



## TREATMENT MENU

TheraVine™ is a world-renowned, highly scientific spa treatment range developed by a specialised team with extensive clinical and scientific studies.

TheraVine™ has been developed for you from the indigenous Pinotage cultivar grape seeds, grape skins & grapevine leaves. It further contains internationally acclaimed active ingredients, in addition to powerful anti-oxidant ingredients - organically grown indigenous botanicals have also been utilized to ensure that you receive an extra-sensory spa experience and product performance.

Escape from the pressures of daily life and make time for yourself!



## THERAVINE™ FACIAL THERAPY

*TheraVine™'s facials provide the perfect skin maintenance to hydrate, rebalance, nourish and stop time in its tracks while its aroma & texture provides for a multi-sensory experience.*

*Each of our treatments can be further enhanced with eye, hand, foot or scalp treatments for ultimate indulgence therapy.*

## THERAVINE™ BASIC FACIALS

### **THERAVINE™ APPETIZER FACIAL**

30 min

*Experience an express Vinotherapy facial boost customised to your specific skin concerns in just thirty minutes.*

### **THERAVINE™ BALANCING FACIAL**

60 min

*A deep-cleansing facial customised to gently remove surface impurities followed by a personalised mask while utilising specially selected aromatic botanicals for restoring balance to the skin, leaving your skin soft and restored.*

### **THERAVINE™ HYDRATING FACIAL**

60 min

*A facial designed for extreme relaxation with the aromatic scent of essential oils designed to deeply hydrate your skin, leaving you with a radiant complexion.*

### **THERAVINE™ MATURE FACIAL**

60 min

*A facial performed to firm and visibly tone the skin whilst smoothing out wrinkles. Your skin is left looking serene and the complexion more radiant and uniform.*

## THERAVINE™ SPECIALISED FACIALS

### **HYDRAVINE™ FACIAL**

60 or 90 min

*The perfect treatment for very dry, sensitive skin needing intense hydration and a vitamin boost. This facial helps restore the skin's hydro-lipidic film, by deeply hydrating skin with a revolutionary cloth mask containing Hyaluronic Acid which intensely moisturises and 'locks in' active ingredients for up to 3 weeks.*

### **THERAVINE™ DELUXE ANTI-AGING FACIAL**

60 or 90 min

*The infinite replenishing treatment, assisting in reducing fine lines and wrinkles by implementing specialised boosters and serums to combat the signs of ageing. The products contain active peptides which help regenerate skin's collagen and elastin. A plasticizing paradox mask is applied to further enhance the actions of the active ingredients. A true time interceptor....*

### **NUTRIVINE™ THERAPACK FACIAL**

75 min

*An anti-oxidant, nutrient rich facial that nourishes and revitalises dull, fatigued skin types. This facial incorporates a specialised, warm multi-active grape- and linseed face pack which stimulates and enhances the action of the products applied during the treatment. Skin is left feeling smooth, soft and radiant.*

### **AROMAVINE™ ANTI-WRINKLE FACIAL**

90min

*A facial like no other! Feel luxuriously pampered whilst enjoying a relaxing back, neck, shoulder and scalp massage before Muscle Relaxant ampoules are lavishly applied to your face in a specialised massage routine targeting the superficial and deeper facial muscles to assist in reversing time-ravaged skin, resulting in the reduction of fine lines, wrinkles and expression lines, leaving you feeling rejuvenated and restored.*

**THERAVINE™ INTENSIVE EXFOLIATING FACIAL**

60 min

*A professional skincare treatment containing a 70% Glycolic Acid recommended for mature, sun damaged, wrinkled skins as well as deep acne scarring or other facial scarring. This peeling consists of a natural fruit acid of deeper concentration than enzyme peelings but is still a safer alternative to harsh chemical peels and resurfacing treatments.*

*A course of peels is recommended.*

**PURIFYING SEBUVINE™ FACIAL**

60 min

*A specialized treatment recommended for those with oily skin, dilated pores, thick texture and constant shine. This treatment incorporates multi-active ingredients which help clarify, purify and re-balance the skin by normalizing the production of sebum and preventing blocked pores.*

