



La Cigale

| Health, Skin & Body Clinic |

Air



R475

½ hr Indian Head Massage
½ hr Back & Neck Massage

Earth



R710

1 hr Aromatherapy Massage
½ hr Indian Head Massage

Water



R860

½ hr Indian Head Massage
½ hr Back and Neck Massage
1 hr Foot Treatment

Fire



R915

1½ hr Hot Stone and Aroma Balm
Massage
½ hr Foot Massage



| Packages |



Tranquility

R1470

A sensorial journey of the senses that includes a facial, body scrub and full body massage leaving your skin and soul polished, soft and silky. A pedicure completes the top to toe remake.

3 ½ hours

Luminosity

R1540

A package ideal for brides and grooms to create luminous, glowing skin that will prepare you for a beautiful memorable day. Absolute Pearl treatment for face leaves the skin glowing and fresh, a body scrub to remove dead cells and a full body massage to remove all tension from the muscles. The ritual is completed with a spa pedicure to ensure that every part of the body is treated.

4 ½ hours

Inspire

R1650

An oxygenating and revitalising top to toe treatment for men and women that will leave the skin and the body refreshed and energised. Recover Touch will offer the highly potent anti oxidant effects of desert rose and leave your skin feeling cared for and rejuvenated. This package includes a facial, Fruity body exfoliation, body wrap and full body massage. The ritual is completed with a foot massage.

3 ½ hours

Harmony

R2290

An uplifting journey that begins with a Body Brush and Exfoliation to relax and cleanse the skin. Your body is then transported into relaxation with a Wrap, 1 hr Hot Stone and Aromatherapy Massage and a specialised Facial. Your experience is completed with a Manicure and Pedicure.

5 ½ hours

Body Brushing

R80

Body brushing stimulates lymphatic and blood circulation while exfoliating dead skin cells. It is an invigorating treatment which enhances the benefits of massage or any other body treatment.

¼ Hour

Aromasoul Scrub Ritual

R360

Comfort Zone's Aromasoul body peeling ritual, exfoliates stimulates and invigorates the body, leaving the skin feeling fresh, smooth, satin soft and flawless. This is a wonderful stand alone treatment or preparatory treatment for wraps and massage.

½ Hour





Monticelli Mud Wrap

R550

An intensely soothing self heating mud suitable for removal of toxins, reducing contours, soothing muscle aches and pains. Receive as a wrap or in the rasul

1 hour

Slimming Refiner Wrap

R550

A draining body wrap for soft cellulite to remove toxic waste in the tissues. Ideal in a course of treatments.

1 hour



| Body Wraps |



Detoxifying Mud Wrap

R550

A really intense mud to detoxify the skin . With the aid of essential oils this mud will bring about removal of waste, toxin and thus size of the area. You will experience heat and cold during this treatment.

1 hour

Nutritional Organic Wrap

R550

A nutritional organic body mask to oxygenate and hydrate tired, dull skin. Soothing on sunburn and ideal for pregnancy.

1 Hour

African Potato Wrap

R550

This is a regenerating, healing and immune boosting wrap. The skin is left feeling soft, velvety and revived and the body refreshed and restored. This wrap is ideal for burnout, pregnancy or after an illness.

1 hour

Tranquility Journey

R790

A soothing sensory journey of relaxation, luxury and abundance, consisting of a fruity peel scrub, shower or steam followed by a full body massage with Tranquillity.

1½ hour



| Massages |

Back and Neck

Massage for a targeted area effecting general relaxation or for those of you with only a little time to spare.

Full Body

A Deep or lighter massage incorporating back, legs, arms and decolete. This massage incorporates Swedish as well as other specialized techniques

Hot Stone

Massage done with Basalt or Volcanic stones that are heated to +/- 60 degrees celcius. These stones aid in a depth of treatment. One stroke with a stone is said to have the benefit of six strokes of the hands. This is a very relaxing yet energising massage. The treatment can be done alone or for a double benefit, in conjunction with Aromatherapy balms to enhance detoxification, circulation, regeneration or just pure relaxation.

Aromasoul Massage

Discover the Essence of Being with Comfort Zone's aromatic Body Programs. Tensions are soothed away. Toxins are eliminated and your body is filled with new energy. We use pre blended aromatic body oils, creams or balms for relaxation, circulation, regeneration or detoxification. These can be used with Back and neck massage, full body massage or a hot stone massage for enhanced benefits to body mind and soul.



