



# STILLNESS

MANOR & SPA



# SPA INFORMATION



# Stillness Spa Information



## BODY TREATMENTS

<b>Full Body Exfoliation</b>	30 min	R210	<b>R185</b>
Exfoliation leaves the entire body feeling smooth and nourished.			
<b>Aroma Hot Spa Bath Deluxe</b>	30min	R250	<b>R225</b>
Enjoy a relaxing hot spa bath with added essential oils. Hot spa baths can be customized according to client needs, such as moisturizing, relaxing or detoxifying.			
<b>Aromatic Body 'Well Being '</b>	1hr30 min	R490	<b>R440</b>
Exfoliation leaves the entire body feeling smooth and nourished. A full body massage with energizing toning oil leaves you relaxed and refreshed.			
<b>Aromatic Body 'Contouring '</b>	2hrs	R500	<b>R445</b>
Includes a Enzymatic scrub, a detoxifying mask and a lymphatic drainage massage on problematic areas.			
<b>DERMLOGICA Thermal Therapies</b>	1hr30min	R580	<b>R475</b>
Thermal therapies provide improved product penetration through stamp therapy. Include intensive body exfoliation, followed by lymph drainage massage and detoxifying/distressing body packs for improved circulation and to regenerate the body.			
<b>AHAVA Full Body Salt Scrub &amp; 75 Remineralising Mud Wrap</b>	1hr30min	R580	<b>R475</b>
Ahava is driven by a deep passion to unearth the secrets of the revitalizing effects of minerals on the skin. Minerals have an extraordinary capacity to act as "intercellular messengers" that transmit information to skin cells and positively impact their health and vital functions.			

## TOUCH THERAPIES

<b>Traditional Swedish Massage</b>	45 min	R300	<b>R255</b>
<b>Traditional Swedish Massage</b>	60 min	R390	<b>R350</b>
<b>Traditional Swedish Massage</b>	90 min	R500	<b>R425</b>
Classic Swedish body massage technique relaxes and soothes the muscles, increases circulation and reduces stress levels.			
<b>Deep Tissue Massage</b>	60 min	R410	<b>R355</b>
<b>Deep Tissue Massage</b>	90 min	R520	<b>R450</b>
Vigorous massage targeting specifically stressed muscles.			
<b>Aroma Massage</b>	60 min	R410	<b>R355</b>
A gentle and nurturing massage using essential oils.			
<b>Hot Stone Massage</b>	60 min	R500	<b>R445</b>
The application of water-heated basalt stones of varying sizes to key points on the body, giving a deep massage and creating sensations of comfort and warmth.			
<b>Deep Tissue Back Massage</b>	30min	R260	<b>R220</b>
<b>Back and Neck Massage</b>	30 min	R210	<b>R200</b>
<b>Back and Neck Massage</b>	45 min	R300	<b>R255</b>
This 'rapid tension release' treatment uses direct pressure on problem areas.			
<b>Hair and Scalp Massage</b>	30 min	R210	<b>R200</b>
<b>Manual Lymphatic Massage</b>	60 min	R390	<b>R350</b>
This massage stimulates the lymphatic system, promotes lymphatic drainage and detoxifies the body.			
<b>Reflexology</b>	30 min	R250	<b>R225</b>
The practice of massaging, squeezing, or pushing on parts of the feet with a goal of encouraging a beneficial effect on other parts of the body to improve general health.			



# Stillness Spa Cont....



## STILLNESS PACKAGES

<b>Stillness "Express"</b>	1hr30min	R590	<b>R480</b>
Relaxing Hair and Scalp Massage / Aroma Spa Bath / Back, Neck and Shoulder Massage			
<b>Stillness "Inner Calm"</b>	2hrs30min	R1250	<b>R1100</b>
Aroma Spa Bath / Relaxing Full Body Wrap / Full Body Swedish Massage			
<b>Stillness "Wake-up Call"</b>	3hrs15min	R1290	<b>R1150</b>
Full Body Exfoliation / Aroma Spa Bath / Aroma Body Massage / Facial			
<b>Stillness "Must Have It All"</b>	4hrs30min	R1320	<b>R1190</b>
Full Body Swedish Massage / Facial / Deluxe Pedicure / Deluxe Manicure / Aroma Spa Bath			



[\\*A Breakfast or Spa Lunch is available on request](#)

