

CAMELOT SPA[®]

your world of wellness



WELLNESS ASSESSMENTS

Let our team of Camelot Spa health experts take you on a journey of wellness to discover your state of wellness using the latest Body Stat Assessment tools to coordinate an optimal lifestyle programme.

Body Composition Analysis/ 45mins **R250**
Follow Up **R150**

Toxicity Analysis

Nutrition Consultation/ 60mins **R200**
Follow Up **R70**

Body Stress Test

*Complimentary when booking a treatment

MEMBERSHIP S

1 WEEK
6 MONTHS
12 MONTHS

WELLNESS PACKAGES

10 Day Intense Detox **POA**

A personalised package will be designed in accordance with toxicity assessment and body needs.

Body De-Stress Package (4 weeks) **R4500**

Body Assessment (Weekly)
Aromaceane De-Stress Body Wrap (2)
Swedish Massage (Weekly)
Pre-Heating Relax Treatment (Weekly)
De-Stress Skin Treatment (1)
Unlimited Use of Facilities
Nutrition Consultation (1)

Body Slimming Package (4 weeks) **R4500**

Body Assessment (Weekly)
Aromaceane Slimming Body Wrap (2)
Massage with Slimming Aroma Oils (Weekly)
Pre-Heating Relax Treatment (Weekly)
Slimming Hydrobath Treatment (1)
Unlimited Use of Facilities
Nutrition Consultation (1)
Slimming Homecare (Ocea Draine & Slim 7)

Body Detox Package (4 weeks) **R4500**

Body Assessment (Weekly)
Aromaceane Detox Body Wrap (2)
Massage with Detoxifying Aroma Oils
Pre-Heating Relax Treatment (Weekly)
Detoxifying Skin Treatment (1)
Unlimited Use of Facilities
Nutrition Consultation (1)
Detox Homecare (Ocea Draine & Iodalg)

Body Rejuvenation Package (4 Weeks) **R4700**

Body Assessment (Weekly)
Aromaceane Vitality Body Wrap (2)
Vitality Massage with Aroma Oils (Weekly)
Pre-Heating Relax Treatment (Weekly)
Organic Anti-Ageing Skin Treatment (1)
Unlimited Use of Facilities
Nutrition Consultation (1)
Rejuvenation Homecare (Ocea Skin Anti-Ageing)

RELAXATION

All of our relax treatments and packages commence with a serenity infusion restoring tranquility and harmony.

BODY TREATMENTS

Relaxing Swedish Body Massage

60 mins **R500**
90 mins **R560**

Provides a sense of well-being, eases tense muscles and induces relaxation.

Back, Neck and Shoulder Massage

30 mins **R310**
45 mins **R390**
60 mins **R500**

This massage helps relieve the tension in the head, shoulders, upper and lower back. Hot stones can be added to your back, neck and shoulder massage for an additional R60

Massage with Relaxing Aroma Oils **60 mins** **R520**

Aromatherapy combines the use of pure natural essential oils with healing relaxing therapeutic strokes and a choice of relaxing essential oils such as Lavender, Roman Camomile, Neroli, Jasmine and Rose.

Hot Stone Treatment **60 mins** **R550**

This re-energising stone therapy massage creates a cleansing, harmonising and relaxing effect on the body. Using lava stones creates an experience of wholeness and inner serenity.

Camelot Universal Signature Massage

60 mins R550

A combination of massage techniques for those who want to experience various types of massage. This massage incorporates the use of our unique massage candle, where the fragrance and softness of your skin lingers in your mind long after you have left the spa.

S K I N C A R E T H E R A P Y

Spa Skin Treatment

1hr 15 mins R425

A revitalising skin treatment for all skin types. Ideally suited for people having a skin treatment for the first time. This treatment is designed to suit your skin's specific needs.

Aromatherapy Facial

1hr 30 mins R500

An intensive customised Aromatherapy treatment for total relaxation. Suitable for all skin types.

Hydra Moisture Source Facial

1hr 30 mins R680

Suitable for all skin types, this facial featuring the Absolute Hydration range with marine ingredient Seve Marine®, will combat signs of dehydration, leaving the skin softer with improved skin texture.