Indian Head Massage

An unbelievably relaxing, almost hypnotic massage incorporating the décollete, face and head. This treatment incorporates Ayurvedic techniques that help with headaches and migraines and stimulate circulation to the hair follicles. It also helps to clear the mind.

Foot Massage

Relaxing treatment, which offers relief to sore, tired swollen feet and also offers general relaxation. Ideal for people with lifestyles on the go or pregnant women.

Back & Neck Massage

½ Hour R265

With Hot Stone OR Aroma Balm
R315

With Hot Stone & Aroma Balm
R365

Back & Neck Massage

1 Hour R425

With Hot Stone OR Aroma Balm
R525

With Hot Stone & Aroma Balms
R625

Full Body Massage

1 Hour R425

With Hot Stone OR Aroma Balms R525

With Hot Stones & Aroma Balms R625

Full Body Massage

1 ½ Hour R550

With Hot Stone OR Aroma Balms R650

With Hot Stone & Aroma Balms R750

Indian Head Massage

½ Hour R265

1 Hour R425

Foot Massage

½ Hour R265

1 Hour R425

Revitalise

| Basic treatment |

R300

The first step to a healthier skin. A one hour treatment to diagnose the skins condition and establish the needs of the skin. It leaves the skin soft, cleaned and refreshed.

The treatment includes a proper exfoliation and removal of impurities.

1 Hour

Pamper

| Comprehensive treatment |

R425

An in depth treatment of skin conditions such as Dehydration, Dryness, Tired and dull skin or Skin sensitivity. Treatment lasts one hour and includes analysis , massage and mask suitable for the skin condition.

1 ½ Hours



| Facials |





Indulge | Intensive treatment |

R550

A treatment so rich, sublime and luxurious that the taste will last. Spend one and a half hours to receive a massage of forty five minutes, treatment for the ageing skin/ pigmented skin or wrinkles.

1 ½ Hours



| Grooming |

Tinting & Tweezing

- Lash Tint R65
- Brow Tint R60
- Brow Shaping R55

Make-Up

- After Facial R110
- Make Over Lesson R350
- Bridle Make-Up R730
(This Includes Trial and Wedding Day)
- Bridle Make-Up at Wedding Venue R1020
(This Includes Trial and Wedding Day)

Waxing

- Half Leg and Knee R143
- Full Leg R200
- Bikini Wax R75
- Under Arm Wax R75
- Arm Wax R75
- Back Wax R100
- Chest Wax R145
- Stomach Wax R100
- Stomach Pathway Wax R70
- Facial Wax: Lip and Chin R115
- Lip or Chin R65
- Nostril Wax R55
- Ear Wax R55
- Toe Wax R55

Hands and Feet

- Manicure R180
- French Manicure R200
- Pedicure R200
- French Pedicure R220
- Spa Pedicure R250
- Revarnish R75

Paraffin Wax + R60

Inflamed to soothe Intense softening and moisturising treatment. Clinically used, Painful joints. Highly recommended as an addition to your Manicure or Pedicure.

Hot Stone

+ R60

Intensely relaxing addition to your pedicure – for aching, tired swollen feet.

AHA Peel

+ R110

Softening, anti-aging and refining treatment. Has a great effect on reducing sunspots and liver spots. Can be done as a treatment on its own or in conjunction with your manicure or pedicure.

These treatments afford you the luxury of wellness treatments by the pool without compromising on your time to relax in the sun with a good book or with an eye on the children.

(Subject to therapist availability)

Foot Massage

½ hr R265

Pedicure

1 hr R200

French Pedicure

1 hr R220

Manicure

1hr R180

French Manicure

1 hr R200

Indian Head Massage

30 Minute R265

Neck and Shoulder Massage

15 Minute R110



| Poolside Specials |



| Conference Quickies |



An opportunity for you and your colleagues to enjoy the facility of a 10 minute experience of relaxation during one of your breaks during the day. These treatments are done on the terrace, at the conference facility or at your lunch table.

These treatments are done on the terrace or at the conference facility.

Foot Massage

15 mins R110

Head Massage

15 mins R110

Neck and Shoulder Massage

15 mins R110

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Prices are valid from 1 January - 31 December 2009, and subject to change without prior notice.

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75km from Johannesburg and 90 km from Pretoria.