## ADDITIONAL BEAUTY TREATMENTS

<b>Eye Brow Tint</b>		R50	<b>R45</b>	<b>Half Leg Wax</b>	R125	<b>R115</b>
<b>Eye Lash Tint</b>		R60	<b>R55</b>	<b>Three Quarter Leg Wax</b>	R150	<b>R130</b>
<b>Eye Brow &amp; Lash Tint</b>		R100	<b>R90</b>	<b>Full Leg Wax</b>	R180	<b>R150</b>
<b>Express Manicure</b>	30min	R110	<b>R95</b>	<b>Under Arm Wax</b>	R80	<b>R70</b>
<b>Express Pedicure</b>	45min	R160	<b>R140</b>	<b>Half Arm Wax</b>	R100	<b>R85</b>
<b>Including French paint</b>	15min	R30	<b>R25</b>	<b>Full Arm Wax</b>	R150	<b>R125</b>
				<b>Chest Wax</b>	R120	<b>R105</b>
				<b>Back Wax</b>		
<b>Deluxe Manicure</b>	1hr	R210	<b>R180</b>	<b>Bikini Wax</b>	R100	<b>R85</b>
<b>Deluxe Pedicure</b>	1hr15min	R280	<b>R240</b>	<b>Brazilian Wax</b>	R160	<b>R140</b>
				<b>Hollywood Wax</b>	R250	<b>R225</b>
<b>Manicure with Paraffin Wax</b>	1hr15min	R230	<b>R210</b>	<b>Lip Wax</b>	R50	<b>R45</b>
<b>Pedicure with Paraffin Wax</b>	1hr30min	R300	<b>R260</b>	<b>Chin Wax</b>	R50	<b>R45</b>
<b>Deluxe French Manicure</b>	1hr15min	R230	<b>R210</b>	<b>Eyebrow Wax</b>	R50	<b>R45</b>
<b>Deluxe French Pedicure</b>	1hr15min	R300	<b>R260</b>	<b>Eyebrow Shape</b>	R55	<b>R50</b>

## DERMALOGICA FACIAL SKIN CARE TREATMENTS

**Core Skin Treatment** 1hr R400 **R365**  
A customized skin treatment that includes a deep cleanse, massage and masque. Revitalizing and refreshing to any skin.

**Pigmentation Treatment** 1hr R450 **R395**

**Medicated Clearing Treatment** 1hr30min R470 **R425**

Breakouts have met their match! Botanicals to purify and decongest the skin, preventing future breakouts, including extractions. (For problem skins)

**Environmental Control Treatment** 1hr30min R490 **R445**

A blend of calming botanicals to soothe the most irritated skin. Including a specialized oatmeal masque.

**Skin Bright Treatment** 1hr R520 **R450**

Using the new Chromo White range with Tri-Enzymes to penetrate deeper into the skin and work on the epidermal and dermal pigmentation.

**Age Smart Treatment** 1hr30min R570 **R525**

Potent vitamin and hydroxyl acid exfoliation resurfaces and retextures the skin while energizing massage techniques release tension in the facial muscles for the ultimate in skin therapy and prematurely ageing, mature and





## FACIAL SKIN CARE TREATMENTS

Our therapies are focused on achieving optimum skin health. All our treatments begin with a thorough consultation to assess individual concerns in order to select the most appropriate treatment and ensure an exceptional experience. All our facials are suitable for both male and female clients.

### Filorga Facial treatments

<b>Filorga Express Facial</b>	30 min	R250	<b>R225</b>
<b>Filorga Anti-Ageing Facial</b>	1hr	R500	<b>R450</b>
This facial provides you with the basic skin care needs—lighten your complexion, hydrate, balance and protect			
<b>Filorga Anti-Ageing Facial Peel</b>			
20%	1hr 15min	R600	<b>R550</b>
50%	1hr 15min	R650	<b>R600</b>
<b>Mesotherapy Facial</b>	1hr 15min	R700	<b>R650</b>

This unique age-defying treatment allows your skin to regenerate itself with the use of Filorga's A.H.A. acids which provide deep exfoliation using 20% and 50%, peels refresh the skin to enhance, firm and stimulate your complexion.



