

TREATMENTS & PROGRAMMES



Everyone who comes to The Hydro is here for some form of relief or rejuvenation.

Your journey begins with a consultation to establish what you are looking for – be it stress-relief, a weight-loss programme, or just a thorough physical cleanse.

We offer a number of highly effective body, massage, skin and movement therapies to reduce toxins and pollutants in your system.

Our programmes promote good circulation, enhance digestion, reduce tension, lubricate joints and strengthen your body.

We utilise a wide variety of skin therapies, specially formulated to treat whatever type of skin you have.

We have developed refined beauty therapies for your body, hands, feet, nails and hair.

You can choose from any number of these therapies during your stay, though they are best experienced through the longer, coordinated programs that we recommend.

BODY TREATMENTS



Aqua One-on-One is ideal if you're seeking a gentle, yet effective way to stretch and strengthen, or need pain alleviation in joints and muscles. After an initial consultation to establish your specific needs/goals, our instructors will assist you through a specific programme in a heated pool comprising of stretches and movements that utilize the natural resistance of water to build stamina or to relieve symptoms. This is an extensive, non-weight bearing exercise that encourages optimal muscle health.

30 min - R380

60 min - R650

Cocoon Wrap Cocoon Wrap starts with an aromatic citrus and honey-infused full body exfoliation to remove dead skin cells, followed by luxury spa bathing in a skin conditioning milk bath containing redbush extract, panthenol and super-hydrating hyaluronic acid actives. Unwind while your therapist gently applies stress-reducing oils

in slow effleurage movements in combination with a vine-based massage cream. Your body is then completely wrapped to ensure maximum absorption via the skin, during which time a soothing scalp massage encourages complete relaxation

75 min - R1500

Detox Body Wrap stimulates micro-circulation whilst relieving water-retention and improving the elimination of toxins accumulated through everyday pressures and an unbalanced diet. A warming and circulatory boosting exfoliation buffs away dead skin cells, leaving the skin cleansed and oxygenated. Following a refreshing shower, the skin is ready to absorb the multifunctional detox oil actives to enhance body contours. A warm remineralising clay wrap helps draw out impurities, followed by a warm shower. In conclusion, a grape-based body lotion leaves your skin velvety soft and invigorated.

60 min - R1300

BODY TREATMENTS



Hydrotherapy assists with the detoxification process by increasing metabolic rate and stimulating blood circulation. The treatment begins with a 15-min jacuzzi bath to stimulate circulation and warm up sore/stiff muscles. This is followed by a hot/cold sitz bath to encourage blood and lymph circulation. Over the longer-term, this may help to reduce cellulite. The session ends with a full-body, cold spray followed by a steam bath or sauna to promote elimination of impurities via the skin. Afterwards, your skin feels smooth and you are left feeling both invigorated and relaxed.

45 min - R420

Integrative Slimming treatment is for those who wish to tackle cellulite and undesirable curves and to firm and tone the skin. Special products are used that target and re-oxygenate both superficial adipose layers as well as deep skin tissues where cellulite is generated, helping to reverse that process. At first, a unique mousse is applied to the

affected areas, followed by various figure sculpting concentrates. This is followed by a specialised massage that utilises deep movements designed to dislodge cellulite while reviving the skin leaving it toned and refreshed. Finally, a cream chosen to match your body type is applied and you are given a diuretic infusion drink.

45 min - R1600

LPG Endermologie Cellulite often shows up as dimpling on the skin, sometimes called the 'cottage cheese' look, even in those who are physically fit. LPG increases blood and oxygen to the cellulite-afflicted areas of the skin, after which fluids eliminated from the cells are removed via urination. During treatment, a mechanical roller is applied to the body while it is sheathed in a body stocking, creating a feeling similar to deep tissue massage. It is generally not painful and may even be soothing. A suction device is also applied to the cellulite-affected areas.

