

The background of the entire page is a close-up photograph of sand with a series of concentric, wavy lines drawn into it, creating a ripple effect. The lines are a light tan color, contrasting slightly with the off-white sand. In the upper center, the word "SPA" is written in a large, elegant, dark brown serif font. To the left of the "S" and "P" is a large, stylized, flowing script letter "E" in the same dark brown color. Below the "SPA" text, the words "TREATMENT MENU" are written in a smaller, dark brown, all-caps sans-serif font.

SPA

TREATMENT MENU

YOUR WELLNESS JOURNEY AWAITS



A REIMAGINED SANCTUARY OF WELLNESS & TRANQUILLITY

OUR STORY

Unveiled in December 2024 after an exquisite transformation, Erinvale Spa has been meticulously redefined to set a new benchmark for luxury and well-being in the Helderberg Winelands.

With an inspired vision and a focus on holistic wellness, we have elevated every aspect of the spa to offer an unparalleled sensory journey.

Our enhanced offerings now include a meticulously designed range of treatments that blend indulgence with intention. From bespoke signature therapies to immersive sensory experiences such as sound bowl healing, every detail has been thoughtfully curated to nurture mind, body and soul.

The refined design and ambience of our spa reflect a harmonious fusion of elegance and tranquillity, complemented by world-class facilities: serene treatment rooms, an indulgent thermal suite, a glistening 25-metre lap pool, a state-of-the-art TechnoGym, and the enchanting al fresco Jasmine Terrace.

At the heart of this transformation lies our promise to inspire rejuvenation, self-discovery and the opportunity to Reset Your Senses.

Whether you desire relaxation, renewal or a bespoke wellness retreat, Erinvale Spa promises a luxurious escape where unforgettable moments await.

MASSAGE THERAPY

ERINVALE SIGNATURE EXPERIENCE

90 MIN | R1550

Take a deep breath, close your eyes & be swept away by this unexpected holistic massage experience.

AROMATHERAPY HOT STONE MASSAGE

90 MIN | R1500

Your personally blended oil & carefully chosen herbal infusion will awaken your 5 senses with this bespoke sensorial experience.

SOUND BOWL THERAPY

45 MIN | R1300

Align mind, body & soul, through the meditative high & low tones of these holistically designed bowls.

PACIFIC ISLANDS MASSAGE

60MIN | R1450

Travel to the Pacific Islands, where this Coconut & Monoï Massage, with warm Sand Pouches & Llomi Llomi movements, induces deep relaxation.

BACK RELAX

45 MIN | R800

Release tension in your back with expert massage movements combined with active products. Here you have an option of Bella Baci cups or full Hands On Massage.

BELLA BACI MASSAGE

60 MIN | R1150
90 MIN | R1550

A unique technique between therapist hands & silicone cups, to create the ultimate in deep relaxation & muscle stimulation.

MOM-TO-BE MASSAGE

60 MIN | R1350

A relaxing massage to soothe mommy's tired body, done with expert hands & pregnancy safe massage medium.

FOOT ZONE MASSAGE

30 MIN | R900

A combination of Reflexology & Massage Movements, relieves tension for aching feet.

BODY THERAPY

FULL BODY EXFOLIATION

30 MIN | R700

A choice between 3 different body exfoliations & textures, to suit your needs.

FULL BODY EXFOLIATION & WRAP

60 MIN | R1300

Reset yourself with a Full Body Exfoliation & Wrap focusing on your concerns, Relaxation, Hydration, Detoxification or Slimming.

HEALING TOUCH EXPERIENCE

60 MIN | R1950

This signature experience begins with a Full-Body Peel and Body Glove Polish, followed by a Foam Massage, a Full-Body and Hair Mask, and concludes with a refreshing Kneipp Therapy.

JET LAG TREATMENT

30MIN | R650

Leave your travel blues behind with this revitalising foot & leg touch.

CELLULITE REDUCTION TREATMENT

45 MIN | R950

A combination of RF Skin Tightening, Ultrasound & results driven product, makes this an ideal treatment to work on stubborn cellulite.