C-Spa Hydrating Facial

60 mins R450

An immersion into a caress of essential oils Sandalwood and Neroli to deeply hydrate your skin leaving it supple and dewy fresh.

S P A B O D Y T H E R A P Y

C-Spa Relaxing Wrap

60 mins R250

An enchanting cocoon to help you to unwind and restore balance and comfort to the body. Sensorial Jasmine, Rosewood and Mandarin leave you feeling calm and restored.

Relaxing Hydrobath

30 mins R280

Renewal begins with the experience of water. The combination of water and heat delivers exhilarating cleansing and purification which enhances the wellness experience yet to come.

Salt Glow

30 mins R300

A mineral salt full body exfoliation, which leaves the skin smooth and radiant.

Floatation Therapy **

30 mins R250

The buoyancy of water and salt, allows your body to float effortlessly, as if in outer space or the dead sea. Escape into a state of complete relaxation and emerge with total wellness of mind, body and soul.

D E T O X I F I C A T I O N

All of our detox treatments and packages commence with a comfort/digestion infusion as a quick fix for many detox distresses.

B O D Y T R E A T M E N T S

Deep Tissue Massage

60 mins R550

A deep pressure massage to relieve tension and detoxify.

Foot Reflex Massage

30 mins R350

Indian Head Massage

30 mins R310

A detoxifying massage treatment of the head, scalp, face, neck and shoulders. Perfect for promoting a calm mind, stress-free body and for maintaining optimum health.

Massage with Detoxifying Aroma Oils

60 mins R520

Aromatherapy combines the use of pure natural essential oils with healing therapeutic strokes, using detox essential oils such as Juniper Berry, Sweet Fennel, Grapefruit, Cedarwood, Geranium, Coriander and Lime.

S K I N C A R E T H E R A P Y

Oxygen Chronodetox Treatment

45 mins R400

For those presenting a dull, sallow complexion, wanting an "express" anti-pollution treatment. This purifying oxygenating treatment incorporates marine and plant proteins, increasing oxygen absorption for a brighter and more glowing skin.

SPA BODY THERAPY

Energizer Exfoliation 30 mins R300

A mineral salt full body exfoliation, which leaves the skin smooth and radiant.

Detoxifying Aromacéane Wrap 60 mins R495

Aromatherapy has been used for thousands of years for its healing, detoxifying and relaxing properties. This holistic remineralising body wrap, combining natural marine mud and essential oils will leave you feeling relaxed and pampered.

Detoxer Hydro Bath 30 mins R250

Seaweed for mineral depletion as experienced by athletes, post-partum women or those suffering from stress. It balances and recharges the system.

Rasul Treatment ** 45 mins R350 Application By Therapist R450

The Rasul treatment is a detoxifying cleansing ritual. This self application of salt and mud detoxifies and rejuvenates the body.

SKIN CARE THERAPY

Detox Skin Treatment 1hr 30 mins R470 (MMA Facial)

This true Thalassotherapy facial is designed to energise and stimulate your skin. Algae rich in minerals, ensures adequate hydration and a radiant, youthful skin appearance.

REJUVENATION (ANTI-AGEING)

All of our rejuvenation treatments and packages commence with an anti-ageing infusion to re-energise the body.

BODY TREATMENTS

Vitality Massage with Aroma Oils 60 mins R520

Aromatherapy combines the use of pure natural essential oils with healing therapeutic strokes using rejuvenating essential oils such as Rose, Geranium, Mandarin, Bergamot, Neroli Helichrysum and Galbarium.

SKIN CARE THERAPY

Wrinkle Control Double Mask Facial 1hr 30 mins R945

Welcome the new generation wrinkle-by-wrinkle cosmetic procedure. This expert mask uses sterile strips to treat each wrinkle. Aesthetic intervention for a more youthful appearance without plastic surgery.

L'Elixir Exceptional Facial 1hr 30 mins R1350

This unique mask - a worldwide cosmetic first incorporates a natural cellulose mask and L'Elixir Marine Algae Hormones. This facial treats moisture deficiency, fine lines and wrinkles, and is ideally suited to all skin types concerned with ageing.

