



CAMELOT SPA
TREATMENT & SPA
CONSULTANCY GROUP



Price List

SPA JOURNEYS

Choose from our select Spa Journeys, uniquely tailored to accommodate your requirements.

All Spa Journeys and Celebrations include a special gift.

Bali Spa Journey *2 hrs*

This ritual blends exotic ingredients and celebrated traditions into an unforgettable experience of sheer pampering. The ritual starts with a Balinese Body Massage with jasmine oil, followed by an invigorating scrub with turmeric rice and jasmine, and a cool yoghurt splash. A luxurious flowerpetal bath/shower and moisturising with a fragrant lotion completes your journey.

Indocéane Treatment Journey *2 hrs*

A journey to the orient through the Mediterranean and India to finally arrive in China. A new kind of relaxation which renews the body and mind through a feeling of serenity and indescribable inner strength.

Memoire Océane Journey *2 hrs*

A major energising ocean treatment that fills the body with positive energy and whisks you away on an amazing voyage of the senses. By revealing our marine origins and awakening our "ocean memory", it allows us to come back to life with new energy.

Cycles of Life

The Re-energising Journey *2 hrs*

Using principles from Eastern Philosophies to combine techniques such as gentle stretching, acupuncture and bamboo massage. This ritual is designed to conserve energy and to enhance the body's natural flow creating a sense of well-being through body, mind and soul.

The Tranquil Journey *3 hrs 30mins*

Before dawn, rest is vital in order to rejuvenate and to balance the body's homeostasis. In order to achieve a sense of calm and relaxation this ritual is designed to warm and ground you, leaving you with a sense of serene tranquility.

Treatment Includes:

- Hot Stone Massage
- Bio-Marine Warm Facial
- Spa Manicure OR Spa Pedicure

The Dawning Journey *2 hrs 45mins*

After the calm of winter it is essential that you detoxify and awaken your body. Gentle exfoliation will refresh and invigorate the skin. An aromatherapy massage and Indian head massage will be uplifting and the foot reflex massage will create a sense of bliss.

The Summer Solstice Journey *3 hrs 30mins*

Igniting your body's vital energy truly allows you to experience joy and live with passion. We have combined a selection of treatments that will enhance your well-being and at the same time revitalise your energy.

Treatment includes:

- Aromacéane Vitality Envelopment
- Kahuna Massage
- Spa Skin Treatment
- Collagen Eye Treatment

Spa Celebrations

Mother to Be *2 hrs 30 mins*

- Pregnancy Massage including Mask
- Spa Pedicure

Couples Treatment *2 hrs*

- Bali Spa Ritual for two and a glass of bubbly.

Bride to Be *2 hrs 30 mins*

- Sweet and Savoury Scrub
- Spa Manicure
- Spa Pedicure

Gents Executive Package *3 hrs*

- Hot Stone Massage
- Ocean Men's Facial Treatment
- 30 min Foot Reflex Massage

The Camelot Day Spa *5 hrs 30 mins*

- Salt Body Scrub
- Marine Algae Envelopment
- Camelot Universal Signature Massage
- Spa Skin Treatment
- Spa Manicure
- Spa Pedicure

The Camelot Spa Personalised Journey

2 hrs 30 mins / 3 hrs 30 mins

Camelot Spa has introduced this unique way to tailor-make a Journey especially for you. Choose from any of the treatments below, and spend two or three and a half hours pampering your every need.

- 30min:
- Indian Head Massage
 - Back, Neck and Shoulder Massage
 - Salt Exfoliation
 - Hydrobath
 - Spray Tan
 - Floatation Therapy

- 60min:
- Swedish Massage
 - Aromatherapy Massage
 - Camelot Universal Massage
 - Spa Skin Treatment
 - Marine Algae Envelopment
 - Spa Manicure
 - Spa Pedicure
 - Rasul Treatment (self application)

Please ensure that when booking this package, you inform the receptionist which of these treatments you have chosen.

MASSAGE THERAPY

Massage therapy is not only wonderfully indulgent, but holds important health benefits by stimulating the circulation of the body - bringing oxygen and other nutrients to body tissues. It relieves muscle tension and pain, increases flexibility and mobility, and helps clear waste, such as lactic acid, which reduces pain and stiffness in muscles and joints.

Dual Treatment Bookings **

A double treatment room especially designed for couples and friends to enjoy treatments together. Please request upon booking as facilities vary according to each spa.

Back, Neck and Shoulder Massage

30 mins / 60 mins / 45 mins

This massage helps relieve tension in the head, shoulders, upper and lower back.

