

# fresh wellness

Fresh Wellness Spa Group

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Auberge Burgundy Hotel

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The Fresh Wellness Spa Group welcomes you to our three beautiful Fresh Wellness Spas perfectly located at award winning hotels, The Cellars-Hohenort Hotel in Constantia, Cape Town, The Plettenberg Hotel in Plettenberg Bay and Auberge Burgundy Boutique Hotel in Hermanus.

FW at Auberge Burgundy is perfectly located on the seafront promenade of Hermanus, overlooking the picturesque Old Harbour, famous for its whale watching and crisp champagne air. You will easily become swept away and escape into another world. We strive 'to breathe in new Life' by encapsulating our guests during their spa experience, incorporating our natural surroundings, and using of the finest plant and marine-infused skin and body care products for the ultimate result. Whether you enjoy a couple's treatment with a loved one, a spa party with a group of friends or some well-deserved time out, the option is yours.

Be sure to relish all that we have to offer by using our Middle Eastern Rasul Chamber or dining at the magnificent Frances Restaurant, making beautiful memories along the way.

fresh wellness



## skin treatments

### theravine

#### Signature Fresh Facial

R1 400 | 90 min

Our Signature Facial is designed for extreme relaxation. An introductory neck & shoulder massage is followed by an advance hydrating facial with a radiant complexion as an end-result

### optiphi

#### Classic Indulgent Skin Treatment

R1 500 | 90 min

An indulgent facial, targeting and treating a multitude of skin concerns. This customisable treatment is a luxurious sensorial experience delivering visible results

#### Classical Skin Treatment

R1 050 | 60 min

A classic facial designed to deliver actives that exfoliate, brighten and protect the skin. A unique skincare treatment, leaving the skin glowingly radiant

#### Appetizer Skin Treatment

R 850 | 45 min

For the faced paced individual, a customizable treatment designed to target specific concerns

# qms medicosmetics

## Collagen Contour Treatment

R1 900 | 75 min

An advanced firming, lifting, and toning treatment stimulating the production of collagen III to reverse deep wrinkles and tighten the skin

## Sensitive Rebalancing Treatment

R1 700 | 60 min

A specially designed treatment for clients with sensitive or inflamed skin. Highly concentrated ingredients calm sensitivity & redness while repairing the skin's own protective functions

## Collagen Reset Treatment

R1 300 | 60 min

This advanced detoxifying facial targets the damaging environmental effects on the skin and helps repair & restore it at cellular level

## Activator Treatment

R1 100 | 45 min

Energizing treatment that provides instant vitality for jet-lagged and tired skin using active ingredients such as marine collagen & hyaluronic acid

## Advanced skin treatments

### Skin Needling & Peel Combo

R1 600 | 75 min

Experience one of the most advanced resurfacing treatments combined with the latest in collagen induction therapy with this powerful combo. Delivering amazing results on pigmentation, signs of ageing, skin firming & post acne scarring. Downtime and skin preparation required

### Skin Micro-needling Treatment

R1 300 | 60 min

Fight and reverse the signs of ageing by inducing the skins own collagen production resulting in improved rejuvenation of fine lines & wrinkles, pigmentation, enlarged pores, acne as well as scars & stretch marks

### Skin Needling Course

R3 900 | 75 min

Purchase a course of 3 Skin Needling Treatments & receive 1 treatment free

### Optiphi Glycolic Peel

R1 100 | 30 min

20% or 30% Glycolic Acid Peel to improve skin tone & and target hyperpigmentation, photo-damage & premature ageing

### Optiphi Beta Peel

R1 100 | 30 min

An oil-soluble peeling agent, dramatically improving the appearance of hyperpigmentation and skin texture, revealing a brighter and smoother skin

### Optiphi Retinol Peel

R1 500 | 30 min

Double-action peeling treatment delivered by a combination of retinol and a bio-retinoids

## advanced skin treatments

Personalize & upgrade any Skin Treatment by adding one of the following advanced custom items to your experience