Organic Anti-Ageing Facial 1hr 30mins R650

This anti ageing facial is designed for the woman in search of an organic facial skincare solution capable of meeting their skin's basic needs: moisturizing, nourishing and softening. The skin feels unbelievably soft, more subtle, better hydrated and the client feels relaxed.

Skin Perfecting Facial 60 mins R990

Renew your skin to reveal perfection. This skin perfecting programme intensely smoothens the micro-contours of your skin for an even-toned, firm and radiant complexion. The chemical peel works to visibly smooth away wrinkles, fine lines and imperfections.

Brightening Facial 1hr 30 mins R990

Elements such as sun exposure, pollution, stress, hormonal variations and other factors cause ageing, your skin may end up being marked with pigmentation spots, and in time, lose its elasticity and radiance. This facial offers dramatic results from a dual-action therapy combining skin-brightening effectiveness with rejuvenating benefits.

C-Spa Anti-Ageing Facial 60 mins R550

is pure pleasure for timeless beauty. Nature shares the secrets of eternal youth in this blend of Frankincense and Myrrh and active ingredients, resulting in targeted and efficient action against the signs of ageing, restoring your youthful glow.

Collagen Eye Treatment 30 mins R295

An intensive treatment for fine lines and crows feet around the eye contour area. This treatment can either be incorporated into a facial treatment, or enjoyed as a stand-alone treatment.

Rejuvenating Hand Treatment 30 mins R250

Restore Your Youth! Hands show the first signs of aging, yet rarely receive the same care as your face. Let the combination of vitamins, minerals and oils nourish the skin of the hand and work at the heart of ageing, a lack of moisture.

**S L I M M I N G
W E I G H T W E L L N E S S**

Weight wellness is wellness that looks specifically at weight management and cellulite reduction.

All of our slimming treatments and packages commence with a refining infusion to assist weight loss.

B O D Y T R E A T M E N T S

Cellulite Treatments – The Slimming Revolution

Contrary to popular belief, cellulite is not related to obesity, since it occurs in overweight, normal, and thin women. Common but not exclusive areas where cellulite is found, are the thighs, buttocks, and the abdomen.

Slimming Massage with Aroma Oils 60 mins R520

Aromatherapy combines the use of pure natural essential oils with healing therapeutic strokes using slimming essential oils such as Juniper Berry, Grapefruit, Cedarwood, Lime, Lemon and Ginger.

LC24 Contour Body Wrap 60 mins R740

The latest technology Thalgomince LC24 has been created to change the destiny of your fat cells. The treatment is concentrated in active ingredients to fight cellulite and release impurities.

LC24 with MMA 60 mins R630

A deeply relaxing body treatment, providing intensive remineralisation and detoxification. Incorporating the LC24 massage, our high actives and exclusive slimming massage technique will ensure slimming results.

**Chrono-Slimming
Marine Wrap Treatment 45 mins R520**

For those wishing to smooth out orange peel skin. The figure is more refined, orange peel skin fades from session to session. Intense slimming and exceptional results with the latest in slimming technology with guaranteed success.

**G E N T S E X E C U T I V E
G R O O M I N G**

S K I N C A R E T H E R A P Y

Executive Gents Facial 1 hr 30 mins R550

A detoxifying and revitalizing skin treatment specifically for the male skin. Instantaneous, visible results in reducing fine lines and improving hydration levels.

B O D Y T R E A T M E N T S

Deep Tissue Massage 60 mins R550

A deep pressure massage to relieve tension and detoxify tired and strained muscles. Recommended for the sporting executive.

Peppermint Sports Man-icure 30 mins R150

Includes grooming of the nails, cuticles and a mint exfoliation, followed by a hand massage. Nails are buffed to a healthy shine.

Peppermint Sports Pedicure 45 mins R180

A spa pedicure customized for the needs of the executive man. An invigorating buffing with peppermint salts will exfoliate and soften the feet. Nail grooming is followed by a relaxing calf and foot massage.