Hot stones can be added to your back, neck and shoulder massage at an additional fee.

Swedish Body Massage 60 mins / 90 mins

This classic European-style massage provides a sense of well-being and eases tense muscles.

Aromatherapy 60 mins

This ancient art of massage combines the use of pure natural essential oils with healing therapeutic strokes.

Deep Tissue Massage 60 mins

A deep pressure massage to relieve tension.

Camelot Universal Signature Massage 60 mins

A combination of massage techniques for those who want to experience various types of massages. This massage incorporates the use of our unique massage candle, where the fragrance and softness of your skin lingers in your mind long after you have left the spa.

Hot Stone Treatment 60 mins

This re-energising stone therapy massage creates a cleansing, harmonising and soothing effect on the body. Utilising lava stones creates an experience of wholeness and inner serenity.

Kahuna Massage 60 mins

Unlike any other form of massage, this technique uses both rhythmic and flowing movements of forearms and elbows, creating an increase in circulation as well as promoting relaxation.

Ukuchina Massage 60 mins

This traditional Zambian massage incorporates the use of touch therapy; hot compressors with sugar, as well as stretching aimed at relieving tension.

Foot Reflex Massage 45 mins

Relax and balance the body through the stimulation of pressure points situated on the feet.

Indian Head Massage 30 mins

A detoxifying massage treatment of the head, scalp, face, neck and shoulders. This is a deeply relaxing massage combined with stimulating techniques, bringing about many beneficial results.





SPA BODY THERAPY

Body Therapy include holistic treatments that comprise different elements of massage, envelopment and aromatherapy to provide maximum benefit. We offer a variety of Body Therapies that cleanse, exfoliate, purify and soothe.

*** Facilities vary at each spa.*

Hydrotherapy **

Hydro Bath ** *30 mins*

Immerse yourself in a hydrotherapy bath with additives of your choice: Seaweed, Essential Oils or Milk.

- Seaweed for mineral depletion as experienced by athletes, post-partum women or people suffering from stress. It balances and recharges the system.
- Essential Oils to treat emotional or physical needs.
- Milk which is rich in lipids helps to bind moisture to the skin - soothing, softening and calming. Ideal for those suffering from dry, devitalised skin.

Floataion Therapy** *30 mins*

“When one or more senses are restricted, the sensitivity of the other senses is expanded”. A floataion pool is sealed from natural light and sound, and allows you to experience total physical and mental relaxation. The buoyancy of water and salt, allows your body to float effortlessly, as if in outer space or the dead sea. Escape into a state of complete relaxation and emerge with total wellness of mind, body and soul.

Rasul Treatment** *45 mins*

The Rasul treatment is a traditional Arabian cleansing ritual, which leaves you feeling calm, and your skin beautifully exfoliated. This ritual is experienced in a private room under the light of a thousand stars. This self application of salt and mud detoxifies and rejuvenates the body. Warm steam envelops the room, and allows you to comfortably relax and unwind. To conclude this experience, warm tropical rain pours down from the dome to gently wash the mud away. This ritual can be enjoyed with loved ones and friends, and is an effective treatment prior to additional treatments offered at Camelot spa.

Salt Glow *30 mins*

A mineral salt full body exfoliation which leaves the skin smooth and radiant.

Sweet & Savoury Scrub *30 mins*

A full body exfoliation performed by using a delicious purifying body scrub containing brown sugar, salt and Mediterranean Essential Oils blended together. Luxurious and nourishing, it leaves your skin velvety smooth and silky soft.

Memoire Oceane Scrub *30 mins*

A combination of three algae with anti-stress and anti-fatigue properties together with re-mineralising salt crystals to exfoliate the body. Your skin becomes soft, smooth and radiant as the gentle scent takes you on a relaxing journey.

Body Wraps

Marine Prelude *60 mins*

Drawn from the heart of the Dead Sea, this purifying and softening mud has exceptional mineral richness. This treatment, combined with the marine salts exfoliation, smoothes dryness whilst offering all the benefits of relaxation and remineralising.

Aromacéane Envelopment *60 mins*

Aromatherapy has been used for thousands of years for its healing, detoxifying and relaxing properties. This holistic remineralising body wrap, combining natural marine mud and essential oils will leave you feeling relaxed and pampered.

Marine Algae Envelopment *60 mins*

A deeply relaxing body treatment, providing intensive remineralisation and detoxification. Ideal for skin conditions such as psoriasis, eczema, plus relieves muscular aches and strains.

