paraffin Wax ADD ON
R65.00

WAXING

Brow, Lip, Chin, Sides each
R35.00

Underarms
R50.00

Bikini or Forearms
R70.00

Full Bikini
R140.00

Full Leg, Back or Chest
R150.00

Half Leg or Full Leg
R120.00

$\frac{3}{4}$ Leg or Top of Legs
R130.00

Full Face
R150.00

THREADING

Brow, Lip, Chin, Sides each
R30.00

Underarms
R40.00

Forearms
R60.00

Full Face
R125.00

TINTING

**Eyelash
R60.00**

**Eyebrow
R50.00**

**Eyelash and Eyebrow
R95.00**

CANCELLATION POLICY

*Kindly arrive 15minutes prior to your treatment.

*Late arrivals' treatment time will be reduced accordingly.

*24 hours of advance notice is required for cancellations and rescheduling.

*Unfortunately less than 24hours notice will result in the full charge of your treatment.

*Prices are subject to change without notice.

O.P.I

MATIS

PARIS

LUNCH SPA MENU:

Cold Salads:

Cocktail tomatoes, bean sprouts, spring onions, radish, red onions and pickled beetroot on mixed green leaves topped with roasted sunflower seeds. Oil free dressing.

R39.00

Cold sweet potato and leek soup scented with fresh mint and topped with julienne of rooibos. Smoked tuna.

R32.50

Healthy Platter:

Cherry tomatoes

Smoked chicken breast (skinless)

Pineapple julienne

Low calorie cottage cheese

Asparagus

Celery curls

Avocado mousse

Served with rye bread and health

R45.00

whole wheat rolls filled with low fat cream cheese, cumin, chives on lollo rosso leaves.

R32.50

OR

Chicken breast, paprika and low fat mayonnaise, pine kernels and pineapples.

R32.50

Hot Menu:

Julienne of calamari steaks and mixed peppers on Chinese noodles in a bamboo basket (stir fry).

R45.00

Charcoal grilled mediterranean vegetables topped with confites tomato cocktail, crumbled fetta cheese and drizzle with extra virgin olive oil.

R45.00

Extra lean lamb cutlet grilled to perfection served with rosemary just new potatoes and baby vegetables steamed.

R78.50

Desserts:

Trio of sorbet

(litchi, kiwi and mango)

served with gaufrettes biscuits

R27.50

Meli-melo of fresh fruits with prune coulis and basil sorbet

R27.50