60 min - R980

BODY TREATMENTS



Manual Lymph Drainage is designed to manually stimulate the normal detoxification function of the body's lymphatic system, this treatment improves oedema (fluid retention) as well as providing post-operative encouragement of the natural healing processes. By using gentle, specialised pumping techniques, the therapist moves your skin in the direction of the lymph flow, thereby optimising the process by which lymphatic vessels mobilise substances that are vital to your body's immune system as well as removing waste products.

60 min - R1050

Marine Algae Wrap Concentrated in the Ocean's invigorating benefits, this blue lagoon scrub pairs the incomparable exfoliating power of marine salt with nourishing oils to reveal a refined skin texture with a velvety feel. Followed by Plasma gel encourages the absorption of minerals. Applied 100% natural mud from the Dead Sea with an exceptional mineral content (Calcium and

Magnesium) makes this wrap a multi-action treatment: a slimming precursor, natural anti-stress, post-exercise recovery. Cellulite dimpling is smoothed and the body is completely replenished in minerals.

60 min - R1450

Marine Algae Bath with the effect of micronised marine algae in a relaxing bath is to boost blood and lymphatic circulation, strengthen muscle tone and promote the elimination of toxins. In addition, fluid retention is diminished as well as aches and pains, particularly those associated with sports injuries. Initially, a plasma gel is applied to the whole body to neutralise the skin's pH balance, enabling efficient absorption of the pure algae. This is followed by a relaxing, 20-minute immersion in a bath infused with micronised marine algae. Finally, a marine body lotion will be applied to your skin, leaving it feeling soft and moisturised.

30 min - R850

BODY TREATMENTS

Muscle Release is a powerful body treatment that begins with a warm, aroma-infused sugar scrub followed by a therapeutic bath containing botanical actives to ease the discomfort of muscle spasms, arthritis, rheumatism, and fatigue. Firm, yet soothing back & shoulder massage techniques enhance blood circulation, followed by an anti-inflammatory cooling gel application before the whole body is cocooned. Following a relaxing scalp massage, the treatment concludes with a moisturising lotion which leaves the body feeling refreshed and invigorated.

90 min - R1650

Ozone Therapy is perfect for those suffering from problems such as high blood pressure, arthritis, eczema, allergies, low immunity, muscular/nervous system dysfunction and nicotine dependency. Under the supervision of a trained therapist, treatments take place in an ozone chamber where moist heat opens pores and dilates the capillaries. Ozone oxidises toxins in the lymph nodes, fat and blood. These toxins leave the body via the sweat glands, thereby preventing the shock of excessive toxins dumping into the liver and colon.

30 min - R700

Body Glow Exfoliation This treatment is for those seeking a full-body skin treatment that rejuvenates and brings a glow to tired, dull, or sallow skin. Dead skin cells are sloughed off the entire body by vigorous application of a medium consisting of refined marine salts, grapeseeds and honey infused with lemon, lime, and sweet orange essences. The exfoliation process improves blood and lymph circulation and encourages the regeneration of new skin cells. Exfoliation is an excellent precursor to other body treatments and massages where absorption of nutrients into the skin can improve. After a refreshing shower, a luxurious anti-ageing body rejuvenating



cream application will leave your skin feeling soft, silky, and well hydrated.

30 min - R750

Thalasso Therapy is ideal for those who want to kick-start the detoxification process, de-stress and find relief from general aches and pains. In addition, the treatment stimulates the circulatory and lymphatic systems to encourage the reduction of cellulite, enhancing the natural body shape. After a salt crystal buffexfoliation, be submerged in a heated aromatic bath infused with detoxifying fucus and marine sediment blend paired with juniper berry, grapefruit, and tea-tree essential oils. Underwater lymph drainage techniques facilitate the elimination of toxins. Cleansing Body oil application followed by a contouring cream leaves the body restored, remineralised and energised.

75 min - R1500

BODY TREATMENTS



African Wood Massage First your feet are cleansed; then your limbs receive gentle, passive stretching adapted specifically to your individual capacity to release tension and to enhance the range of motion of your joints. A warm avocado infused olive and shea butter ointment is then drizzled over your body, followed by a deep massage to promote muscle relaxation while the soft butter nourishes and moisturises dry skin. Harmonious sounds from handmade wooden instruments further enhance the relaxing effect.

