

Carchele

HEALTH & BEAUTY SPA



The Marine - Hermanus



ENTER A HAVEN OF PAMPERING AND SHEER INDULGENCE

We offer our guests the ultimate in luxury and results orientated therapy. Our skilled therapists will guide you in the selection of therapies most suited to reinstate balance and a sense of tranquility.



SPA FACIAL CARE

Our skin care therapists are highly qualified and trained to provide the utmost in professional care. Every one of our facial treatments focuses on achieving optimum skin health. With each facial of 60 minutes or more, we pamper you from head to toe with our unique welcome back, scalp, hand and foot massage. **All facials are suitable for men and tailored to their skin's needs.**

ANESI

ANESI meaning “comfort or pleasure”, to evoke a sense of beauty and well-being. It is a high-performance cosmeceutical skincare range from Spain, a dedicated leader in the professional beauty world for over 50 years.

ANESI LAB's innovative formulations are encapsulated for a time-release action to ensure maximum benefits with visible and lasting changes in the skin. Our comprehensive range of products are specifically developed for every skin type and concern to repair, balance and revitalize the complexion.

Aqua Vital Hydra-Nutrition Treatment | 60 / 90 min | R950 / 1210

A cleansing and deeply nourishing facial specifically designed for deep hydration and improving overall skin health. Restores the hydrolipidic mantle to strengthen the skin barrier and keep the skin looking radiant. Recommended for all skin types.

Harmony Microbiotic Facial | 60 / 90 min | R950 / 1210

A unique blend of pre and postbiotic actives to support a healthy skin microbiome. Harmony Microbiotic Facial brings tranquillity as it gently cleanses and renews the complexion. Proven skin soothing and strengthening actives reduce inflammation, recover a healthy balanced complexion, improving hydration, suppleness and radiance. Recommended for any skin suffering with sensitivity issues. Excellent to treat stressed skin, unbalanced or hormonal breakouts, skin affected by ill health or seasonal changes.

Gents Skin Treatment | 60 / 90 min | R950 / 1210

A cleansing and deeply nourishing facial specifically designed for deep hydration and improving overall skin health. Restores the hydrolipidic mantle to strengthen the skin barrier and keep the skin looking radiant. Tailor-made to your skin type.

Epigenesse Energy Skin Restore Treatment | 30 / 60 / 90 min | R1030 / R1600 / R2100

Epigenesse Energy Skin Restore Treatment is a replenishing and energising facial for cellular regeneration and deeply nourishing plant oils. Exclusive to the treatment is the Epigenesse Rejuvenating Gold Mask, rich in revitalising minerals and colloidal gold which stimulates collagen and reduces inflammation. Improves skin texture, firms and minimises pores for a flawless glowing complexion with instant and long lasting results. Ideal for mature skin.

Luminosity MelaBright Treatment | 60 / 90 min | R1600 / R2100

The MelaBright Treatment is an advanced cosmeceutical facial, dedicated to addressing hyperpigmentation concerns, for a clearer, more even skin tone. This specialist treatment fades dark spots, evens skin tone, and improves skin texture to restore a luminous complexion. Ideal to treat uneven skin tone, age spots, melasma, sun damage or anyone wanting a lighter, brighter and more even skin tone.

3C Vitamin Glow Treatment | 30 / 60 / 90 min | R1030 / R1600 / R2100

Vitamin C is a potent antioxidant with several important functions. It plays a vital role in neutralising free radicals that are responsible for damaging cells and causing premature ageing, it aids the skin's natural regeneration, even skin tone and stimulate collagen synthesis. Ideal facial treatment for special occasions when glowing skin is a must! Pure Vitamin C (ascorbic acid) is freshly activated to deliver maximum antioxidant benefits and combines with exclusive Oxygenating Bubble Mask to boost cell repair for a healthy glowing complexion.





THERAVINE

Escape the pressures of daily life, surrender your senses and experience a facial treatment second to none. Carefully developed by a specialised team using extensive clinical and scientific studies, the Theravine™ range boasts indigenous Pinotage cultivar grape derivatives to which internationally acclaimed active ingredients, powerful ant-oxidant ingredients and organically grown indigenous botanicals have been added.

