

## VASCU FLOW

Created to address general circulatory problems including varicose veins, thinning skin due to reduced regeneration (especially in women on HRT for more than 3 years and elderly). Beneficial during pregnancy (after 3 months) and for diabetics.

## CONFIDENCE

Creates a feeling of calmness and self-confidence. Used in stressful situations such as exams, interviews, public speaking, competitive sporting events.

## PREGNY OIL

NO CUPPING (avoid first 3 months)

Nourishing, relaxing, calming with an anti-spasmodic, anti-inflammatory effect to the skeletal and smooth muscles. Combats nausea, spinal pain and swelling of the extremities.

## BETTA DAY

Addresses general stress relief and helps to alleviate chronic depression and anxiety. It also combats premenstrual tension; menopausal depression and it enhances emotional recovery from substance abuse.

## BETTA SLEEP

Regulates the sleep cycle and provides relief from insomnia. It also assists with anxiety, fearfulness, reduces high stress levels and mood swings.

## TRAVEL TIME

Effective for motion sickness, claustrophobia, anxiety, fearfulness, insomnia, muscle spasm in the back and dizziness during travel. Suitable for use during pregnancy to alleviate "morning sickness".

## SPORTZ MUSCLE DEEP TISSUE SPORT MASSAGE, DEEP TISSUE MASSAGE OR CUPPING MASSAGE

Assists with muscle recovery and recuperation. Heals muscle and ligament injury. Can be used pre or post sport events.

**Sportz Muscle Lower Back and Leg**  
Duration - 45 min

**R 450**

## GENERAL INFORMATION

Late arrival: If you are late for your appointment, your treatment may be cut short to ensure that the next treatment begins punctually.

## DEPOSIT

We require a 50% deposit payment to secure and confirm your booking.

## STRICT CANCELLATION POLICY

The spa treatments you select are reserved especially for you. There is a 50% charge for all cancellations made less than 7 days prior to an appointment.

## VOUCHERS

Vouchers are valid for 3 months. Your voucher can be used for treatments. Vouchers cannot be exchanged for cash. We reserve the right to make adjustments to take account for any increase in prices.

## PRICES

The prices stated in our current price list apply. Please note that prices are subject to change.

## PAYMENT

We accept payment by cash and the following cards: Visa & MasterCard.

## MOBILE PHONES

As a courtesy, please turn off your phone during your stay at our Mont d'Or Spa so as to ensure a quiet and relaxing atmosphere for our clients.

## WE VALUE YOUR OPINION

Mont d'Or welcomes your suggestions as to how we can continue to improve our service and ensure your well-being.

*Kalahari is an exclusive lifestyle collection for body, soul and home. Africa, nature and its people were the inspiration for this exclusive product collection. Created with nature's pure ingredients so that you can experience the delicate aromas and textures directly from the Kalahari Desert in Africa. This collection will captivate your imagination whilst it nourishes your body and mind. Kalahari is available in an exclusive range of products including face, body and lifestyle.*

**kalahari™**  
ancient desert secrets  
*Carina Frank™*

# SPA PACKAGES

  
**MONT D'OR**  
CLARENS

## GET IN TOUCH

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## BODY EXFOLIATION

**Botanical Buffet Journey** R 850  
*Duration - 90 min*

Create your own unique body exfoliation experience by combining lingering fragrances from Africa with organic plant extracts, botanical oils and unrefined earth mediums. Choose your distinctive ingredient favourites and fragrances to combine a personal treatment preparation that buffs away all the dull skin and leaves your body soft and nourished. A treatment shaped by – and around – you.

## FULL BODY MESSAGES

**Rolling Sand Dune Full Body Massage** R 600  
*Duration - 60 min*

**African River Hot Stone Full Body Massage** R 650  
*Duration - 60 min*

## BACK & NECK MESSAGES

**Khoi-Khoi Back and Neck Massage** R 350  
*Duration - 30 min*

**African River Hot Stone Back and Neck Massage** R 400  
*Duration - 30 min*

**African Head and Neck Massage** R 350  
*Duration - 30 min*

## HANDS & FEET

**Mediterranean Hand Treatment (Paraffin Wax)** R 350  
*Duration - 60 min*

**Mediterranean Feet Treatment (Paraffin Wax)** R 450  
*Duration - 60 min*

**Express Manicure** R 190  
*Duration - 30 min*

**Express Pedicure** R 280  
*Duration - 45 min*

**Buff & Paint** R 190  
*Duration - 30 min*

**Re-Paint** R 180  
*Duration - 20 min*

## PHYTO COMPOUNDING SKIN TREATMENT

**Revitalising Vita-gel Skin Treatment** R 650  
*Revitalise – (all skin types)  
Duration - 60 min*

**Phytic Clay Skin Treatment** R 650  
*Rejuvenation / Oily Skin / Pitted acne scarring  
(Not suitable for sensitive skin)  
Duration - 60 min*

**Vitamin C Skin Treatment** R 650  
*Anti-aging / Ultra-firming – (all skin types)  
Duration - 60 min*

## PHYTO EFFECTIVE SKINCARE TREATMENTS

### FACIALS

**Hydrating Honeybush Skin Treatment** R 450  
*(all skin types)  
Duration - 30 min*

**Lipid Rich Skin Treatment** R 520  
*(not suitable for oily or acne-prone skin)  
Duration - 60 min*

## ADD-ON TREATMENTS (add 30 min to your facial)

**Vitamin C Eye Treatment** R 180

**Deep Scalp Exfoliation Treatment** R 180

**Hand and Arm Anti-ageing Treatment** R 180



## SPOIL YOURSELF PACKAGES

**Wild Birthday Bash** R1350  
*Duration - 3.5 hours*

Float away with a Back and Neck Massage, followed by Skin Specific Facial, an Express Manicure and Pedicure. Light Lunch included

**Re-Energising Booster** R1080  
*Duration - 2 hours*

Stress relief full body massage, float away with an African head massage and foot treatment

**Couples Escape to Africa** R3080for couple  
*Duration - 3 hours*

Couple's full body massage, African head massage, a complete foot and hand treatment followed by paraffin wax. All treatments are done with the couple in the same room. Light Lunch included.

**Kalahari Male Getaway** R1050  
*Duration - 2.5 hours*

Deep Tissue Back and Neck Massage followed by skin specific facial and express Pedicure

**Mont d'Or Spa Getaway** R1650  
*Duration - 3 hours*

Begin the pamper with a Botanical Buffet Journey, skin specific facial and an express pedicure. Light Lunch included.

**Kids 4-12 years**  
Full Body (*Duration - 30 min*) R 300  
Manni-Peddi (*Duration - 60 min*) R 300

## LILLIAN TERRY INTERNATIONAL

Lillian Terry International researched and developed a natural product range based on the synergy of homeopathy & aromatherapy. All pre-blended massage oils contain homeopathic remedies, superior grade essential oils and pure cold pressed carrier oils.

**Full Body Cupping Massages LT (FlexyCups)** R580  
*Duration - 45 min*

Drawing on thousands of years of clinical experience since its origins in traditional Chinese medicine where cupping was used to treat fever, muscular pain, to remove toxins such as snake venom or bee stings and more, Lillian Terry International has taken this age-old concept and working together with a medical doctor improved upon it, opening the opportunity to use the technique of cupping in the most effective way, either in a salon, spa or in the comfort of your own home.