BODY CONTOURING TREATMENT

60 MIN | R950

Focused on Tightening & Firming of specific areas of the body, a combination of machine & professional product delivers excellent results.

COURSE OF 6 | R5500

SKINCARE THERAPY

ERINVALE GENESIS FACIAL

75 MIN | R1050

In this facial, we take it back to the basics. The treatment starts with an In-Depth Skin Analysis with our state-of-the-art Observer, followed by a treatment packed with Active Ingredients from our carefully chosen product houses.

ADVANCED FACIAL

45 MIN | R1100

Medical grade products are used in this treatment to target, Pigmentation, Acne & Anti-Ageing.

REJUVENATING FACIAL

90 MIN | R1550

A Specialised Facial which is customised to revitalise & rejuvenate your skin. Using active ingredients in the form of Ampoules & Specialised Masks, combining them with Facial Cupping & Qua Sha Stone Lifting Techniques.

CORRECTIVE FACIAL

90MIN | R1950

Targeting all skin concerns and conditions with this dynamic Aesthetical Treatment. Perfect synchronisation between result driven products & state-of-the-art facial machine technology, will deliver long lasting results.

COURSE OF 4 | R4000

COURSE OF 6 | R10500



Reset Your Senses

ERINVALE JOURNEYS

SENSES JOURNEY

180 MIN | R2550

Excite & ignite your senses with this embracing journey which includes:

- Full Body Exfoliation & Wrap
- Back Relax Massage
- Genesis Facial with Sound Bowl Massage

REJUVENATE JOURNEY

240 MIN | R3650

Feel Refreshed & Renewed as we pamper you from head to toe, with the Rejuvenate Journey you can expect the following:

- Full Body Exfoliation
- Bella Baci Massage
- Genesis Facial
- Express Spa Pedicure
- Express Spa Manicure

COUPLES RENEW JOURNEY

120 MIN | R3600

Switch off & take a break from reality, reconnect with your favourite person, while creating memorable moments with this unique Journey:

- Full Body Exfoliation
- Full Body Wrap
- Aromatherapy Full Body Massage

NAIL STUDIO

SPA PEDICURE

60 MIN

R550

SPA MANICURE

60 MIN

R450

FILE & PAINT

30 MIN

R350

GEL MANICURE

75 MIN

R600

GEL PEDICURE

75 MIN

R650

SOAK-OFF

45 MIN

R250

SOFT TIP SET

75 MIN

R450

ACRYLIC OVERLAY

60 MIN

R450

LASER HAIR REMOVAL

LIP, CHIN	15 MIN	R250
CHEEKS	30 MIN	R300
UNDERARM	30 MIN	R450
FULL ARM	45 MIN	R650
TUMMY, CHEST, BACK	45 MIN	R950
BRAZILIAN, HOLLYWOOD	45 MIN	R700
BIKINI	30 MIN	R550
HALF LEG	30 MIN	R750
FULL LEG	45 MIN	R950
TATTOO REMOVAL <i>10x10cm area</i>	30 MIN	R600

WAXING

LIP, BROW, CHIN, NOSE	15 MIN	R150
UNDERARM	30 MIN	R200
FULL ARM	30 MIN	R250
HALF LEG	30 MIN	R350
FULL LEG	45 MIN	R400
BIKINI	30 MIN	R300
BRAZILIAN	30 MIN	R400
HOLLYWOOD	45 MIN	R480
CHEST, TUMMY, BACK	30 MIN	R400
BROW TINT	15 MIN	R150
LASH TINT	15 MIN	R150
LASH & BROWN TINT	30 MIN	R275

ADVANCED THERAPY

DIETITIAN	60 MIN	R900
WELLNESS ASSESSMENT	60 MIN	R2000
IV DRIPS	60 MIN	R1750
PERSONAL TRAINING SESSION	60 MIN	R650
MEDICAL AESTHETICS <i>(Botox & Fillers)</i>	60 MIN	TREATMENT DEPENDENT
YOGA (PRIVATE SESSION) <i>(Up to 2 people)</i>	60 MIN	R500
YOGA (GROUP SESSION) <i>(Groups of 4)</i>	60 MIN	R125 PER PERSON



FOR BOOKINGS

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