



*At Pause Spa Wellness Center, we aim to promote holistic well-being and rejuvenation for all visitors. We emphasize self-care, mindfulness, and balance, encouraging clients to pause and reconnect with themselves. Our services include soothing massages, revitalizing facials, and wellness workshops, creating a sanctuary for relaxation and renewal amidst daily chaos.*

## GET IN TOUCH WITH US Sanbonani Resort Hazyview

Stormvoelway, Portion 5

013 737 5600

pause@sanbonani.com

Liesel: 081 049 8045

Marcia: 079 295 2037

Spa Reception: 072 309 9585

### Spa Operating Hours

Monday: 8:00 am - 17:00 pm

Tuesday: 8:00 am - 17:00 pm

Wednesday: 8:00 am - 19:00 pm

Thursday: 8:00 am - 19:00 pm

Friday: 8:00 am - 17:00 pm

Saturdays: 8:00 am - 17:00 pm

Sunday: Only By Appointment (9:00-15:00)

## Spa Journeys

### Transformation Journey R2990

Indulge in six hours of pure relaxation with our signature bliss massage, Hydrating facial, luxurious spa pedicure, invigorating body scrub, and calming body wrap. For your enjoyment, a light lunch accompanied by either champagne or a soft drink is included.

### Marula Package 3 hours R1650

#### Traveler's Preference

This treatment package includes a relaxing full-body massage, followed by a rejuvenating facial, and finishes with an indulgent spa pedicure.

### Men's Rejuvenating Spa Experience 150 min R1550

Focused on grooming. Experience a professional manicure and pedicure tailored specifically for men. Indulge in a full-body massage along with a 30-minute appetizer facial. You'll leave feeling rejuvenated and invigorated.

### Mother Earth Pamper Package 150 min R1600

Enjoy a pampering session designed for expecting and breastfeeding mothers, featuring a luxurious spa pedicure, balancing facial, and specialized pregnancy massage. These treatments promote relaxation and wellness, ensuring safety for both mother and baby.

### Romantic Couples' Spa Retreat 150 min R2900

The Couples Reconnect Package is thoughtfully designed for partners looking to unwind and enjoy quality time together. This relaxing experience includes a 60-minute full-body massage, a spa pedicure, and a 30-minute appetiser facial. To personalise your time at Pause, you are welcome to consult with your therapist about adding Champagne, roses, a charcuterie board, or even a picnic setup. These optional enhancements are priced according to preference and require at least 24 hours' notice for preparation.

### Relax & Rehydrating Journey 180 min R1900

This treatment features a detoxifying soak for hands and feet, gentle grapeseed exfoliation, and a 90-minute essential oil massage starting with a foot massage. It includes an aloe ferox gel wrap for hydration while the massage continues, ending with a customized facial. This ultimate relaxation experience leaves you feeling refreshed with soft, glowing skin.

### Body Wrap & Body Scrub Collection

Body Scrub 30min R 460

Body Scrub & Wrap 50min R 790

## Massage Therapy

Signature Bliss Massage	90min	R 850
Full Body Massage	60min	R 690
Couple's Full Body Massage	60min	R 1500
Couple's Full Body Massage	90min	R 1700
Lymph Drainage Massage	55min	R 680
Back, Neck & Head Massage	60min	R 625
Vigour Back Massage	30min	R 480
Indian Head Massage	30min	R 410
Thai Foot Massage/Reflexology	40min	R 480
Body Mapping	120min	R 1200
Mother to Be Massage	60min	R 740
Hot Stone Back Massage	30min	R 550
Hot Stone Full Body Massage	60min	R 790
Hot Stone Full Body Massage	90min	R 900
Synergy AMS Massage Therapy	50min	R 610
G5 Massage	50min	R 530

*Customized wellness treatment packages are available upon request, with a 15% discount for buying 10 sessions in advance.*

Sports Targeted Massage Therapy	30min	R 510
Sports Targeted Massage Therapy	60min	R 670

## Our Top Picks

### Ultimate Back Experience 90min R 890

Your therapist begins with a gentle grapeseed exfoliation, followed by a warm compress to prepare your muscles for a soothing 30-minute back massage. The treatment concludes with a relaxing gel wrap, complimented by a calming scalp massage. Finally, the wrap is removed with a hot compress, leaving your skin warm and your muscles relaxed.

### Jet Lag Relief 60min R 980

Enjoy a refreshing 30-minute leg fascia cup massage with gentle exfoliation and a circulatory wrap to reduce swelling. Simultaneously, receive a 30-minute invigorating back massage to ease travel fatigue, leaving you rejuvenated and ready for your next adventure!

### Double up Pamper Package 90min R 1950

If you're pressed for time but still want a complete experience, indulge in this session while two therapists work their magic. This treatment begins with an invigorating back massage, followed by a deeply relaxing foot and calf massage. Your therapists will wrap up the session with a relaxing pedicure and a hydrating facial, leaving your skin radiant and you feeling revitalised.