90 min - R1700

Back, Neck and Shoulders For those who carry tension in their back, neck and shoulders and who require a quick release from discomfort or pain. This is a deeply relaxing massage therapy concentrating on back, neck and shoulder muscles. Pressure is applied along both sides of the spine and the lower back, moving up towards the shoulders



and neck, thereby relieving the effects of stress and tension.

30 min - R800

Bellabaci A modified version of the ancient cupping technique, Bellabaci utilizes medical grade silicone cups which, when squeezed by hand, create a vacuum against the skin. These are placed in strategic positions to provide a slow suction effect that is gentle and soothing while stimulating a detoxification process. Connective tissue is also mobilized, helping to reduce scarring by enhancing blood flow to stagnant muscles and skin. Cell metabolism is improved too, through the supply of additional nutrients and oxygen, thus providing longer term anti-ageing benefits as well.

Full body massage: 60 min - R1150

Full body and Facial cupping: 90 min - R1550

Add-on Facial Treatment: 30 min - R300

BODY TREATMENTS



Aromatherapy A holistic, therapeutic massage that uses light-pressure touch in combination with essential oils chosen to address specific ailments. Small, precise amounts of selected essential oils are mixed with a carrier oil (such as grape-seed oil) and introduced to the skin using a gentle massage technique. The fragrances soothe the olfactory system and when the oils enter the blood stream they have a long-lasting therapeutic effect. Body energies are balanced and the lymphatics are stimulated, promoting safe removal of toxins from the system.

60 min - R1200

Cranio Sacral therapy provides a gentle, alternative strategy for the relief of the effects of physical injuries, psychological stresses, birth trauma and toxicity. It's a holistic healing practice that regulates the flow of cerebrospinal fluid by using therapeutic touch to manipulate the synarthrodial joints of the cranium. Being a non-invasive, hands-on treatment, it is used to evaluate and improve the functioning of your cranio-sacral system. The practitioner applies light and gentle palpations to the skull, face, spine and pelvis, thus becoming increasingly attuned to your system and encouraging the release of stored-up traumas and emotions.

60 min - R1050

BODY TREATMENTS



Scalp Massage For neck or scalp tension that may contribute to headaches and migraines. A stimulating hair tonic is applied using pressure point movements to enhance the condition of the scalp and stimulate hair follicles. This is followed by a head massage using conditioning hair oil. A protein hair mask is finally applied, leaving hair silky, soft and shining.

30 min - R700

Colonic Hydrotherapy This treatment is for those suffering from colon issues such as colitis, irritable bowel syndrome, abdominal distension or gas pains. The process cleanses and tones the colon helping to detoxify your body. It restores the functions of the colon promoting optimal digestive assimilation.

This, in turn, strengthens your immune system, leading to improved general health. This safe and gentle treatment uses filtered water to irrigate the colon.

60 min - R1100

Swedish Massage This full-body massage is for those seeking body relaxation as a means to improve overall health. This treatment improves circulation and flexibility while easing muscle aches and tension. By applying firm but gentle pressure across the body, the practitioner warms the muscle tissue thereby helping to eliminate knots and release tension.

60 min - R1100

90 min - R1450

BODY TREATMENTS



Theravine™ Chill-Breathe-Destress Massage - This therapeutic massage is paired with the calming effect of CBD oil which helps relieve chronic pain and aids in better sleep. Together with a refreshing blend of citrus essential oils to nourish and revitalise your skin.

60 min - R1150

Hot Stone Massage This unique massage both relaxes and relieves tense, sore muscles while simultaneously providing a delicious, sensual experience. The effect of the heatretaining properties of smooth, volcanic stones that are placed at strategic points along the surface of the back is to bring blood to areas that may be difficult to reach with hands. The overall result is deeply soothing and therapeutic for those who experience chronic discomfort or pain.

