



# TREAT *yourself*



ALVESTON SPA

HEALING MIND, BODY & SOUL

# Specialised FACIALS

## Youth reset anti ageing 60min

An anti-ageing facial that leaves the skin firmer, vibrant and looking younger

## Youth reset anti ageing with DF Machine 90min

An anti-ageing facial that leaves the skin firmer, vibrant and looking younger

## Moisture boost hydrating facial 60min

A hydrating facial that leaves the skin hydrated, plumper and smoother

## Moisture boost hydrating facial with DF machine 90min

A hydrating facial that leaves the skin hydrated, plumper and smoother

## Comfort calm sensitive skin facial 60min

It is a soothing facial for a sensitive skin that leaves the skin soothed, healthy & comfortable

## Comfort calm sensitive skin facial with DF machine 90min

It is a soothing facial for a sensitive skin that leaves the skin soothed, healthy & comfortable

## Radiance reveal pigmentation facial 60min

latest technology used in this facial to help oiliness and uneven skin tone

## Radiance reveal pigmentation facial with DF machine 90min

latest technology used in this facial to help oiliness and uneven skin tone

## Vitamin touch 45min

A vitamin booster treatment that reveals healthy looking skin without electro-sonic current

MON - FRI

SAT - SUN

550 650

650 700

550 650

650 700

550 650

650 700

550 650

650 700

470 530

# FACIAL Peels

MON - FRI

SAT - SUN

## Moisture boost cool peel 60min

The facial peel is formulated for dry and dull skins

590 680

## Deep cleansing cool peel 60min

Ideal to improve the appearance of congested & oily skin

590 680

## Bright recovery cool peel 60min

Ideal to improve the appearance of dull & sun damaged skin

590 680

# Add Ons

Eyebrow wax

98 98

Lip/chin wax

75 75

Eyebrow tint

90 90

Lash tint

90 90

**MON - FRI****SAT - SUN****Cleansing facial 30min**

It is an introductory facial that cleanses and leaves your skin supple

310

330

**Deep cleansing facial 60min**

It is a deep cleansing facial that entails a thorough skin analysis by a qualified therapist in order to tailor a treatment that addresses your individual skin conditions and needs and needs to achieve the best results

400

450

**Microdermabrasion facial 60min**

Minimally invasive facial to renews the skin's tone and texture and improves the appearance of the skin affected by sun exposure, skins that have signs of aging, acne , dryness and dehydration

560

620

**Soft laser facial 60min**

It is a facial treatment which stimulates the production of oxygen in the skin which increases blood circulation, nourish the skin in and out and keeps the skin firm and youthful.

400

480

**High - frequency facial 60min**

It is a facial treatment which stimulates the production of oxygen in the skin which increases blood circulation, nourish the skin in and out and keeps the skin firm and youthful.

440

500

**Anti - ageing facial 75min**

It is a facial that leaves the skin feeling firmer and uplifted. It also diminishes the appearance of fine lines and wrinkles. The facial promotes collagen synthesis and cell regeneration, leaving you with a younger-looking skin.

600

640

**Radiance renewal facial 60min**

It is an intensely cleansing facial which includes the use of latest technology Ingredients to give the skin an ultimate glow.

710

760

**Hydrating facial 60min**

This facial is designed to deeply hydrate your skin, restore the loss of moisture, re-hydrate aging skin and improve your skin appearance. Giving skin the so-much needed moisture.

780

840

**Sensitive facial 60min**

Perfectly suited for fragile skin that needs special attention. A vibrational massage technique is used to reduce redness and strengthen the top layer of delicate skin. Texture and tone are dramatically restored and moisture levels are boosted, leaving your skin feeling supremely calm.