## Waxing & Tinting Collection

Full Leg Wax	40min	R 290
Half Leg Wax	30min	R 250
Upper Back Wax/Chest Wax	40min	R 500
Full Back Wax	70min	R 700
Full Chest Wax	70min	R 600
Under Arm Wax	20min	R 130
Full Arm Wax	30min	R 210
Standard Side Bikini Wax	30min	R 240
Brazilian Wax	40min	R 390
Brow Wax & Shape	30min	R 130
Lip Wax	10min	R 90
Chin Wax	15min	R 140
Full Face Wax	30min	R 300
Brow Wax Shape & Tint	30min	R 180
Lash Tint	15min	R 120
Lash & Brow Shape & Tint	30min	R 150
Nose Wax/ Ear Wax	20min	R 110

## Skincare Collection

Signature Gold Facial	90min	R 890
Hydrating Facial	60min	R 620
Balancing Facial	60min	R 620
Appetizer Facial	30min	R 520
Teenager Facial	30min	R 510
Dermapen	60min	R 2300
IPL Skin Rejuvenating Facial	30min	R 1250
Derma Planing Facial	60min	R 780
Dermaceutic Mask Peel	30min	R 700
Dermaceutic Milk Peel	30min	R 750
Collagen Eye Care Treatment	20min	R 290

## Hand's & Feet Collection

Spa Manicure	50min	R 380
Spa Pedicure	60min	R 450
Heel Peel Pedicure	70min	R 550
Heel Peel Treatment Only	20min	R 300
Express Pedicure	30min	R 310
Express Manicure	30min	R 250
File & Paint	30min	R 160
Manicure, Soak off, Overlay	80min	R 590
Pedicure, Soak off, Overlay	80min	R 600

Thank you for choosing Pause Spa, we look forward to your visit!

## Nail Bar

Gel Polish	R 290
Gel Tips with Overlay	R 590
Two Week Fill	R 350
Three Week Fill	R 400

### Soak Off (buff & Shine)

Gel Soak Off	R 150
Acrylic Soak Off	R 170

## Weekly Promotions

Be sure to visit the spa reception to discover any additional specials currently available at our spa.

Monday: 30 Min Back Massage	R 350
Monday: 60 Min Back Facial & Back Massage	R 780
Tuesday: 60 Min Hydrating Facial	R 550
Wednesday: Couple 60 Min Massage	R 1350

### Friday Early Check In Specials:

30 Min Back Massage	R 390
30 Min Foot soak & Foot Massage	R 250

### \* Friday Early Check in Family of 4 Back Massage

Kick off your holiday on a high note with a 30-minute back massage for the entire family of four.

Pedicure with Gel Overlay	R 550
Manicure with Gel Overlay	R 510
50 Min Full Body Massage	R 510

## Kiddies Spa Menu

Children aged 12 and under.

Kiddies Pamper Package	50 min	R 620
------------------------	--------	-------

Indulge in delightful options: Kiddies Mani-Pedi, and choose between a charming kiddies facial or a soothing kiddies back massage.

Kiddies Pedicure	30 min	R 205
Kiddies Manicure	30 min	R 205
Kiddies Facial	30 min	R 340
Kiddies Back Massage	20 min	R 320
Kiddies Full Body Massage	30 min	R 450

## Gift Voucher

Our gift vouchers provide a considerate and refined way to show your affection for someone dear. For any questions, feel free to reach out to your therapist or visit our Spa Reception.

## Spa Disclaimer and Cancellation Policy

**Cancellation & Rescheduling Policy:** To ensure the best experience for all guests, we kindly ask that any cancellations or requests to reschedule be made at least 24 hours in advance. A 50% deposit is required to confirm your appointment, and it must be paid at least 18 hours before your scheduled treatment.

Please note, cancellations on the day of the appointment or no-shows will result in the full payment being retained. This may be applied to your final bill at the hotel reception. We appreciate your understanding and cooperation.

**Spa Treatment Disclaimer:** The treatments, services, and facilities offered at Pause Spa are intended for general wellness purposes only and should not be viewed as a replacement for professional medical treatment or diagnosis.

By utilizing any of the services or facilities at Pause Spa & Wellness Centre, guests acknowledge that they do so at their own risk. In no event will Pause Spa & Wellness Centre, including its directors, employees, agents, or affiliates, be liable for any damages, losses, or injuries arising from the use of our treatments, services, or facilities.

**Guest Responsibility & Liability:** Guests are responsible for informing the spa staff of any relevant medical conditions, allergies, or medications that may affect their treatments. By proceeding with any service, guests agree to indemnify Pause Spa & Wellness Centre from any liability related to spa treatments or use of the facilities.

Please be advised that personal belongings should be securely stored, as Pause Spa cannot assume responsibility for lost or damaged items. In the event an item is left behind and found, it will be safely stored in a secure area for retrieval.

### Group Booking & Special Events

Celebrate your special occasion with a day of relaxation and pampering. Whether it's a birthday, anniversary, baby shower, bridal shower, or corporate event, our team will customize your experience to make it truly memorable. Enjoy a 10% discount for bookings of five or more guests. Relax in our outdoor area with teas, coffees, and flavored waters, and inquire about snack platters available at an additional charge. Contact our Spa Reception to plan your event today – every detail is designed with care.