60 min - R1200



Reflexology is for those seeking a gentle, holistic approach to healing and wellness. Based on the inter-connectivity of the human body, this treatment concentrates on specific areas of the feet and hands that correspond to specific body parts, glands and organs. Gentle manipulation of these areas promotes healing throughout your body and the application of finger-point pressure, stretching or localised massage of pressure sensors in the feet or hands, can alleviate chronic symptoms.

60 min - R1050

Shiatsu This is a therapy for those who wish to alleviate symptoms such as depression, anxiety, nausea, stiffness, headaches, arthritis, cramps or pulled muscles. Shiatsu is an ancient modality that uses finger and palm pressure to stimulate energy pathways (known as meridians) to improve the flow of energy and promote healing.

50 min - R1050

MOVEMENT



Stretching one-on-one For anyone seeking to increase flexibility and relieve stress and tension through low-impact, high-effect training. Our qualified fitness consultants offer flexibility workouts that specify various movements to safely stretch contracted parts of your body. By encouraging specific muscle groups to elongate, stiffness is alleviated, physical performance is improved and the risk of fresh injuries is diminished.

30 min - R370

Yoga one-on-one Yoga is an ancient holistic system meaning 'union'. It is an example of embodied mindfulness (awareness) and is for those who want to reach their full physical, mental and spiritual potential. Yoga promotes overall wellness using postures, breathing exercises and meditation. Your body, mind and soul are assisted to integrate through the gentle, careful application of a programme that has been tailored to your individual needs.

60 min - Price on request

SKIN TREATMENTS

TheraVine™ Hydrating Facial is formulated for extreme relaxation with therapeutic essential oils. This TheraVine™ treatment journey will start with a relaxation breathing technique for increased oxygen intake and carbon dioxide output to release tension and improve circulation; further enhanced by a gentle lymphatic massage. The products are highly concentrated essential oils, known to be the most powerful natural active ingredients from nature.

- 100% natural origin
- 100% pure actives

60 min - R860

TheraVine™ Facial Cleanse is an expressfacial is ideal for younger skin or can be used as a booster facial when short of time. Customised to your specific skin concerns, this quick and energising facial will recharge your skin.

45 min - R700

TheraVine™ The Hydro Signature Radiance Facial is a facial designed to firm and moisturise. It targets the dermis, reduces inflammation and reverses any signs of damage. Skin is left looking serene and radiant.

60 min - R950



TheraVine™ Purifying Back Cleanse

Ideally for guests who experience congested pores and dehydration. This treatment begins with a hot compress, followed by a charcoal mask which aims to purify and detoxify; drawing out bacteria, micro-particles and excess oil for clear complexion. Finished with a specialised soothing and healing balm.

45 min - R860

TheraVine™ Deluxe Anti-Ageing Facial treatment is results-driven to assist in reducing fine lines and wrinkles with peptide-rich boosters and serums promoting collagen synthesis and cell regeneration. Following a comforting nutrient-rich massage, a specialised mask is applied to further enhance the actions of the active ingredients leaving your skin instantly hydrated, soft and luminous. This facial is suited for all skin types that are starting to show signs of ageing.

90 min - R1500

TheraVine™ Pro-Radiance Thermal

Glow Facial - A CBD-infused treatment indicated for stressed out, fatigued and dehydrated skin. Aimed at rapidly increasing cell turnover, a rich linseed mask is applied leaving your skin glowing, calm and detoxified.

60 min - R1050

SKIN TREATMENTS



TheraVine™ Men's Facial contain three key fundamentals: cleanse, hydrate and revitalise. Following a thorough skin analysis by a qualified skin therapist to provide guidance on products appropriate to your skin type, a treatment plan will be personalised to your specific needs. A facial massage and mask protecting against damaging free radicals, help restore freshness and clarity whilst leaving the skin comfortably soothed.

60 min - R950

Endermologie Face Treatments

Visible results from the very 1st session!

Real skin fitness, face endermologie® boosts the natural synthesis of essential rejuvenating substances. The power of face endermologie® is evident in the broad spectrum of its offerings for men and women including: firming, slimming, lifting, smoothing wrinkles, improving complexion, reducing scars and improving the overall quality of the skin.

