



SPA TREATMENTS & PACKAGES



Our therapists at Coopmanhuijs Spa use Africology products for all our specialised treatments offered to you.

Africology skin care products have been developed to revitalise the skin and prevent damage done to the skin by free-radicals, stress and the harsh South African climate.

Africology makes use of the healing essences of some of South Africa's indigenous plants. The active ingredients in our skin care products are valuable in the repair process and assist with the restoration of damaged skin tissue. You can never be too young to start this preventative process.

While our physical bodies will eventually age, we can slow the process down in a powerful way. Derma cosmetics focus on the dermis, protecting it from water loss and damage from free radicals. The use of energy in daily practice helps repair damage in each and every cell in our bodies, working from the inside out.

A positive inner world creates an ageless being. With every thought, sensation and feeling you have, your nervous system undergoes subtle shifts in physiology, generating chemical messages that regulate your body. These bio-chemical communicators continuously mould the molecules that comprise your cells, tissues and organs.



FACIAL TREATMENTS

- ***Balancing Rose Facial***

*Beautifully fragranced and rejuvenating facial,
leaving one feeling physically and emotionally balanced.*

R 550.00



- ***African Goddess Anti-Ageing Facial***

*Skin boosting and stimulating facial, enriched with anti-oxidants and
beautiful frankincense, Rose Otto and Geranium fragrances.*

R 680.00



- ***Vitamin Booster Facial***

*Uplifting, vitamin and mineral-rich facial.
Perfect for winter to boost the immune system.
Great for tired, stressed or run down skin.*

R 420.00



- ***Balancing and Refining Facial***

*Refreshing and uplifting facial leaving
the skin rejuvenated and glowing.*

R 420.00



- ***Aloe Ferox Firming Facial***

Perfect for skin in need of lifting and firming.

Relaxing facial leaving the skin calmed and rejuvenated

with a naturally youthful appearance.

R 480.00



- ***Africology Repair Facial***

For skin in need of some extra Tender Love and Care.

Gently re-balances and leaves skin glowing.

R 390.00



- ***Anti-Oxidant Rejuvenating Facial***

Anti-ageing facial treatment to prevent and repair the effects and signs of ageing. Tones, plumps fine lines and aids in reduction of pigmentation and inflammation.

R 430.00



SPA PACKAGES

- ***Top-To-Toe Pamper Package - 3h 45min***

Indulge in being pampered from head to toe.

A skin nourishing facial is followed by a luxurious manicure and pedicure, including an anti-ageing paraffin wax treatment.

R 1,260.00



- ***Amour Amour Package - 3h 30min***

This Royal Treatment includes a decadent Back and Neck Massage, a skin conditioning facial with a scalp massage.

A deluxe manicure then concludes the experience.

R 1,290.00



- ***Devine Indulgence Package - 4h 30min***

A Full Body Exfoliation prepares the body before a tension releasing, Full Body massage.

Pamper your skin with one of the Africology signature facials and a choice of either a manicure or a pedicure to end off the package.

R 1,190.00





- ***Coopmanhuijs Package Deluxe - 6 hours***

The Ultimate Coopmanhuijs treatment. You will be pampered with a Full Body Exfoliation, a nourishing full body wrap followed by a deep tissue full body massage.

A rejuvenating facial will have your skin radiant and glowing.

An anti-ageing Manicure and Pedicure concludes this decadent indulgence.

R 2,170.00



BODY TREATMENTS

- ***Inkomfi Sloughing*** - 45 minutes

A traditional process to exfoliate dead skin cells to leave the body with a radiant glow.

Skin is then nourished with an anti-oxidant blend of essential oils.

R 320.00



- ***Soul of Africa Body Conditioning Massage:***

Full Body - 90 minutes **R 520.00**

Back and Neck - 45 minutes **R 300.00**

Decadent body massage using warmed Shea Butter, which melts into upper layers of the dermis,

leaving the skin deeply nourished and the mind relaxed.