Gents Executive Package 3hrs R1300

Hot Stone Massage
Gents Executive Facial
Foot Reflex Massage OR Indian Head Massage

Purifying Back Cleanse 60 mins R450

Allow us to treat your back with a brush cleanse, exfoliation, massage and mask treatment. Assists in removing the congestion and tension of problematic areas.

Gents Brow Grooming 20 mins R100

Hair Removal for Back, Leg and Chest

Prices and method of removal on consultation.

SPA BEAUTY TREATMENTS

WAXING

We offer a complete range of waxing services. Please consult with your therapist to identify your specific needs and desired results.

Lip / Chin / Brow	R70
Underarms / Sides of Face	R90
Bikini/Half Arm	R95
Brazilian	R150
Full Brazilian	R180
Half Leg / Full arm / Half Chest	R155
Three-quarter Leg / Top of Legs	R165
Full Leg / Back / Chest	R200

The finishing touches for a healthy, well groomed, brand new you.

Spa Manicure	60 mins	R280
Spa Pedicure	60 mins	R320
Revarnish - Colour/ French	15 mins	R120
Tint lash and brow	30 mins	R90
Spray Tan	30 mins	R275
Spray Tan with Exfoliation	60 mins	R375

Express Manicure	30 mins	R150
Express Pedicure	30 mins	R180
Express Facial	30 mins	R350

SPA EXPERIENCES

The Tranquil Journey 3hrs 30 mins R1350

In order to achieve a sense of calm and relaxation this ritual is designed to warm and ground you, leaving you with a sense of serene tranquility.

Hot Stone Massage
Hydra Moisture Source Facial
Spa Manicure OR Spa Pedicure

Slimming Package 2hrs 30 mins R1350

Celluscrub
LC24 Contouring Wrap
Massage with Aroma Oils

Youth as we Know It 2hrs 30 mins R1350

Double Mask Wrinkle Control Facial
Rejuvenating Hand Treatment

The Deep Sea Detox Package 2hrs 30 mins R1350

Dry Body Brush
Sweet & Savoury Scrub
MMA Wrap
Organic Facial

The Camelot Day Spa 5 hrs 30 mins R2200

Salt Body Scrub
Marine Algae Envelopment
Camelot Universal Signature Massage
Spa Skin Treatment
Spa Manicure
Spa Pedicure
Light Spa Lunch

The Camelot Spa Personalized Journey

2 hrs 30 mins R1100 or 3hrs 30 mins R1350

Camelot Spa has introduced this unique way to tailor-make a Journey especially for you. Choose from any of the treatments below, and spend two or three and a half hours pampering your every need.

30 min: Indian Head massage
Back neck and shoulder massage
Salt exfoliation
Hydrobath
Spray Tan
Floatation Therapy

60 min: Swedish Massage
Massage with Aroma Oils
Camelot universal massage
Spa Skin Treatment
Marine Algae Envelopment
Spa Manicure
Spa Pedicure
Rasul Treatment (Self Application)

Please ensure that when booking this package, you inform the receptionist which of these treatments you have chosen.

Mother to Be **3hrs** **R1030**

Pregnancy Massage
Spa Manicure & Pedicure

Bali Spa Journey **2hrs** **R990**

The ritual begins with a Balinese Body Massage with jasmine oil, followed by an invigorating scrub with tumeric rice and jasmine, and a cool yoghurt splash. A luxurious flowerpetal bath/shower and moisturising with a fragrant lotion completes your journey.

Couples Treatment **2hrs** **R1850**

Bali Spa Ritual for two and a glass of bubbly.

C E L E B R A T I O N S

The Ultimate Event Spa-Ty **4hrs** **R3500**
per group of 4

60min Swedish, Camelot Universal OR
Aromatherapy Massage
60min Hand & Foot Treatment
15min Indian Head Massage
60min Spa Skin Treatment
Use of Spa Facilities
Spa Snacks
2 Bottles Of Bubbly per group of 4
Thalgo Amenity Pack

Bridal Spa-Ty **2hrs** **R500 per person**

30min Floatation Therapy/Foot Reflex Massage *
30min Back, Neck & Shoulder Massage
15min Indian Head Massage
Use of Spa Facilities
Spa Snacks including fruit juice, tea/coffee.
Thalgo Amenity Pack

*Dependant on Spa

SPA FACILITIES

The spa facilities in each Camelot Spa vary; please consult the insert provided at the back of the spa menu for more details.