780

840







# MASSAGES

	MON - FRI	SAT - SUN
Back neck and shoulder massage <b>30min</b>	410	440
Back neck and shoulder massage <b>45min</b>	440	500
Mommy to be back neck and shoulder <b>30min</b>	410	440
Classic Swedish full body massage <b>60min</b>	550	600
Classic Swedish full body massage <b>90min</b>	600	760
Mommy to be full body massage <b>60min</b>	550	600
4th trimester healing hour <b>60min</b>	550	600
Deep tissue massage <b>60min</b>	580	670
Deep tissue massage <b>90min</b>	670	780
Aroma therapy massage <b>60min</b>	600	670
Aroma therapy massage <b>90min</b>	670	780

## Add Ons

Hot stones	100	130
Back scrub <b>15min</b>	110	170

## Body TREATMENTS

Full body scrub <b>45min</b>	330	420
Full body nourishing wrap <b>60min</b>	420	460
<b>Nourishing wrap   Muscle detox wrap</b>		



# HANDS & FEET

Express manicure **30min**

Express pedicure **30min**

Classic Manicure **60min**

Classic Pedicure **60min**

Medi Heel Pedicure **60min**

Medi Heel only **30min**

Buff and paint **30min**

Gel Application **30min** having manicure or pedicure

Soak off **30min**

MON - FRI

SAT - SUN

240

240

240

240

310

340

330

410

460

530

160

200

132

170

210

240

130

210

## *Add Ons*

Gel application when not having manicure or pedicure **30min**

210

240





# GROOMING TREATMENTS

MON - FRI

SAT - SUN

Full face wax	200	250
Under arm wax	110	160
Half arm wax	90	120
Full arm wax	130	220
Full leg wax	200	250
Half leg wax	180	220
Bikini wax	200	250
Brazilian wax	270	300
Hollywood wax	350	380
Chest and belly wax	390	430





	MON - FRI	SAT - SUN
<b>GEL NAILS</b>		
Toenail reconstruction	42	42
Gel overlay natural nails color	350	400
Gel overlay natural nails french	300	350
Rubber base gel color overlay	400	440
<b>GEL TIP APPLICATION</b>		
Gel tip overlay color	450	560
Gel tip french	450	560
<b>ACRYLIC NATURAL NAIL</b>		
Acrylic overlay	350	400
Acrylic overlay color/french	400	450
<b>TIP APPLICATION</b>		
Acrylic tip overlay	460	550
Acrylic tip overlay color/french	520	580
<b>SCULPTURE NAILS</b>		
Acrylic sculpturing medium	580	610
<b>GEL FILL</b>		
2/3 weeks builder gel fill	200	250
2/3 weeks builder gel + color	300	370
<b>ADD ON NAIL ART</b>		
Nail art per nail	60	60







# KIDDIES

## MENU 3 TO 12 YEARS

MON - FRI

SAT - SUN

Pamper facial **30min** 190 250

Invigorating scalp massage **30min** 70 100

Back neck and shoulder massage **30min** 200 270

Full body massage **45min** 280 330

Relaxing foot ritual **30min** 80 100

Relaxing hand ritual **30min** 80 100

Mini manicure **30min** 110 150

Mini pedicure **30min** 110 150

Pamper party package **120min** 499 550

Back neck and shoulder massage  
Relaxing facial  
Finger nail paint  
Toe nail paint  
Hot Tub  
Pizza lunch and juice

MON - FRI

SAT - SUN

**Alveston Trio of Massages 2 hrs 30min**

Classic Swedish Massage  
Relaxing scalp massage  
Hot stone foot massage

1100

1260

**Pamper me perfect 2 hrs 30min**

Classic Swedish Massage  
Relaxing scalp massage  
Mini Manicure  
Mini Pedicure

1210

1330

**Birthday Spoils package 3 hrs**

Aromatherapy full body massage  
Classic Pedicure  
Birthday gift  
Lunch and a soft beverage

1100

1260

**Just For Men 2 hrs 30min**

Deep tissue massage  
Invigorating scalp massage  
Classic manicure  
Lunch and a beer