- ***Intuitive Herbal Oil Massage:***

Full Body - 90 minutes **R 520.00**

Back and Neck - 45 minutes **R 300.00**

Aromatherapy-infused massage oils are massaged deeply into the body,

to warm the muscles and aid in combating pain and tension.



- ***Topical Immune-Boosting Body Mud - 2 hours***

The body is prepared with a skin refining body scrub and covered in a mud wrap, which stimulates lymph as well as toxin elimination.

Energising oil is then used for the full body massage.

R 880.00



- ***Hypoxis Body Experience - 2 hours***

Pamper the body with an Inkomfi full body exfoliation to prepare the skin.

The Hypoxis Body wrap is then warmed and applied to the skin to soothe, soften and protect the skin.

A luxurious full body massage ends off the experience, leaving the body and mind soothed and relaxed.

R 980.00



- ***Rooibos and Lavender Clay Wrap - 2 hours***

The skin is prepared with a stimulating full body exfoliation.

Relax as your body is coated in the Rooibos and Lavender clay wrap, which is deep-cleansing and soothing.

Warm, Relaxing Massage oil is then applied to the skin during the full body massage.

R 880.00



- ***Africa's Slimming Detox Mud - 2 hours***

An invigorating body wrap, starting with a full body exfoliation to increase circulation before the wrap is applied. Excellent treatment for bodies in need of stimulation and detoxification.

A full body massage with warmed Cellulite Detox Oil ends off the treatment.

R 880.00



- ***Coffee and Mint Body Wrap - 2 hours***

A very good treatment for aiding in prevention of water retention and reduction of cellulite.

The body is first prepared with an invigorating body exfoliation, followed by the application of the warm Coffee and Mint body wrap which warms the underlying muscles.

Relaxing Massage oil is used to end off the experience with a full body massage.

R 880.00



INDIVIDUAL TREATMENTS

- **Back Treatment - 90 minutes**

*Deep Cleansing, nourishing treatment on the back, including a Back and Neck
Massage.*

R 500.00



- **Reflexology - 45 minutes**

*Manipulation of specific reflex points on the feet.
Re-balances and relaxes the body systems.*

R 250.00



- **Hand or Foot Massage - 20 minutes**

*Perfect for stressed out hands or feet.
Pressure points are worked to relieve stress and tension.*

R 150.00



- **Hand and Foot Massage - 30 minutes**

*Treat your hands and feet to well deserved rest.
A deeply nourishing Africology cream will leave the skin feeling velvety and soft.*

R 250.00



HAND & FOOT TREATMENTS

- ***Express Manicure***

Basic Cut and file of nails with knipping of cuticles.

Colourful enamel of your choice.

R 250.00



- ***Express Pedicure***

Basic Cut and file of toenails with knipping of cuticles and hard skin removal.

Colourful enamel of your choice.

R 300.00



- ***Deluxe Manicure***

Hand exfoliation with cut and filing of nails.

Cuticle removal and a tension releasing hand massage.

Colourful enamel of your choice.

R 300.00



- ***Deluxe Pedicure***

Foot scrub with cut and filing of toenails.

Cuticle and hard skin removal with a tension releasing foot massage.

Colourful enamel of your choice.

R 350.00





COOPMANHUIJS
BOUTIQUE HOTEL & SPA
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- ***Shape and Paint***

Basic cut and file of nails.

Colourful enamel of your choice.

R 100.00



- ***Paraffin Wax extra***

Deeply nourishing, anti-ageing treatment for hands or feet.

R 100.00



- ***French Enamel extra***

White French enamel tip with pink enamel overlay.

R 50.00



WAXING

Brow / Lip / Chin **R 50.00**



Full Leg **R 180.00**

Full Leg and Bikini **R 250.00**

Top Leg and Bikini **R 200.00**



1/2 Leg **R 140.00**

3/4 Leg **R 160.00**



Underarm **R 70.00**

Fore Arms **R 50.00**

Full Arms **R 100.00**



Bikini **R 100.00**

Brazilian **R 250.00**

Back / Chest **R 150.00**

TINTING

Eyebrow Tint **R 50.00**

Eyelash Tint **R 100.00**

Brow & Lash Tint **R 120.00**