Alternatively, contact the spa directly for the availability of these facilities.

SPA ESSENTIALS

- Please be advised that certain treatments are subject to availability as facilities differ at each spa. (**)
- Booking in advance is recommended.
- Kindly arrive 15 minutes prior to your scheduled treatment(s) to change and complete a consultation form with your therapist and 30 minutes earlier to use the sauna*/steam facilities followed by a relaxing shower.
- Please alert your therapist for the following contra-indications:
 - High blood pressure or heart conditions
 - Recent surgery
 - Muscle or joint injuries
 - Allergy to iodine, or product allergies
 - Pregnancy, Epilepsy and Diabetes
- In a spirit of mutual respect we kindly request punctuality.
- Ensure cellular/mobile phones are switched off.
- Prices are subject to change without notice.
- Gratuities are not included in the treatment price. It is at your discretion to add a gratuity, for treatment excellence.
- Camelot Spa is not responsible for any theft, damage, loss or misfortune that may occur.
- Please note that products bought at our spas are not refundable.

CANCELLATION POLICIES

- 4 Hours advance notice is required for cancellations and rescheduling. If this is not adhered to, 50% of the treatment fee will be charged.
- Late arrival will result in a reduction of treatment time whilst the full treatment fee will apply.

CAMELOT INTERNATIONAL

Health & Skincare Education

Camelot International (Pty) Ltd is accredited with the Department of Education, South Africa as a Private Higher Education Provider. Camelot offers National and International Membership Registrations:
*SAAHSP * IIEC * CIBTAC * CIDESCO

Health and Wellness

Branches Countrywide: Houghton, East Rand, Centurion, Rustenburg, Bloemfontein, Durban, Cape Town and Namibia.

Contact: Camelot Head Office
Tel 011 - 880 3850/1 or 086 111 4075
E-mail: info@camelothealth.co.za
Website: www.camelotspagroup.com

THALGO

Thalgo La Beaute Marine is the world leader of Thalasso-wellbeing. Thalgo is represented in over 85 countries worldwide. As specialists in the marine universe for more than 40 years, all Thalgo spa treatments incorporate the purest natural ingredients from marine and plant origin, and are renowned for their dramatic effects. Thalgo boasts a fully comprehensive state-of-the-art range of professional spa treatments for face and body, complimented by Thalasso-nutritional products to complete the holistic approach.

Contact: Tel 011 - 880 3440 or 086 111 4075
E-mail: sales@thalgo.co.za Website: www.thalgo.co.za

Camelot Spa Branches

GAUTENG: Camelot at Villa D Este, Saxonwold 011 646 5152

Camelot at The InterContinental Johannesburg, OR Tambo Airport 011 961 5430

Camelot at Triba, Craighall 011 326 0152

LMPOPO: Camelot at Polokwane, Polokwane 015 291 5388

KWA-ZULU NATAL: Camelot at Riverside Hotel, Durban North 031 563 7327

Camelot at Mondazur Hotel, San Lameer 039 313 0642

WESTERN CAPE: Camelot at Lagoon Beach Hotel, Milnerton 021 528 2017

Camelot at Le Franschhoek Hotel, Franschhoek 021 876 2735

Camelot at Spier, Stellenbosch 021 809 1931

Camelot at The Table Bay Health Spa, V&A Waterfront 021 406 5904

Camelot at Mandela Rhodes Place, Cape Town 021 422 2144

EASTERN CAPE: Camelot at the Radisson Blu Hotel, Port Elizabeth 041 509 5015

SWAZILAND: Camelot at Royal Swazi Health Spa, Ezulwini (+00 268) 2416 5284

MOZAMBIQUE: Camelot at Carina Spa, Maputo, Mozambique +25821451560

Camelot Spa
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