20 min - R500

QMS Sensitive Skin Repair Facial

clears impurities, calms inflammations and regenerates the basic functions of the skin, which are important in improving the overall wellness of the skin. Delivers effective results in improving the complexion without causing further irritation.

60 min - R1150



QMS Pure Oxygen Facial breathes new life into the skin with its advanced techniques developed to stimulate skin cell regeneration at a deep level. QMS customized Oxygen Energy Applicator uses 95% pure oxygen to channel ingredients for the ultimate skin boost. The improved oxygen supply encourages circulation and stimulates a regenerative process. Leaves the skin hydrated, plumper and more radiant.

75 min - R1450



SKIN & BEAUTY TREATMENTS

QMS Deep Pore Cleanse

Facial is good for younger skins. Provides intense cleansing and refining treatment to the skin through the combination of deep pore purification with highly effective fruit acids and enzymes to create the ideal base for a soothing and moisturizing foaming mask. Leaves the skin healthy, balanced and hydrated.

60 min - R1150

QMS Collagen Renewal Facial

Restores and revitalises the complex whis-It delivering an important boost to moisture levels, using pioneering wellbeing treatment masks and QMS signature 70% natural solu-ble collagen. Skin is left firmer with a volumi-nous effect. Deep lines are reduced, making the skins texture smoother and more supple.

90 min - R1600

QMS Urban Repair Treatment

Targets the damaging effects of daily pollutants in the skin and helps to repair the cellular structure to restore the skins natural wellness. This facial combines a deep predecongestion with advanced treatment to support the detox process, accelerat epidermal regeneration and boost the metabolism

60 min - R1400

QMS Oxygen Pigment Corrector Facial

Want to reveal blotch-free, radiantly even-toned skin? This specialised treatment is designed to target dark spots and signs of ageing. It brightens the skin and helps prevent further hyperpigmentation. Delivers specialised treatment targeting excessive and irregular pigmentation on the face, décolleté and if required the hands. Features QMS' innovative and highly effective Even Tone Serum, which blocks the melanin synthesis causing the irregular dark spots and helps restore skin tone.

90 min - R1800



QMS Neo-Tissue Dermie Treatment

Strengthens and regenerates the skin with a focus on the areas that are prone to loss of elasticity as skin ages. Delivers a lifting and tightening massage in combination with a collagen-boosting treatment to help improve the tonicity of the jawlines, cheeks and eyebrows.

90 min - R1700

QMS Oxygen Application

This advanced oxygen machine has been customized for use exclusively within QMS Medicosmetics treatments. QMS Medicosmetics Oxygen Concentrator Advanced is designed to deliver the highest concentration of 95% Oxygen in conjunction with an enhanced outflow pressure that improves the effectiveness of the transportation of ingredients. Oxygen can be used in multiple treatments as an additional boost or as the focus with our Signature Pure Oxygen Facial.

*15 min single treatment,
or add-on to any QMS Facial - R280*

BEAUTY TREATMENTS

- Eyelash tint - R160
- Brow tint - R160
- Lip wax - R140
- Chin wax - R140
- Eyebrow wax - R140
- Bikini wax - R300
- Brazilian wax - R430
- Hollywood wax - R600
- Underarm wax - R240
- Arm wax - R270
- Chest or Back wax - R370
- ½ Leg wax - R320
- Full leg wax - R430



- Manicure Full: 60 min - R430
Express: 30 min - R270
- Pedicure Full: 60 min - R480
Express: 30 min - R300
- Spa Manicure and Spa Pedicure:
90 min Combo - R800

MATERNITY SPA DAY PROGRAMME

- Full-body exfoliation
- Full-body massage with grape-based massage cream
- Hydrating facial including a 5-min scalp massage
- Express pedicure
- Healthy Vegetarian Lunch

This is a luxurious package to pamper, relax and provide special care to expectant mothers before the big day arrives.