Classic Facial | 30 / 60 / 90 min | R520 / 910 / 1200

An essential facial tailored to your needs, offering options of rehydration, rebalancing, and firming, purifying or calming therapy for your skin.

Balancing Gents Facial | 60 / 90 min | R910 / 1200

A power clean for the face, removes impurities, the build-up of dead skin cells and excess oil, leaving the skin deep-down clean, fresh and healthy looking.

De-Polluting Radiance Repair Facial | 60 / 90min | R1200 / 1450

The triple phase De-Polluting Radiance Repair Facial addresses daily exposure to both urban and digital pollution while expertly helping detoxify any skin type. Implementing a deep cleansing exfoliator and the purifying properties of a charcoal clay mask, the skin is rid of built up toxins after which the revolutionary VitaVine® Pro-Radiance Mask restores and replenishes the skin's natural well-being for a skin feeling soft and smooth with a rejuvenated glow.

Deluxe Anti-Aging Facial | 60 / 90min | R1200 / 1450

This replenishing treatment assists in reducing fine lines and wrinkles with peptide-rich boosters and serums to combat the signs of ageing while a plasticizing mask further enhances the actions of the active ingredients.

Hydravine® Facial | 60 / 90min | R1200 / 1450

A revolutionary cloth mask containing Hyaluronic Acid intensely moisturises the skin and 'locks in' active ingredients for up to 3 weeks – perfect for very dry, sensitive skin needing intense hydration!

Ultravine® Advance Cellular Gold Facial | 60 / 90min | R1200 / 1450

Using TheraVine®'s breakthrough anti-oxidant technology, this anti-ageing concept along with the revolutionary soft 24K gold and diamond dust collagen film mask, promotes the skin's DNA repair system while luxuriously soft and delicately scented creams, serums and balms transport your skin to an advanced state of renewal.

Ultravine® Advance Contouring Retinol Eye Treatment | 30min | R580

An advanced eye mask treatment combined with a super-charged serum that helps to smooth away lines and wrinkles, creating a fresh and radiant looking eye contour, while visibly reducing the signs of aging.

TINTING

Eye lash tint	R260
Eye brow tint	R120
Lash and brow tint	R330
Eye brow shape	R140

WAXING

We use natural, high quality wax to ensure the most hygienic and effective method of hair removal

Full leg/back/chest	R580
Half leg/full arm/half chest	R420
Three-quarter leg/top of legs	R500
Lip/chin/brow (each)	R140
Under arms/half arm/bikini low cut	R220
Bikini high cut	R300
Brazilian	R430
American	R460

HAND AND FOOT THERAPY

Some spa classics never go out of style... with our contemporary methods and professional products we know how to treat hands and feet.

Spa manicure including paraffin wax	R540
Shellac spa manicure (incl. soak off)	R820
Gents manicure including paraffin wax	R450
Spa pedicure including paraffin wax and Callux Pro	R670
Shellac spa pedicure (incl. soak off)	R960
Gents pedicure including paraffin wax and Callux Pro	R550
Nail care for hands or feet or Callux Pro	R385
Revarnish	R220
Paraffin wax treatment (hands or feet)	R190
Shellac no smudging, chipping or cracking, long lasting gel polish	R520
French shellac	R560
Soak off and nail care (only Gelish and Shellac)	R440





SPA BODY CARE

We offer complimentary use of the Steam room with any of our Spa Treatment packages.

Couples Treatments

Couples room is available for any treatment upon request.

Exfoliation | 30 min | R470

- **Anesi Cremfoliant** – Full body cream exfoliation, without a shower.
- **Theravine Grapeseed Exfoliant** – Full body exfoliation with shower and steam in different room.

Purifying Back Treatment | 50 min | R820

Ideal for someone suffering from congestion on the back. Cleansing, exfoliation, steam and extractions, massage and mask.