1100

1260

**Pamper Me Perfect 2 hrs 50min**

Classic Swedish Massage  
Pamper facial  
Express manicure  
Express pedicure

1150

1320

**Pamper Me Journey 2 hrs**

Hotstone Full Body Massage  
Deep cleanse facial  
Welcome drink  
Light lunch bucket

11200

1320

**Heavenly hot stone 90min**

Power shower self body exfoliation  
Hotstone full body massage  
Hot tub  
Light lunch

790

870

PACKAGES







MON - FRI

SAT - SUN

**Mellow Mama (pregnancy package) 3hrs**

850

999

Mom to be full body massage  
Vitamin touch facial  
Pedicure  
Light lunch

**Bride To Be Party 2 hrs**

850

999

English Breakfast  
Back neck & shoulder massage  
Cleansing facial  
Leg & foot massage  
Hot tub

**Sweet 16 Party 2 hrs 30min**

1 100

1 220

Welcome virgin cocktail  
Classic Swedish Massage  
Mini facial  
Eyebrow wax and tint  
Scalp massage  
Pizza lunch with juice

**Date Night**

1 500

1 700

Classic Swedish Couple's massage  
Hotel Romantic Dinner  
Bottle of Wine

**Full day package**

1 750

1 950

Welcome drink  
Relaxation facial  
Indian head massage  
Classic Swedish massage  
Hydro session  
Classic manicure  
Classic pedicure  
Decadent lunch





**Manager's retreat 60min**

Welcome drink  
Classic Swedish massage  
Light lunch with glass of wine/house beer

**MON - FRI**

640

**SAT - SUN**

710

**CEO Spoils 2 hrs 75min**

Welcome drink  
Express facial  
Manicure with hand and arm massage  
Pedicure with foot & leg massage  
Light lunch with glass of wine/house beer

930

1210

**Director's reward 2 hrs 75min**

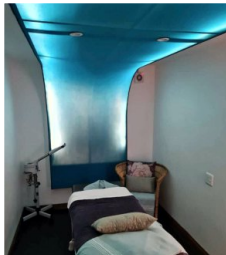
English breakfast  
Back neck and shoulder massage  
Hydrating facial  
Indian head massage  
Manicure

1200

1260



# CORPORATE PACKAGES



## BOOKINGS

We recommend that your reservation is made in advance to ensure that your chosen times are available. Walk-in bookings are welcome and are subject to availability. A visit to Alveston Spa will make a great outing for friends celebrating a special occasion or colleagues taking a break together. All Alveston Spa Treatments are carefully planned to accommodate the needs of each GUEST.

Please note that as a courtesy to all our GUESTS a prompt appointment schedule is adhered to. Late appointments will be completed in the allocated time and the fee will remain unchanged. Allow enough time for your experience and arrive 15 minutes prior to your appointment and 30min for groups, so we can record your current spa needs and details, offer you refreshments and the opportunity to enjoy a relaxing shower before your treatment. Prices are subject to change without prior notice.



## CANCELLATION POLICY

We would be grateful if RESIDENT GUESTS would make any changes or cancellations at least 12 hours prior to the scheduled treatment time. We request that DAY GUESTS observe a 24-hour treatment change or cancellation notice period. Treatments cancelled after this time will incur a cancellation tariff of 100%. If you wish to change or cancel an appointment, please contact the Alveston Spa directly.



## COMPLIMENTARY USE OF SPA FACILITIES

With its heated and wet facilities, Alveston Spa hydro facilities has been designed to take full advantage of the therapeutic benefits of hydrotherapy and heat. These facilities can be enjoyed at leisure to achieve complete relaxation. **Use of the hydro facilities is complimentary to any GUEST making use of the Spa.** Swimwear must always be worn while making use of the Sauna, Hot Tub or Outdoor pool.



Tel: 013 244 1308

WhatsApp 072 629 9204

spa@alvestonmanor.co.za

www.alvestonmanor.com



ENVIRON®



MATSIMELA



BIO SOULBURE



Human kind



spalicious