- Facial Bellabaci Cupping Massage
- Plasma Pen
- Advanced Serum Application

## eye care treatments

Eyebrow Shaping	R160	Eyelash Tint	R180
Eyebrow Tint	R180	Eyelash & Brow Tint & Shape	R360

## hydrotherapy

Rasul	R900   45 min
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An ancient Middle Eastern bathing ritual designed for two guests at a time to detoxify & cleanse with the application of an exfoliator and mineral rich mud

Steam therapy	R250   20 min
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To be enjoyed as a treat or offered as complimentary when used in combination with a touch therapy to create the perfect start to a treatment body exfoliation

## body exfoliation

### Apricot Kernel Body Scrub

R650 | 45 min

A gentle all over body exfoliation, using crushed apricot kernels in a botanical rich body cleansing cream. Feel invigorated and revitalized as your body is polished to glowing perfection before receiving a hot oil application

### Dry Body Buff

R550 | 30 min

Buff away dead skin cells through this extremely relaxing experience. A Shea Body Butter application with essential oils leaves the skin smooth and radiant

## body wraps

### Detoxifying Mud Mask

R700 | 45 min

Relish in the moment cocooned in a comforting African mud wrap of fragrant essential oils targeted to relieve the body of toxic build-ups, ending off with a luxurious Shea body butter application of your choice

### Hydrating Milk Wrap

R700 | 45 min

Enjoy the sensation of warm, rich hydrating milk being poured over your entire body before being wrapped in warm blankets for the ultimate in relaxation and hydration, leaving your skin glowingly soft specialised treatments

## specialised treatments

### Luxury Scalp & Foot Ritual

R 950 | 60 min

Treat the most stressed areas of the body by starting off with a foot peel treatment, followed by a Hot Stone Reflexology foot & calf massage. Whilst the feet are wrapped in a cooling mask all tension melts away with a pressure point scalp massage

### Hair & Scalp Treatment

R750 | 45 min

Experience this unique scalp treatment starting with a stimulating application of a scalp tonic, followed by a scalp massage & ending off with a hair mask

## touch therapies

### 5 Senses Signature Massage

R1 400 | 90 min

Breathe in a breath of fresh air as our signature massage embodies the refreshing power of selected Avo-Shea body butter, volcanic stones, cupping therapy & unique massage techniques with special focus on reflex pressure points throughout the entire body. End this journey off perfectly by enjoying a special blended herbal tea infused with botanicals indigenous to the coastline of the Western Cape

### Ultimate Recharge Poultice Massage

R1 400 | 90 min

Inspired by ancient de-stressing heat therapies, your senses are calmed as the Himalayan Salt poultice bags infused with botanical extracts releases tension & restores vitality. This sensorial journey of therapeutic warmth combined with essential oils invite you to escape from your busy life and restore harmonious flow

## **Bellabaci Full Body Massage**

**R1 300 | 75 min**

Cupping therapy is an ancient wellness method used for relief from many conditions such as muscular tension and pain, migraines, cellulite, and poor blood circulation. Working deep within the tissues this treatment enhances blood flow at cellular level with benefits lasting several weeks

## **Hot Stone Full Body Massage**

**R1 200 | 75 min**

Using warm volcanic stones to rid of tension through thermo-therapy & specialised massage movements

## **Aromatherapy Full Body Massage**

**R1 200 | 60 min**

A light pressured massage using superior aromatherapy essential oils with special emphasis placed on lymphatic drainage movements to help rid the body of toxin build up. Customize the treatment with essential oils to treat specific conditions

## **Deep Tissue Full Body Sports Massage**

**R1 300 | 60 min**

**R1 500 | 90 min**

For the stressed individual, this massage places emphasis on the back of the body. Deep pressure, reflex pressure points and an aromatherapy muscle release oil works in synergy to ease muscular strain. Ending this journey includes the application of a cooling gel to balance & awaken the body

## **Mother To Be Massage**

**R1 250 | 75 min**

For the tired, expectant mother this massage supplies nurturing movements to unwind & calm the body. Available in the second and third trimester