Cellulite Treatments

Contrary to popular belief, cellulite is not related to obesity, since it occurs in overweight, normal, and thin women. Common but not exclusive areas where cellulite is found, are the thighs, buttocks, and the abdomen.

LC24 Body Wrap *60 mins*

The latest technology Thalgomince LC24 has been created to change the destiny of your fat cells. The treatment is concentrated in active ingredients to fight cellulite and release impurities.

LC24 with MMA *60 mins*

A deeply relaxing body treatment, providing intensive remineralisation and detoxification. Incorporating the LC24 massage, our high actives and exclusive slimming massage technique will ensure slimming results.

SKIN CARE THERAPY

Daily home care and regular professional skin care therapy can help achieve a healthy skin. Facials improve the skin's tone and elasticity by deep cleansing and exfoliating to allow the skin's surface to regenerate, encouraging younger looking skin. Each of our facials, using the immense riches of the sea, focus on your individual skin care needs to address dehydration, oiliness, fine lines and premature anti-aging.

Fundamental Skin Treatments

Receive a complimentary hand or foot and scalp massage during all our skin treatments.

Spa Skin Treatment *1 hr 15 mins*

A revitalising skin treatment for all skin types. Ideally suited for people having a skin treatment for the first time. This treatment is designed to suit your skin's specific needs.

Ocean Men's Treatment *1 hr 30 mins*

A detoxifying and revitalising skin treatment for male skins. Instantaneous, visible results in reducing fine lines and improving hydration levels.

Purifying Back Treatment *60 mins*

Allow us to treat your back with a brush cleanse, exfoliation, massage and mask treatment. Assists in removing the congestion and tension of problematic areas.

Advanced Skin Treatments

Advanced facial treatments that address various stages of the ageing process showing instantaneous results.

Aromatherapy Facial *1 hr 30 mins*

An intensive customised aromatherapy treatment for total relaxation. Suitable for all skin types.

Hydra Moisture Source Facial *1 hr 30 mins*

Suitable for all skin types, this facial featuring the Absolute Hydration range with marine ingredient Sève Marine®, will combat signs of dehydration, leaving the skin softer with improved skin texture.

Micronised Marine Algae Facial *1 hr 30 mins*

This true Thalassotherapy facial is designed to energise and stimulate your skin. Algae rich in minerals, ensures adequate hydration and a radiant, youthful skin appearance.

Wrinkle Control Fundamental Double Mask Facial *1 hr 30 mins*

Welcome the new generation wrinkle-by-wrinkle cosmetic procedure. This expert mask uses strips to treat each wrinkle. Aesthetic intervention for a more youthful appearance without plastic surgery.

Bio-Marine Warm Treatment *1 hr 30 mins*

This delectable, comforting and nourishing facial treatment, will leave your skin saturated with Omega 3 & 6 Fatty acids extracted from micro algae and bio-mimetic moisturizer. The mask forms a cocoon, easily infusing the active ingredients of the products to the heart of the skin.

L'Elixir Exceptional Facial *1 hr 30 mins*

This unique mask – a worldwide cosmetic first, incorporates a natural cellulose mask and L'Elixir Marine Algae Hormones. This facial treats moisture deficiency, fine lines and wrinkles, and is ideally suited to all skin types concerned with ageing.

Pure Collagen Eye Treatment *20 mins*

An intensive treatment for fine lines and crows feet around the eye contour area. This treatment can either be incorporated into a facial treatment, or enjoyed as a stand alone treatment.

O2 Marine Facial *1 hr 30 mins*

An intensive treatment for dull, polluted, sluggish or stressed skins. This purifying oxygenating treatment incorporates marine and plant proteins, increasing oxygen absorption for a brighter and more glowing skin.

Skin Perfection Treatment *60 mins*

Renew your skin to reveal perfection. This skin perfecting programme intensely smoothens the micro-contours of your skin for an even-toned, firm and radiant complexion. The chemical peel works to visibly smooth away wrinkles, fine lines and imperfections.

Optional extras during facial treatments:

- Bust Treatment - to improve tonicity of the bust.
- Self heating spinal mask.

These treatments will be charged for accordingly.

WAXING

We offer a complete range of waxing services. Please consult with your therapist to identify your specific needs and desired results.

SPA BEAUTY TREATMENTS

The finishing touches for a healthy, well groomed, brand new you.