The morning begins with a gentle salt scrub to remove dead skin cells and to promote blood

circulation. After this, a warm shower is taken to remove the salt from the body, leaving the skin soft and smooth in preparation for a relaxing full-body massage. During the massage, a special, vinebased massage cream is applied to further enhance and hydrate the skin.

A hydrating facial is then performed to rejuvenate tired skin leaving it healthy and glowing. While the facial exfoliator takes effect, mum-to-be receives a relaxing scalp massage. Finally, she receives an express pedicure to bring relief to her tired or swollen feet, ensuring that she emerges with softened heels and beautifully-painted toenails.

3 hours - R3000

CONSULTATIONS



Counselling Service Counselling is for those who require a professional with whom they can discuss personal issues. It offers assistance and guidance in understanding and resolving personal, social and psychological problems in an atmosphere of confidentiality and trust. A safe and supportive space is offered that can assist you to find inner resources to deal with challenges and problems that you are facing.

60 min - Price on request

Inbody Analysis Used to assist in developing a better understanding of body composition. The Inbody Analysis provides an accurate measurement of water, fat, protein (muscle) and minerals in the body. You stand on the high-tech scale and take hold of two electrodes through which a small electrical current is passed. This is immediately followed by a print-out of your personal body composition values which will be explained and discussed by a trained consultant.

20 min - R300

SPA DAY PROGRAMME

Join us for the Day at the Hydro and enjoy all the facilities, a wholesome lunch, teas, and fresh juice, as well as these treatments:

Hydrotherapy

Detox Wrap or Swedish Massage

The Hydro Signature Radiance Facial by TheraVine™

R3000.00

HYDRO PROGRAMMES



CUSTOM STAY

Build your own programme

TWO NIGHT DE-STRESS

2 Nights Accommodation
1 × Hydrotherapy Treatment
1 × 60-minute Full-body Massage
1 × Cocoon Wrap

TWO NIGHT REJUVENATION

2 Nights Accommodation
2 × Hydrotherapy
1 × Hydrating Facial
1 × CBD Massage
1 × Cocoon Wrap

THREE NIGHT DE-STRESS

3 Nights Accommodation
1 × Hydrotherapy Treatment
1 × 60-minute Full-body Massage
1 × Ozone Therapy
1 × Muscle Release

FOUR NIGHT HEALTH & HEALING

4 Nights Accommodation
2 × Hydrotherapy Treatments
2 × 60-minute Full-body Massage
1 × Cocoon Wrap
1 × Ozone Therapy
1 × Inbody Analysis

FIVE NIGHT DETOX

5 Nights accommodation
4 × Hydrotherapy Treatments
2 × 60-minute Full-body Massage
1 × Manual Lymph Drainage

1 × Detox Wrap

1 × Ozone Therapy

1 × Inbody Analysis

SEVEN NIGHT HEALTH AND HEALING

7 Nights Accommodation
1 × Inbody Analysis
6 × Hydrotherapy Treatments
6 × 60-minute Full-body Massages
1 × Detoxifying Body Scrub & Wrap
1 × Ozone Therapy
1 × Cranio-Sacral, Shiatsu or Reflexology

SEVEN NIGHT SLIMMING

7 Nights Accommodation
1 × Inbody Analysis
5 × Hydrotherapy Treatments
3 × 60-minute Full-body Swedish Massage
1 × Marine Algae Wrap
2 × Integrative Slimming Wrap
For improved results, these treatments can also be booked at additional fees: One-on-one training for fitness
LPG Endermologie for toning
Manual Lymph Drainage for slimming

TEN NIGHT HEALTH & DETOX

10 Nights Accommodation
1 × Inbody Analysis
9 × Hydrotherapy Treatments
4 × 60-minute Full-body Massages
1 × Colonic Hydrotherapy
1 × Ozone Therapy
1 × Thalasso Wrap
1 × Cranio-Sacral, Shiatsu or Reflexology

CONTACT US

The Hydro welcomes you either as a day guest or as a resident guest. In order to arrange your visit and to experience our wide range of therapies, treatments and packages please call or email us.

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