**CBD Full Body Massage** R1 250 | 60 min

Surrender to the soothing benefits of CBD combined with a refreshing cocktail of citrus essential oils in a hempseed oil base & lymphatic drainage massage movements

**Traditional Swedish Massage** R1 150 | 60 min

This traditional treatment combines medium pressure and long continuous strokes using essential oils for a personalised twist

**Deep Tissue Back & Neck Massage** R800 | 45 min

An intensive massage using muscle reconditioning techniques to help relieve muscular tension on specific acupressure points, followed by the application of a refreshing circulatory gel

**Hot Stone Back & Neck Massage** R800 | 45 min

Bring profound relief to sore, stiff muscles as heated volcanic stones glide along the body - ending off with a scalp massage

**Aromatherapy Back & Neck Massage** R800 | 45 min

Be the master or your own spa destiny by choosing between various essential oil blends, ending off with a soothing scalp massage using a specialised hair oil blend

**Back, Neck & Shoulder Massage** R700 | 30 min

This classic massage focuses specifically on the most strained region of the body. Customized with specific blends of essential oils, whether it is to relax, ease muscular tension or detox

**Scalp & Neck Massage** R700 | 30 min

Relieve tension build-up, headaches & neck spasms using aromatic oils on the most strained and tired area of the body

**Reflex Foot & Calf Massage** R700 | 30 min

A reflex pressure-foot and calf massage aimed at releasing toxin build-up throughout the entire body ending with a cooling Circulavine gel application

**Facial Sinus Lymph Drainage Massage** R700 | 30 min

An advanced facial massage focussing on pressure points and lymphatic drainage to relieve sinus congestion and tension in the jaw

**Couple's Massage** (Time and Price relative to your choice)

Choose any one of the Touch Therapies whilst unwinding with a friend or partner in our Couple's Room

## advanced add on experience for touch therapies

Personalize & upgrade any touch therapy by adding one of the following advanced custom items to your experience

- Body Bellabaci Cupping
- Hot Stones
- CBD Massage Oil
- 15 min Additional time to any Touch Therapy

## spa packages

### FW Signature Package

R6 000 | 6 hrs

Body Exfoliation

FW 5 Senses Signature Massage

Spa Manicure

Spa Pedicure

Hair & Scalp Treatment

Hydrating Milk Body Wrap

Optiphi Skin Treatment

Light Spa Lunch

### Tranquillity Package

R2 900 | 2 hrs

CBD Full Body Massage

Theravine CBD Skin Glow Treatment

Lymphatic Drainage Facial Massage

### Couples Delight Spa Experience

R3 800 | 2.5 hrs

Indulge in the ultimate romantic escape for two to enjoy, starting off with a glass of Sparkling Wine on arrival. This is followed by a Rasul session, ending off with a choice between our famous FW 5 Senses Signature Full Body Massage or the Ultimate Recharge Poultice Full Body Massage

## The Gathering Package

R1 400 pp | 90 min

Minimum of 4 guests can choose any 3 of the following treatment selections to create the perfect spa journey:

- Back, Neck & Shoulder Massage
- Scalp Massage
- Reflex Foot Massage
- Mini Manicure or Mini Pedicure
- Dry Body Brush
- Appetiser Facial

## Craft Your Own Journey

R3 000 | 3 hrs

Be the master or your own spa destiny by creating your own spa package through choosing any 3 of the following treatments:

- Aroma Full Body Massage
- FW Signature Facial
- Apricot Kernel Body Scrub
- Detoxifying Mud Wrap
- Deluxe Spa Manicure
- Deluxe Spa Pedicure
- Luxury Foot & Scalp Ritual

<b>The Awakening Package</b>	<b>R2 500   2 hrs</b>
Dry Body Brush	
Deep Tissue Full Body Massage	
Cooling Muscle Recovery Mask	
Foot & Scalp Massage	
<b>Spa Teaser Package</b>	<b>R1 700   90 min</b>
Back, Neck & Shoulder Massage	
Appetiser Facial	
Mini Manicure or Mini Pedicure	