**ACNIVINE™ FACIAL**

60 min

*This treatment is for those suffering with acne to help matify and stimulate cell renewal for the prevention of scars and excessive sebum production. The active products used helps balance the skin's micro-flora, decrease follicular inflammation, prevent the production of sebum and prevent the loss of hydration.*

**THERAVINE™ TIMECARE EYE TREATMENT**

30 min

*An intensive treatment resulting in the reduction of fine lines and easing of deeper wrinkles leaving your eyes fresh and rejuvenated – either incorporated into a facial or as a separate treatment.*

## THERAVINE™ BODY THERAPY

*Scientifically tested & proven, with its unique leading technologies and anti-oxidant, free radical-fighting characteristics, TheraVine™'s singular Body Rituals are able to firm, purify, relax and recharge while its delicate aroma's will transport you into a place of complete harmony*

### **THERAVINE™ BODY EXFOLIATION**

#### **THERAVINE™ BODY BUFF CLEANSE**

30 min

*A gentle, all over body exfoliation, using grapeseeds in a botanical rich body cleansing cream. Feel invigorated and revitalized as your body is polished to glowing perfection before receiving a body treatment.*

#### **THERAVINE™ LUXURIOUS PINOTAGE AND LIME SALT GLOW**

30 min

*A luxurious, ritual body salt scrub, consisting of refined marine salts, grape extracts and honey infused with lemon, lime and sweet orange essences. Silky smooth skin prevails....*

#### **MUSCULAVINE™ FRICTION SCRUB**

30 min

*A warming sugar scrub infused with circulatory-boosting essential oils used as an antidote for a tired body and mind. This scrub gives an exhilarating start to your day with an uplifting aroma of Eucalyptus, Pine and Black pepper to help unwind the body and mind as well as ease muscular aches and pains.*

#### **GRAPE INFUSED SPONGE SOAP EXFOLIATION**

30min

*Your body is cleansed with an exfoliating sponge embedded with a concoction of red grape skin extract, redbush extract and vegetable soap – something totally unique!*

**THERAVINE™ SIGNATURE MESSAGES**

60 min

*Focusing on relieving stress and muscle tension, receive a customised massage using your choice of one of our anti-oxidant blends containing pure Grapeseed oil and natural botanicals. A truly unwinding, anti-stress experience.....*

**AROMAVINE™ RELAXING PINOTAGE MASSAGE**

*Tension melts away with our relaxing massage containing a synergistic blend of Cape Chamomile, Neroli and Lavender. Relax in complete tranquility....*

**AROMAVINE™ UPLIFTING PINOTAGE MASSAGE**

*This luxurious, uplifting massage will transport you to a state of energized vitality. A 100% natural blend of Grapeseed, Clary Sage, Rose and Jasmine oils. Pure delight...*

**AROMAVINE™ MOISTURISING PINOTAGE MASSAGE**

*You are blissfully massaged with a concoction of Mandarin, Jasmine, Neroli, Grapeseed and Wheatgerm oils to moisturize and nourish dry skin. Skin is left feeling soft, smooth and radiant.*

**AROMAVINE™ DETOXIFYING PINOTAGE MASSAGE**

*A lymphatic drainage massage performed to aid lymphatic flow thereby breaking down and eliminating toxins. A 100% natural oil consisting of Blue Mountain Sage, Basil, Juniper Berry and Rosemary extracts.*

**AROMAVINE™ SLIMMING PINOTAGE MASSAGE**

*Enjoy the refreshing power of carefully selected essential oils which will enliven your total being. Bursting with the overwhelming benefits of essential oils of Lemongrass, Fennel, and Patchouli, it improves sluggish circulation, relieves water retention by eliminating toxins and decongesting the tissues. Ideal for frequent travelers.*

**AROMAVINE™ SCALP, NECK AND SHOULDER MASSAGE**

30 min

*Relax whilst feeling the expert hands of your therapist easing stress-related knots and melting away tension and anxiety that have built up in this body zone.*

**MUSCULAVINE™ BACK MASSAGE**

30 min

*Intensive massage and muscle reconditioning techniques are used to help relieve muscular tension, followed by the application of a refreshing circulatory gel.*