### Guinot Facial treatments

<b>Deep Cleanse</b>	1hr	R400	<b>R365</b>
Steaming, thorough deep-pore cleansing, exfoliation, mask, toning, eye cream and moisturizer. this facial leaves your face feeling balanced, refreshed and clean.			
<b>Hydradermie</b>	1hr 15min	R490	<b>R445</b>
A beauty treatment with visible lasting results, which imbues the skin with wellbeing.			
<b>Hydradermie Hydra Plus</b>	1hr 30min	R720	<b>R645</b>
The classic Hydradermie facial, including the delicate eye and neck areas using separate gels, serums, creams and masks for each area.			
<b>Hydradermie Lift</b>	1hr 15min	R580	<b>R525</b>
This treatment incorporates all the benefits of the hydra plus facial plus it reaches below the surface of your skin to stimulate muscle tissue resulting in a more tightened, toned and radiant complexion.			
<b>Hydradermie Deluxe</b>	1hr 45min	R890	<b>R725</b>
A Hydradermie facial combined with the Hydradermie lift for the ultimate hydration and lifting effects.			
<b>Hydradermie for Men</b>	1hr 15min	R490	<b>R445</b>
A renewed skin tone and a healthy complexion in the beard regions and the rebalancing and restoration of skin aggravated by shaving, pollution and overexposure to the environment.			
<b>Beauté Neuve</b>	45 min	R490	<b>R445</b>
A beauté neuve double peeling treatment with fruit acids, glycolic acids and pure vitamin c; a treatment for youth, radiance and anti-pigmentation.			
<b>Liftosome</b>	45 min	R515	<b>R435</b>
Best suited for mature skins, aiming to energize, tighten and firm using vitamin c to brighten the skin. Liftosome relaxes features, smoothes away fine lines and adds a luminous glow to the complexion.			
<b>Aromatics</b>	45 min	R490	<b>R445</b>
Plant extracts and essential oil blends are combined in an aromatherapy treatment customized to suit your skin.			



# Stillness Spa Cont....



## SPECIALISED LASER TREATMENTS—10% discount for members

Powered by the revolutionary [elōs™ Technology](#), eMax delivers the most comprehensive range of aesthetic applications to successfully treat the broadest spectrum of hair colors, skin textures, and skin tones. eMax empowers you to meet patient demand for non-invasive aesthetic improvements with minimal downtime.



### PHOTO REJUVENATION

Targets sun damage and age spots

Face	1hr	R1400
Neck	45 min	R 950
Chest	45 min	R1150
Hands	45 min	R 950
Arms	1hr	R1850
Under Arms	45 min	R 850
Bikini	45 min	R 850

### SKIN TIGHTENING & LIFTING

Collagen Shortening, Stimulation and re-modeling  
( 3–5 treatments required)

Full Face	1hr	R1850
Eyes or Forehead	45min	R 650
Jawline and Nasal—Labial Fold	1hr	R1200
Jawline or Nasal—Labial Fold	45 min	R 850
Neck	45 min	R 980
Chest	1hr	R1100

### PERMANENT HAIR REDUCTION

Ultra Fast Diode Laser Technology

Upper Lip or Sideburns or Chin	30 min	R 250
Under Arms or Feet	30 min	R 460
Arms (including hands)	1hr	R1200
Standard Bikini	30 min	R 600
Brazilian Bikini	45 min	R 850
Hollywood Bikini	1hr	R1200
Chest	1hr30 min	R1100
Back	1hr30 min	R1300
Stomach	30 min	R 250
Hairline	30 min	R 300
Half Leg (including feet) - both legs	1hr15 min	R1300
¾ Leg (including feet) - both legs	2hrs	R1600
Full Leg (including feet) - both legs	2hrs30min	R2200
Full Leg (including standard bikini) - both legs	2hrs30min	R2450

### ACNE TREATMENT

Destroying surface bacteria and minimize acne and scarring

Full Face	1hr	R 850
Back	1hr	R 750
Per Specific Area	30 min	R 450

**THE ABOVE PRICES ARE PER AREA PER SESSION**

# Stillness Spa Cont....



## SPECIALISED TREATMENTS—10%discount for members

VelaShape treats both the deeper tissue, offering a measurable reduction in fat layers, circumference and the upper layers of the skin, resulting in cellulite reduction. It is an easy non-invasive, no down-time, comfortable deep therapeutic treatment.