### teen spa menu

Teen spa menu prices are only applicable to teens ages 9 – 16 years

Teen Manicure	R400   30 min
Teen Pedicure	R400   30 min
Deep Cleanse Facial	R550   45 min
Back & Neck Massage	R400   20 min
Full Body Massage	R600   45 min

## tips & toes

### FW Signature Deluxe Spa Pedicure

R750 | 75 min

Our signature foot treatment designed to ultimately relax the most tired area of the body. Extra attention spent on callus removal, mask application and a reflex pressure point foot massage to end this treatment off perfectly

### Spa Pedicure

R600 | 60 min

### FW Signature Deluxe Spa Manicure

R700 | 75 min

Our signature hand treatment includes a hand peel and mask

### Spa Manicure

R550 | 60 min

### Gents Pedicure

R500 | 45 min

### Gents Manicure

R500 | 45 min

### Mini Pedicure

R420 | 30 min

Includes shaping, cuticle work & nail varnish application

### Mini Manicure

R420 | 30 min

Includes shaping, cuticle work & nail varnish application

### File & Paint

R250 | 15 min

### Foot Peel or Paraffin Dip Add On

R300 | 15 min

### UV Gel Application

R550 | 60 min

## grooming

### female waxing

Cheeks	R180	Under Arm	R260
Half Arm	R260	Full Arm	R280
Bikini	R350	G-String	R400
Brazilian	R450	Hollywood	R500
Half Leg	R350	Lip/chin/Ear/Nose	R150

### male waxing

Chest	R450	Half Back	R350
Full Back	R400	Stomach	R350
Half Leg	R400		

## spa etiquette & policies

Welcome at Fresh Wellness - we believe that your every journey with us will be a delightful one. For your comfort, please read through the following information.

Please arrive 15 minutes prior to your scheduled appointment as this will ensure full treatment value.

We value punctuality and late arrivals may necessitate that your treatment session be shortened, with full treatment value being charged for. We kindly request that guests remain quiet whilst in the spa to reach a complete relaxed state and to ensure that other guests can also achieve this very same goal.

Mobile devices should be switched on silent upon arrival at the spa.

## operating hours

### May until September:

Monday to Saturday from 09:00 until 18:00

Sundays from 09:00 until 14:00

### October until April:

Monday to Saturday from 08:00 until 19:00

Sundays from 09:00 until 17:00

Fresh Wellness is open on all Public Holidays except Christmas Day

## **Reservations:**

We request that all spa treatments are booked in advance to avoid disappointment. A 50% deposit will be required upon making a group (4+ people) booking.

## **Consultation Cards:**

Upon your arrival as a first time FW guest, you will be requested to fill in a consultation card. Please fill this in accurately, as Fresh Wellness cannot be held responsible for non-disclosure.

## **Attire:**

Please arrive at the spa wearing comfortable clothing. Compulsory disposable under-garments will be provided for all body treatments.

## **Valuables:**

It is advisable that no jewellery should be worn at the spa. The management and staff accept no responsibility for the loss of any valuables of any kind brought to the spa.

## **Breakfast or Lunch:**

Please inform reception should you like to enjoy breakfast or lunch at Francis Restaurant before or after your spa journey.

## **Cancellations & Late Arrivals:**

Be kindly request 24-hour notice in the event of a cancellation. Fresh Wellness reserve the right to charge in full for treatments not cancelled in this period or no arrivals. Should you arrive late for your booking, FW may have to shorten treatment time although the guest will still be held liable for full payment of the treatment booked.

## **Gift Vouchers:**

Treat a friend or loved one be giving them an experience of a journey that they will never forget. Gift Vouchers are available for any monetary amount. Please note that Gift Vouchers are not accepted for the purchasing of retail products, are nonrefundable, non-transferable and must be presented at the time of treatment. The value of all Gift Vouchers is momentary and fixed on the date of purchase and will be honoured accordingly.