**THERAVINE™ BODY WRAPS**

60 or 90 min

*Let your mind drift off whilst you are cocooned in a comforting envelopment of fragrant oils and scientific wraps from our therapeutic range, choose the wrap that will ease your concerns and float away during a relaxing scalp massage.*

**THERAVINE™ PURIFYING BODY CLAY WRAP**

*Over time, unhealthy habits or casual neglect can leave us in real need of purification. For centuries, clays have been used to detoxify the body and re-mineralise the skin. A warm clay, which helps draw out impurities, smooth and clarify the skin by restoring purity to the body, is applied. A detoxifying body oil containing Blue Mountain Sage, Basil, Juniper Berry and Rosemary will add to the breaking down and elimination of toxins.*

**THERAVINE™ FIRMING AND HYDRATING BODY GEL WRAP**

*A wonderful nourishing and firming treatment in which firming actives and essential botanicals are blended in an aloe based pack. Let yourself drift away as you are cocooned in a thermal blanket, revealing skin with greater firmness, uniformity of tone and texture.*

**THERAVINE™ RELAXING BODY CREAM WRAP**

*This luxurious treatment is recommended as an anti-stress treatment, with the emphasis placed on total relaxation. Enter into a darkened room, with soft relaxing music playing in the background and drift away as your therapist treats you to a 'never to be forgotten experience'.*

**THERAVINE™ RECHARGE BODY CLAY WRAP**

*A vibrant blend of essential oils of Clary Sage, Rose and Jasmine will enliven your total being. Your body will be re-mineralised with warm clay, thereafter wrapped in a thermal blanket whilst the essential minerals thoroughly cleanse your body and stimulate cellular regeneration for enhancement of a smoother, hydrated and radiant looking skin. An ideal treatment for those in need of a boost.*

**THERAVINE™ CONTOURING BODY GEL WRAP**

*This hands-on treatment is for people in need of contouring. Your therapist will do a lymphatic drainage using a combination of powerful contouring essential oils that eliminates toxins and relieves water retention, after which a firming body gel is applied. You are then cocooned in thermal blankets. A scalp massage is performed whilst your body gently detoxifies.*

**SCULPT-O-VINE™ CELLULITE TREATMENT**

60 min or course of 6 or 12

*Reduce the appearance of cellulite and enhance your natural body shape by improving microcirculation, optimizing lipolysis and strengthening the epidermis of your skin with this ground-breaking new scientific, active-based treatment!*

**THERAVINE™ HAIR AND SCALP TREATMENT**

30 min

*Experience self-indulgence during an ultra relaxing, stress relieving scalp massage using a stimulating scalp tonic after which a conditioning hair oil and intensive hair mask is applied to leave your hair silky soft and shining.*

## THERAVINE™ HYDROTHERAPY TREATMENTS

*TheraVine™'s luxurious Hydrotherapy Bath Treatments are able to recharge, purify and rebalance whilst enveloping you in a voyage of wellness.*

### **THERAVINE™ PINOTAGE BATH ELIXIR**

40 min

*Immerse your body in powerful grape skin and vine leaf anti-oxidant extracts combined with indigenous essential oils to promote wellbeing and anti-ageing, whilst achieving a deeper state of therapeutic relaxation. Your body is then glazed in one of the TheraVine™ Pinotage Body Oils to soften and moisturise the skin.*

### **HYDRAVINE™ RICH MILK BATH RITUAL**

60 min

*Let the pressure of everyday life melt away as you submerge in a rich grape-milk bath containing actives of Redbush extract, Panthenol and Hyaluronic acid. Immerse from the bath to enjoy a pampering AromaVine™ Moisturising Body massage.*

## THALASOVINE™ TREATMENTS

### **THALASOVINE™ BODY BUFF**

30 min

*An exfoliating, salt crystal buff which gently helps eliminate impurities using friction movements. Your deeply cleansed and oxygenated skin feels soft, smooth and revitalized – and is more receptive to the treatments to follow.*

### **THALASOVINE™ DETOX TREATMENT**

90 min

*After being exfoliated with the salt crystal buff, you are submerged in a heated, aromatic bath infused with a remineralising sea water concentrate, (rich in mineral salts and trace elements), a detoxifying Fucus and marine sediment blend, (promotes elimination of toxins and induces perspiration) and a synergistic blend of Juniper berry, Grapefruit and Tea-tree essential oils. Your therapist will then perform a lymphatic drainage massage using a detoxifying body oil – leaving your body restored and completely energized.*