Body Wraps | 60 min | R990

All our wrap treatments include dry or wet exfoliation, a scalp and foot massage. Steam shower option in a different room.

Choose between:

- Detoxifying clay
- Firming, soothing and hydrating gel
- Energising and revitalising

Parafango | 90 min | R1990

Parafango is a Thermotherapy full body treatment wrap, with Marine Mud which increases body temperature for a therapeutic micro-sauna effect. Results from the treatment include slimming, shaping, firming and toning. It has a detoxifying effect and eliminates fluids to minimise water retention and edema. Helps improve lymphatic drainage and blood circulation. It also softens, hydrates and protects the skin and improves skin texture and cellulite. Ideal to ease muscle aches and inflammation for an all over wellness effect. It is great for special occasions, just to fit into that special outfit. Suitable for most people.

SPA MASSAGE THERAPY

The therapeutic benefits of massage are endless – relaxation, blood circulation, lymph drainage, muscular relief and skin rejuvenation are all addressed with our massage treatments. We offer half body, full body or back and neck massages. **Scalp massage included upon request.**

Swedish | 30 / 45 / 60 / 90 min | R590 / 770 / 900 / 1250

A world famous classic medium pressured massage soothes and relaxes tired, fatigued muscles. It stimulates and invigorates circulation and promotes a wonderful sense of well-being.

Deep Tissue | 30 / 45 / 60 / 90 min | R760 / 890 / 1050 / 1320

A deep penetrating massage, relieves deep underlying tension and sports-related aches and pains.

Aroma Lymph Drainage | 30 / 45 / 60 / 90 min | R760 / 890 / 1050 / 1320

Light pressured massage using the Lilian Terry FlexiCups together with customized blends of essential oils specific needs and various health issues in the body can be addressed.

Grounding massage | 60 / 90 min | R1050 / 1320

By stimulating the parasympathetic nervous system, the grounding massage effectively achieves a deep state of relaxation for the entire body. The benefits of free electrons that flood the body is – neutralising free radicals and fighting oxidative stress, improvement of blood flow, supporting the detoxification process, allowing oxygen to reach your organs and reducing inflammation.

Soy candle massage | 30 / 45 / 60 / 90 min | R760 / 890 / 1050 / 1320

A beautifully nourishing massage with soybean oil, filled with fatty acids known to nourish and fight oxidative stress. A glorious pool of comfortably warm oil is poured onto the skin while the therapist performs the massage.

Hot stone and Himalayan salt | 30 / 45 / 60 / 90 min | R760 / 890 / 1050 / 1320

The smooth, heated lava stones create a comforting sensation that melts away deep seated tension and muscle stiffness while the hot, pure pink salt stones create negative ions allowing deep relaxation and reduces inflammation.

Magnesium Infused Massage | 30 / 45 / 60 / 90 min | R760 / 890 / 1050 / 1320

This luxurious body butter, enriched with magnesium and pure essential oils, nourishes the skin while easing sore muscles, reducing inflammation, correcting magnesium deficiency, calming the nervous system and hormone balancing, while also promoting deep relaxation for both body and mind.

5 Star Massage | 90 min | R1380

Looking for something different? We combine the best movements from our Swedish, Aroma, Hot Stone, Cupping and Grounding to give you that 5 STAR experience.

Tranquility Massage | 90 min | R1350

Totally blissful body, face and scalp massage enhanced by the use of perfectly blended LT aroma oils.

Reflex Foot Zone Therapy | 40 min | R710

This deeply relaxing deep pressure massage technique relieves stress, promotes relaxation, and increases blood circulation through stimulation of pressure points.

Indian Head Massage | 45 min | R670

Massaging of the head, neck and shoulders brings about a deep sense of relaxation.

Leg Massage | 30 min | R590

An invigorating lower leg and foot massage leaves the feet refreshed, light and re-energized.

Foot Massage | 30 min | R590

An all-time favorite! Relaxing and pain relieving.