### VelaShape - 8 treatments per course

Neck	8 x 1hrs	R2500
Arms	8 x 1hrs	R2500
Stomach	8 x 1hrs	R2500
Thighs & Buttocks	8 x 1hrs 30 min	R4500
Thighs, Buttocks & Stomach	8 x 1hrs 45 min	R5500
Thighs, Buttocks, Stomach & Arms	8 x 2hrs	R6500



[\\* Measurements & Photos will be taken on consultation](#)

## ADDITIONAL INFORMATION—MEMBERSHIP TO THE FACILITIES

- The Membership becomes active on the payment of a once-off Sign-on Fee of R950. The Member will during the period of active Membership enjoy the following privileges:
- a) Membership Rates are valid as published and are subject to change without prior notice. See accompanying Spa Rate Sheet for Membership Rates (discounts vary).
  - b) Enjoy a complimentary Stillness Signature treatment – Anti Stress Back Massage and Facial.
  - c) Enjoy a further 5% discount on all subsequent non-discounted Signature Stillness Spa Packages purchased during the period of membership.
  - d) Enjoy discounted rates on special promotions during the period of membership. Information on this will be available in our Stillness Spa Newsletter.
  - e) You may bring one guest with you for a first visit and he/she will enjoy Membership Prices on any Touch Therapy and Treatment or Spa Package on that first visit.
  - f) Enjoy a further 20% reduction on all your Member-priced treatments when you bring a minimum of 3 full paying guests for a Spa Party.
  - g) Invitation to new product/treatment launches and events.
  - h) Enjoy the use of our spa facilities without a treatment at a cost of R70 instead of R90. Please note that your guests cannot be provided this discount on their first visit or subsequent visits unless they become Stillness Spa Members.

**The Membership remains valid for 1 year subject to the minimum purchase every calendar month of a 60-minute therapy treatment (single treatment of your choice). Please remember to buy a voucher if you are away for more than a month. You will then be able to enjoy the treatment on your return. The Membership terminates automatically with non-compliance of this requirement.**

## SPA HOURS

Monday–Friday	8h00–18h00
Saturday & Sunday	9h00–18h00

[\\* Clients can request until 19h00 on weekdays](#)

**Clients that book treatments at the spa can use our facilities with no extra charge. (\*Indoor heated swimming pool, sauna, stream room and gym)  
Vouchers can also be booked and paid for via the internet.**

# More about Stillness



- Suites:** 10 Suites (Luxury and Presidential) equipped with:
- Air conditioning
  - TV with M-net, BBC, Super Sport 1,2,3, Movie Magic 1, SABC 1,2 & 3, E-TV
  - Alarm/Radio/CD Player
  - Mini Bar / tea & coffee facilities
- Bar/Lounge:** Includes snooker table, satellite TV, games and internet access
- Dining Facilities:** Guests can enjoy breakfast and lunch in either our Private Dining Room or on the Front Terrace. Breathtaking views of the Hottentots Holland Mountains and the Constantia Valley.
- \* Up to 30 guests can be accommodated in the Private Dining Room.
  - \* Dinner is only served for special functions and must be booked well in advance.
- Spa:** Stillness Spa offers touch therapy, spa body therapies and skin care treatments.
- Fitness Centre :** Gentle cardiovascular exercise in our well-equipped Fitness Centre is on offer as well as Stillness Fitness Memberships.
- Conferences:** Due to its beautiful and peaceful setting, Stillness Manor & Spa is regarded as a very special venue for private functions and conferences. Comfortable seating available for 40 delegates in the set-up of your choice, wall to wall carpets and full air conditioning.
- Photo Shoots:** Many great photographers have shot Stillness including the last BMW ad, they keep coming back because they find unusually good light conditions (95m above sea level) and excellent assistance provided by our staff.
- Weddings:** Intimate weddings can be held, a maximum of 20-25 pax for comfort. Noise levels must be kept down after 23:00 as Stillness is surrounded by private residences.
- Leisure:** Activities organized on demand.
- Tennis Court
  - Two outdoor swimming pools
  - One indoor 12m heated swimming pool (in Spa)
  - Sauna and steam room
  - Meditation Deck hidden away in our garden
  - Forest and Mountain hikes
  - Horse riding, Fishing and Other Leisure
- Children:** Children are most welcome at Stillness and special rates apply. Children

---

Stillness Manor & Spa – A division of Inercore Properties (Pty) Limited

Reg No: 2004/016049/07 – VAT No: 4440214023  
16 Debaren Close | Tokai | 7945 | Cape Town | South Africa  
T: +27 (0)21 713 8800 | F: +27 (0)21 713 8875 | E: info@inercoreproperties.com