

Facial Treatments

TheraVine™ Appetizer Facial 30m | R 495
Experience an express Vinotherapy facial boost customized to your specific skin concerns.

TheraVine™ Balancing Facial 60m | R 660
A deep-cleansing facial customized to remove surface impurities followed by a personalized mask to restore balance to the skin.

TheraVine™ Hydrating Facial 60m | R 660
Designed for extreme relaxation with an aromatic scent of essential oils. Deeply hydrate your skin, leaving you with a radiant complexion.

TheraVine™ Deluxe Anti-Ageing Facial 60m | R 720
This facial was designed to hydrate the skin and reduce fine lines and wrinkles, using specialized anti-aging products.

Body Polish

TheraNaka™ body scrubs are made with a 100% natural blend of plant botanicals.

Marula & Sandalwood Buff 60m | R 660
Apricot Kernel Body Scrub 60m | R 660

Body Wraps

TheraNaka™ sensory journeys include a full body exfoliation, a full body mud/gel wrap and an herbal fusion back massage.

Uplifting Mud Wrap 60m | R 715
Muscle Release Mud Wrap 60m | R 715
Revitalising Gel Wrap 60m | R 715
African Earth Body Wrap 60m | R 715



Body Massages

Vigour Back Massage 30m | R 385
Vigour Back Massage 45m | R 550
Circulatory-boosting essential oils coupled with a deep tissue back massage relieving tension. A refreshing Revival gel is applied on specific areas where needed.

Foot & Leg Massage 30m | R 385
Foot massage has been practiced for centuries to promote health and well-being.

African Fusion Body Massage 60m | R 660
A relaxing medium pressured full body massage. Enjoy the freedom of choosing your favourite scent from our selection of Marula-infused Fusion body oils.

Deep Tissue Body Massage 60m | R 715
A full body deep tissue massage with circulatory-boosting essential oils, targeting pressure points. Revival gel is applied on specific areas to ease deep seated tension.

Hot Stone Full Body Massage 70m | R 715
Hot stone massage therapy melts away tension, eases muscle stiffness and increases circulation.

Avo & Shea Butter Massage 60m | R 660
A relaxing medium pressured full body massage. Enjoy the freedom of choosing your favourite scent from our selection of body butters. This massage will deeply hydrate the skin.

TheraNaka™ Body Journeys

African Wood Massage 90m | R 990
Mimicking the rhythmical patterns of an African dance, the TheraNaka™ signature massage blends and specially designed wooden implements while being drizzled with warm Olive and Shea butter ointment.

Packages

Lady's Quick Fix 90m | R 990
Back, neck & shoulder massage
Express pedicure with foot massage
TheraVine™ appetizer facial

Gentlemen's Quick Fix 90m | R 990
Deep tissue back, neck & shoulder massage
Express pedicure with foot massage
Gentlemen's appetizer facial

Luxury Facial Package 90m | R 990
A back treatment & massage combined with a relaxing facial for your skin concerns.



Manicures & Pedicures

Luxury Manicure 60m | R 420
Luxury Pedicure 60m | R 420
French Manicure or Pedicure 75m | R 480

Additions

Tinting
Eye Brow Tint 15m | R 100
Eye Lash Tint 30m | R 130

Waxing
Half Leg Wax 30m | R 200
Full Leg Wax 45m | R 250
Bikini or Under Arm Wax 30m | R 150
Lip/Chin/Brow Wax 30m | R 90

holden manz

spa

SPA ETIQUETTE

The spa is an environment of relaxation and tranquility. Please turn off all cell phones and keep noise levels to a minimum. Please arrive 10 minutes prior to your treatment time to allow for consultation and pre-treatment decompression time.

If arrival is delayed, we will make every effort to accommodate your full appointment, but this is not always possible. Treatments times may be shortened to avoid delays for other guests. These treatments are charged at the full value.

PAYMENT AND CONFIRMATION OF BOOKINGS

Visa, MasterCard and American Express are accepted.

CANCELLATIONS

A 50% cancellation fee will be charged for cancellations within 24 hours of the appointment. Cancellations must be addressed to spa@holdenmanz.com or alternatively contact 021 876 2738 (ext. 2).

MEDICAL CONDITIONS

If you have any medical conditions that are of concern e.g. epilepsy, heart condition, cancer or blood pressure, please consult your medical practitioner to ensure the treatments you are having will be in order, and notify your therapist.

PRODUCT RANGE AND HAMPERS

Professional body and face retail products are available for purchase.

GIFT VOUCHERS

Gift vouchers are available for purchase and redeemable at our spa. Please be advised when booking the voucher must be presented upon arrival to be redeemed. Gift vouchers are not redeemable for cash.

GRATUITIES

Gratuities are not included in the price of the service and are left up to your discretion.

DIRECTIONS

We are based on Green Valley Road in the Franschoek. When you pass through the village of Franschoek on Huguenot Road you will reach the Huguenot monument at the end. At this T-junction turn right and continue on this road for 2km. Turn left onto Green Valley Road and continue for 800m until you reach us on the right-hand side.

DISCLAIMER

Guests are kindly urged to take care of their personal belongings. Holden Manz, the management or the staff shall not be held responsible for any