Scalp Massage | 30 min | R590



PACKAGES

Mother-To-Be | 1 Hr 30 min | R1130

- Scalp massage
- Back, neck and shoulder massage
- Foot and leg massage

Spa Taster – Ideal for the First Time Spa User | 60 min | R950

30 min back neck and shoulder massage 30 min facial.

Deluxe Mother-To-Be Spa | 120 min | R1800

- Dry skin brushing
- Hydrating and nourishing body wrap
- Scalp massage
- Back and neck massage
- Tired foot and leg massage
- Hand massage

His or Hers Spa | 60 min | R1090 per person

- Back and neck scrub or wrap, depending on your individual needs
- Back and neck massage
- Scalp massage
- Foot massage

Essentially Male / Female Spa | 120 min | R1600

- Back massage
- Scalp massage
- Classic facial
- Foot massage

Relax Spa | 2 hrs 30 min | R2360

- Invigorating full body dry exfoliation
- Anti stress leave on body wrap
- Facial in accordance to skin's needs
- Full body massage

Teen Spa | 120 min | R1500

- 30 min Facial
- 30 min Back massage
- Teen manicure
- Teen pedicure

WELLNESS

Hydrogen therapy | 30 / 60 min / course of 3 treatments | R150 / 300 / 750

The Hydroxy Inhaler is a powerful, hydrogen-oxygen mix gas therapy. Some of its therapeutic benefits include powerful antioxidant, boosts immune system, fights off and neutralises free radicals, prevents oxidative stress on cells, improves sleep quality, improves brain function and memory, improves metabolism, anti-inflammatory, anti-aging, anti-tumor, relieves the adverse side effects related to chemotherapy.

Wellness package Option 1 | 60 min | R1050

- 60min Hydrogen therapy
- Scalp,hand,foot massage

Wellness package Option 2 | 90 min | R1100

- 30min Hydrogen
- 60min Betta Day Massage

Kneipp foot therapy | 30 min | R590

Kneipp foot therapy sessions facilitate the body's own thermal reaction and immune responses. By alternating the waters' temperature, between icy cold and steamy hot, this aids in the improvement of the blood flow, lymph circulation and in regulating the metabolism. The feet are then dried and the client receives 20min foot massage.

De-stress, Anti-Fatigue Day Spa | 6 hrs 30 min | R4600

If you've been experiencing stress and fatigue within your daily tasks and you're not catching up with life, then a half a day of pure pampering is what you receive in this popular package.

- Suitable for males and females
- Aromatic steam
- Full body dry exfoliation
- Cocooned in a body wrap to ease fatigue as you rest and enjoy a scalp massage
- Our relaxing massage followed by the
- Luxurious facial suited to your skin type
- Deluxe manicure and pedicure which includes a tension relief gel for your legs

This package includes a light lunch and soft drink to leave you rejuvenated with a sense of well-being.



CLIENTS ARE KINDLY REQUESTED TO READ THE FOLLOWING CONDITIONS APPLICABLE TO THE HEALTH AND BEAUTY SPA

Etiquette

The spa is a retreat for your body, mind, and soul. In consideration of other guests, we request that noise levels are kept to a minimum and that cellular phones are kept on silent for the duration of your spa visit. Children are not allowed in the spa unless they are having a treatment and accompanied by an adult.

Reservations

Advanced booking prior to your arrival is recommended to secure your preferred date and time of treatment.

Arrival

Please arrive 10 minutes prior to your scheduled appointment.

Valuables

We recommend that no jewelry be worn to the spa. The management and staff cannot accept any responsibility for the loss of money or valuables of any kind brought into the spa.

Refund Policy

All treatments, packages and any products bought are non-refundable.

Payment

We accept cash and all major credit cards. All prices quoted are in Rand and are subject to change without prior notice.

Group bookings

All group bookings (3 people or more) require a 50% deposit.

Cancellation policy

Any cancellation with less than 4 hours' notice will incur a 50% cancellation fee.

Gift vouchers are available to purchase

OPENING HOURS

Monday to Sunday from 9:00 to 20:00

After 18:00 and on Sundays, by appointment only.

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