

## 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

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# 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](mailto: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

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