### **THALASOVINE™ WELLBEING SPARITUAL**

75 min

*Escape the signs of fatigue with this luxurious wellbeing ritual. Discover the healing and energizing effects of soaking in a marine bath, rich in active ingredients, combined with the relaxing effects of the massage jets. Immerse from the bath to receive a wonderfully pampering massage followed by the application of a refreshing, circulation boosting gel. A ritual that leaves you feeling revitalized - and on the path to well being...*

### **THALASOVINE™ CONTOURING ENVELOPMENT**

90 min

*Your treatment begins with a detoxifying, red grape skin salt scrub. A specialized, lymphatic drainage technique is performed using a synergistic blend of contouring and detoxifying essential oils. Experience the peak of marine pleasures whilst you are enveloped with our contouring seaweed mask, rich in minerals, trace elements and alginates. Let your mind drift as you receive a relaxing, pressure point scalp massage. Your treatment ends with an application of the Sculpt-O-Vine™ Contouring and Firming Body Cream. Tensions are soothed away, toxins are eliminated, and your body is filled with new energy...*

### **THALASOVINE™ CELLULITE TREATMENT**

60 min

*Experience a specialized treatment to stimulate the circulatory and lymphatic systems, concentrating on the areas of the body prone to 'blockages', cellulite, fluid retention and uneven skin texture. After an exfoliation, a cellulite complex is massaged onto the effected areas. You are then wrapped in a Thermoactive Mousse. Relax and experience the warm bubbling sensation of the mousse as your skins metabolism and lymph activity work in full swing. A circulatory-boosting, refreshing gel is then applied, followed by the application of a contouring cellulite cream.*

## THERAVINE™ SIGNATURE TREATMENTS

*Be nurtured with our de-vine packages...*

### **THERAVINE™ DELUXE SPARITUAL**

2 hrs

*Let your body and face become the centre of attention, beginning at the soles of the feet and ending at the crown of the head – performing the ultimate in skin-therapy. This treatment begins with a foot cleansing ritual, followed by a relaxing AromaVine™ massage combined with a specialized TheraVine™ facial. Relax in complete tranquility whilst receiving an acupressure scalp massage. Dramatic results are instantly achieved...*

*(Foot cleanse ritual; AromaVine™ massage; Specialized TheraVine™ facial, Acupressure scalp treatment)*

### **THERAVINE™ GRAPE CLEANSE AND HYDRATING MILK CEREMONY**

1 hr

*Your body is primed for a luxurious treat whilst your therapist rids your skin of rough, dead skin cells using a crushed grapeseed cream cleanse. Warm, rich hydrating milk is then poured over your entire body before being cocooned in warm blankets for the ultimate in relaxation and hydration. Whilst inhaling the aromas, enjoy a relaxing facial massage. Warm, gentle AromaVine™ infused mitts remove the excess milk, after which an application of Cabernet Body Lotion, containing Red Vine Leaf extract known for boosting circulation, is applied.*

*(Grapeseed Body Exfoliation; Rich Milk Cocoon Wrap; Facial Massage; Cabernet Body Lotion application)*

### **MUSCULAVINE™ MUSCLE-RELEASE SPARITUAL**

2 hrs

*After receiving a warm, aroma-infused sugar scrub, you are submerged in a hydrotherapy bath containing a concoction of muscle warming actives. A muscular aches and pains oil is applied to your body after which a massage is performed to help ease the pains of muscle spasms, arthritis, rheumatism and fatigue. A circulating gel is then applied, leaving your body feeling refreshed and invigorated.*

*(MusculaVine™ Friction Scrub; Hydrotherapy Bath; Massage; Circulating Gel application)*

**THERAVINE™ FACE AND BODY GLOW EXPERIENCE**

2 hrs

*Prepare to indulge in our full, sensory signature experience by sipping on a cup of anti-oxidant vine juice. After receiving a foot cleanse ritual, both face and body are exfoliated to ensure a natural, healthy glow. Relax whilst receiving a pampering face and body massage using AromaVine™ Pinotage oils. You are then embalmed in an extremely moisturising vine treatment cream to hydrate and nourish your skin. Awaken to a warm, botanical infused compress. Pure bliss...*

