

BODY TREATMENTS

Rolling Sand Dune Full Body Massage (60 min)	R 450
African River Hot Stone Full Body Massage (60 min)	R 520

BACK & NECK MASSAGES

Khoi-Khoi Back & Neck Massage (30 min)	R 380
African River Hot Stone Back & Neck Massage (30 min)	R 380
African Head & Neck Massage (30 min)	R 380

SKIN TREATMENTS

REVITALIZING SKIN TREATMENT

Vita-Gel Skin Treatment (60 min)	R 480
<i>(All skin types)</i>	

REJUVENATING SKIN TREATMENT

Phytic Clay Skin Treatment (60 min)	R 520
<i>Rejuvenation / Oily Skin / Pitted acne scarring</i>	
<i>(Not suitable for sensitive skin)</i>	

ANTIOXIDANT SKIN TREATMENT

Vitamin C Skin Treatment (60 min)	R 450
<i>Anti-aging / Ultra-firming – (All skin types)</i>	

THERAPEUTIC SKIN TREATMENT

Honeybush Skin Treatment (30 min)	R 330
<i>Hydrating (All skin types)</i>	

Lipid Rich Skin Treatment (60 min)	R 440
<i>(Not suitable for oily or acne-prone skin)</i>	

ADD-ON TREATMENTS

(add 30 min to your facial)

Vitamin C Eye Treatment	R 240
Hand & Arm Anti-ageing Treatment	R 250

HANDS & FEET

Kalahari Hand Treatment (Paraffin Wax) (60 min)	R 400
Kalahari Feet Treatment (Paraffin Wax) (60 min)	R 520
Express Pedicure (45 min)	R 330
Express Manicure (30 min)	R 260
Pedicure & Gel on Toenails (90 min)	R 520
Gel on Toenails (60 min)	R 310
Gel Soak Off (45 min)	R 110
Buff & Paint (30 min)	R 310

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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 specifically 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. Vouchers also available online.

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 treatment at our Monte Bello Day Spa so as to ensure a quiet and relaxing atmosphere for our clients.

WE VALUE YOUR OPINION

Monte Bello welcomes your suggestions as to how we can continue to improve our service and ensure your well-being.

kalahari™
ancient desert secrets
by Carina Franck

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



MONTE BELLO
ESTATE

SPA
Packages

GET IN TOUCH

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SPOIL YOURSELF PACKAGES

Full Day Spoil-Yourself **R2250**

Duration: 09:00 – 16:00 (1 hr Mealtime incl.)

- Hydrating Honey Bush Facial, 30 min Full body scrub (choice of Sugar, Coffee, Coarse Salt)
- Kalahari Foot Treatment with Paraffin Wax
- Kalahari Hand Treatment with Paraffin Wax
- African Head & Neck Massage
- Full Body Hot Stone Massage

Welcome drinks & breakfast (08:30) on arrival. Lunch (12:00) is served with a Glass of Bubbly. Drinks are available throughout the day.

Half Day Spoil-Yourself **R1280**

Duration – 3 hours (30min Mealtime incl.)

8h30 – 11h30 / 12h00 – 15h00

- African Head & Neck massage
- Kalahari Foot Treatment with Paraffin Wax
- Full Body Hot Stone Massage

Welcome drinks & breakfast (08:30) or Lunch (12:00) on arrival is served with a glass of bubbly. Drinks are available throughout the day.

Mini Spoil Yourself **R 590**

Duration – 90 minutes (30min Mealtime incl.)

Full Body Hot Stone Massage (60-minute treatment)

Welcome drinks on arrival. Light snacks with refreshments.

Mid-Week Escape **R 890**

Duration – 2 hours

- Kalahari Foot Treatment with Paraffin Wax
- Full Body Hot Stone Massage

Valid Monday – Thursday. Not available on public holidays. Welcome drinks on arrival.

COUPLE RETREATS

Mini Couple's Retreat **R1260 per couple**

Duration – 1,5 hours (30min Mealtime incl.)

Full Body Hot Stone Massage

Welcome drinks on arrival. Refreshments and breakfast or lunch (depending on the time of day).

Couples Escape to Africa **R 3250 per couple**

Duration - 4 hours (30min Mealtime incl.)

Couple's Full Body Massage with Lillian Terry International SUNSET AND SUNRISE massage oils, African Head & Neck Massage, a complete Foot & Hand Treatment followed by Paraffin Wax.

All treatments are done with the couple in the same room. Welcome drinks on arrival. Breakfast or lunch with a glass of bubbly included (depending on the time of day).

Full Body Massages (60 min) with Lillian Terry International

R550



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.

SUNRISE

For general male wellbeing. May stimulate metabolism, control appetite, combats yuppie flu, improve low sex drive or depression. Could help prevent chronic inflammation of the prostate during hormonal change.

SUNSET

For general female wellbeing. May be effective for women with low libido, sluggish ovarian activity, mood swings, under active thyroid, poor circulation, and general fatigue. May assist with balancing hormonal activity.

CONFIDENCE

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

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.



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SPECIAL OCCASION PACKAGES

Student Stress Less **R890**

Duration – 2,5 hours (1hr Mealtime incl.)

African Head & Neck Massage (30min) and a Full Body Hot Stone Massage (60min) with Lillian Terry CONFIDENCE massage oil.

Welcome drinks on arrival. Breakfast or lunch are served depending on the time of day. *Valid student card required.

Mom & Daughter Special Spoil **R1980 for both**

Duration – 3 hours (1hr Mealtime incl.)

Full Body Massage with Lillian Terry International BETTA DAY Massage oil and a Kalahari Foot Treatment with Paraffin Wax or Pedicure.

Welcome drinks on arrival. Refreshments and breakfast or lunch is (depending on the time of day).

Wild Birthday Bash **R 1180**

Duration - 2h45min (30min Mealtime incl.)

Float away with a Back & Neck Massage, followed by Hydrating Honey Bush Facial, an Express Manicure and Pedicure.

Welcome drinks on arrival. Refreshments and breakfast or lunch is served (depending on the time of day) - Glass of Bubbly included.

Kalahari Male Getaway **R 1650**

Duration - 3 hours (30min Mealtime incl.)

Deep Tissue Back & Neck Massage with Lillian Terry International SUNRISE massage oil followed by a Hydrating Honey Bush Facial and express Pedicure.

Welcome drinks on arrival. Refreshments and breakfast or lunch is served (depending on the time of day) – 1 Beer of your choice included.

Re-Energising Booster **R 1300**

Duration - 2 hours

Stress Relief Full Body Massage with Lillian Terry International CONFIDENCE massage oil, float away with an African Head & Neck Massage and Kalahari Foot Treatment with Paraffin Wax.

Welcome drinks on arrival. Refreshments and breakfast or lunch is served (depending on the time of day) - Glass of Bubbly included.

KIDS

4-12 years

Full Body (30 min) **R 320**

Manni-Peddi (60 min) **R 320**