<i>Spa Manicure</i>	<i>60 mins</i>
<i>Spa Pedicure</i>	<i>60 mins</i>
<i>Revarnish - Colour / French</i>	<i>15 mins</i>
<i>Tint Lash or Brow</i>	<i>30 mins</i>
<i>Spray Tan</i>	<i>30 mins</i>



SPA CUISINE

A passion for food, combined with the attention devoted to well-being, come together in our Spa Cuisine.

Dishes are kept low in fat, low in salt and using raw food where ever possible. Spa cuisine is well balanced and designed, giving the body more energy and encouraging a change in lifestyle.

Our spa cuisine is available on request and is designed to complement all therapies as well as tastes. It is beautifully created to be delicious, healthy and indulgent. Please request the Spa Cuisine Menu on your arrival.

SPA FACILITIES

The spa facilities in each Camelot Spa vary; please consult the insert provided at the back of the spa menu for more details.

Alternatively, contact the spa directly for the availability of these facilities.

SPA ESSENTIALS

- Please be advised that certain treatments are subject to availability as facilities differ at each spa. (**)
- Booking in advance is recommended.
- Kindly arrive 15 minutes prior to your scheduled treatment(s) to change and complete a consultation form with your therapist and 30 minutes earlier to use the sauna**/steam facilities followed by a relaxing shower.
- Please alert your therapist for the following contra-indications:
 - High blood pressure or heart conditions
 - Recent surgery
 - Muscle or joint injuries
 - Allergy to iodine, or product allergies
 - Pregnancy, Epilepsy and Diabetes

- In a spirit of mutual respect we kindly request punctuality.
- Ensure cellular/mobile phones are switched off.
- Prices are subject to change without notice.
- Gratuities are not included in the treatment price. It is at your discretion to add a gratuity, which is recommended between 10% and 20%.
- Camelot Spa is not responsible for any theft, damage, loss or misfortune that may occur.
- Please note that products bought at our spa's are not refundable.

CANCELLATION POLICIES

- 4 Hours advance notice is required for cancellations and rescheduling. If this is not adhered to, 50% of the treatment fee will be charged.
- Late arrival will result in a reduction of treatment time whilst the full treatment fee will apply.

GIFT CARDS

Camelot Spa Gift Cards may be purchased online at www.camelotspagroup.com, any Camelot Spa branch or our Head Office.

Nationwide delivery is available when purchasing online or from our Head Office.

CAMELOT EDUCATION

Contact: Camelot Head Office
Tel: 011 - 880 3850/1 or 086 111 4075
E-mail: info@camelothhealth.co.za
Website: www.camelotspagroup.com

THALGO

Contact: Tel: 011 - 880 5248 or 086 111 4075
E-mail: info@thalgo.co.za Website: www.thalgo.com

Camelot Spa Branches

GAUTENG: Camelot at Villa D'Este, Saxonwold 011 646 5152;
Camelot at The Intercontinental Johannesburg, OR Tambo Airport 011 - 961 5430;
Camelot at Planet Beauty, Planet Fitness, Wanderers 011 - 327 1245;
Camelot at Triba, Craighall 011 - 326 0152;
Camelot at Velmore Hotel and Spa, Hennops River 012 - 370 7000;
Camelot at Hazeldean Estate, Pretoria East 071- 563 8747.

MPUMALANGA: Camelot at Pestana Kruger Lodge, Kruger National Park 013 - 790 2510.

WESTERN CAPE: Camelot at Lagoon Beach Hotel, Milnerton 021 - 528 2017;
Camelot at Le Franschhoek Hotel, Franschhoek 021 - 876 2735;
Camelot at Spier, Stellenbosch 021 - 809 1931;
Camelot at The Table Bay Health Spa, V&A Waterfront 021 - 406 5904;
Camelot at Mandela Rhodes Place, Cape Town 021 - 422 2144
Camelot at Plettenberg Park Hotel, Plettenberg Bay 044 - 533 9021
Camelot at the Radisson SAS Hotel, Port Elizabeth 041 - 509 5000

KWA-ZULU NATAL: Camelot at Zimbali Health & Beauty Spa, Zimbali 032 - 538 1455.

SWAZILAND: Camelot at Royal Swazi Health Spa, Ezulwini (+00 268) - 416 5284.

ZAMBIA: Camelot at Thorntree Lodge, Mosi Oa Tunya National Park (+00 260) 213 327480;
Camelot at The David Livingstone Safari Lodge & Spa, Livingstone (+00 260) 213 324601.

OPENING SOON: Camelot Spa at The Premier Cascades, East London.

Camelot Spa Head Office

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