*(Health drink, Foot cleanse ritual, Facial cleanse and exfoliation, Body exfoliation, Facial massage, Body massage, Hydrating Body Embalm, Warm botanical compress)*

**THERAVINE™ VITALITY SPA RITUAL**

2 hrs 15 min

*Indulge your senses and recharge your body and mind in a deep cleansing and energizing ritual. Your body is cleansed with an exfoliating sponge embedded with a concoction of red grape skin extract, redbush extract and vegetable soap – something totally unique! A warm, uplifting oil is then poured over your body, followed by a massage to release any deep seated tension and stress. Whilst lying cocooned in a purifying clay wrap, enjoy the effects of a revitalizing, anti-ageing eye treatment. After the application of a body lotion, leave feeling revitalized and wonderfully rested.*

*(Exfoliating sponge cleanse, Uplifting massage, Purifying clay wrap, Anti-ageing eye treatment, Cabernet Body Lotion application)*

**THERAVINE™ DELUXE PAMPER PACKAGE**

4 hrs

*Prepare yourself for the ultimate indulgence and stress release. To commence, you will enjoy a foot cleansing ritual followed by our crushed Pinotage honey and lime salt scrub. You are then immersed in a hydrotherapy tub filled with our elixir of red grape skin extract and our rich bath milk. Melt away tension with one of our blissful AromaVine™ massages followed by a therapeutic hair and scalp treatment. The luxurious, specialized facial that follows is an intensive boost using vitamins, minerals, peptides and scientifically proven actives to hydrate, nourish and revitalize your skin. Finally, a warm, hydrating milk is poured over your feet to treat your skin and nails – followed by a pressure point massage which leaves you completely relaxed and rejuvenated.*

*(Foot Cleansing Ritual, Body Scrub, Hydrotherapy Bath, AromaVine™ massage, Hair and scalp treatment, Specialised facial, Foot treatment with pressure point massage)*

## THERAVINE™ HAND AND FOOT TREATMENTS

*TheraVine™'s Hand and Feet Spa Rituals are designed to nourish & tone, leaving hands and feet satin smooth, supple and re-hydrated.*

### **THERAVINE™ CONDITIONING HAND RITUAL**

30 min

*A nurturing, hand-conditioning treatment beginning with an AromaVine™ infused hot compress, followed by a honey and lime exfoliation. Rich, warm hydrating milk will then be poured over your hands to soften and moisturize the epidermis. Your hands are then embalmed in a vitamin-rich mask, followed by the application of a luxurious hand cream.*

### **THERAVINE™ REVITALISING FOOT RITUAL**

45 min

*A soothing and revitalising treatment for sore, tired feet beginning with a foot cleansing ritual, followed by a stimulating friction scrub. A circulation-booster oil is then massaged into your feet followed by the application of a refreshing gel wrap. Your treatment concludes with the application of a luxurious foot lotion leaving your feet soft, smooth and revitalised.*

### **THERAVINE™ LUXURY MANICURE**

60 min

*Indulge your hands to a spa therapy...treating them to a gentle grapeseed exfoliation followed by a moisturising hand oil massage. A moisturising cream mask is applied to soften and smooth the epidermis. This treatment includes nail and cuticle attention, followed by a nail colour of your choice for your rejuvenated younger-looking hands.*

### **THERAVINE™ LUXURY PEDICURE**

60 min

*Pamper tired feet and legs with a soothing spa pedicure beginning with a foot cleansing ritual followed by a stimulating friction scrub to remove dead skin cells. Your feet are then massaged with luxurious foot oil followed by the application of a refreshing menthol gel to improve circulation. This treatment includes nail and cuticle attention, followed by a dazzling nail colour for your gorgeous new feet.*

### **CIRCULAVINE™ LEG TREATMENT**

45 min

*An invigorating foot and leg treatment combining manual lymphatic drainage with a muscular aches and pains body oil blend. Your feet and legs are then wrapped in a circulation-booster gel followed by the application of a hydrating body lotion. This is the perfect treatment to help relax and relieve tired, heavy legs.*