



*We invite you to indulge in a truly unique experience during your stay with us a Champagne Castle Hotel. We offer a selection of treatments created to restore your body's natural balance and soothe away your stresses.*

*Skin care and body therapy treatments are performed in the tranquillity of the Wellness Centre, where we use Dermalogica products that are natural, fragrance free and suitable for both men and women.*

*At our Wellness Centre we offer an holistic approach, that allows us to give each guest the attention they deserve.*

*Escape to our Wellness Centre where you can indulge your body, revitalize your mind and leave with a renewed sense of well-being*

*Please call ext. 300 to book your appointment.*

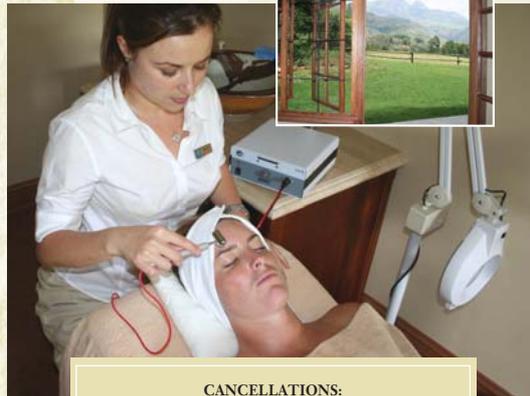
#### CHAMPAGNE CASTLE SIGNATURE TREATMENTS

##### CHAMPAGNE CASTLE ESCAPE

Are you fatigued and stressed? Let this treatment revitalize you so that you can experience Champagne Castle at its absolute best. The treatment will smooth and soften your skin with spa exfoliating salts, followed by the application of a detoxifying seaweed mud. This treatment ends with an energizing full body massage.

##### THE ULTIMATE BERG BODY BLISS

Escape into a half day retreat where you are pampered with a body mineral salt glow, awaken your senses with an aromatherapy massage, followed by a rejuvenating facial and end with a refreshing spa pedicure.



##### CANCELLATIONS:

*We require 24 hrs notice of cancellation of appointment or we will charge in full. It is advisable to arrive for your appointment on time to avoid unnecessary delays.*



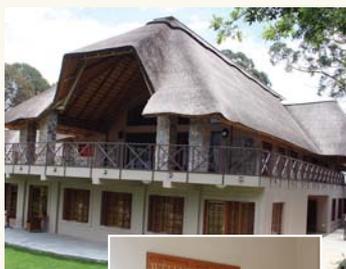
FOR FURTHER INFORMATION, CONTACT:  
The Manager  
Champagne Castle Hotel  
Private Bag X8, Winterton, 3340, South Africa  
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## Wellness Centre



A SENSE OF WELL-BEING



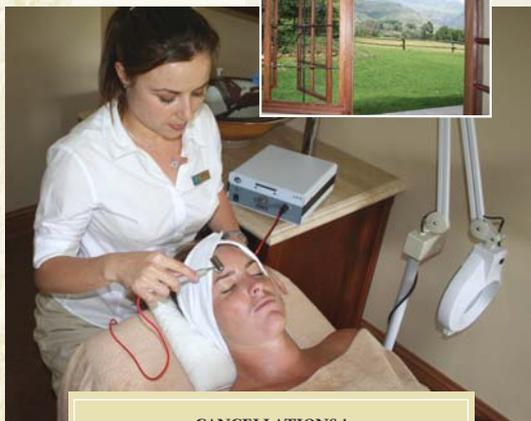
**CHAMPAGNE CASTLE SIGNATURE TREATMENTS**

**CHAMPAGNE CASTLE ESCAPE**

Fatigued? Stressed? This treatment will revitalise you for your stay with us. Spa exfoliating salts will smooth and soften your skin; to be followed a detoxifying seaweed mud and a full body massage.

**THE ULTIMATE BERG BODY BLISS**

A half day treatment including a body mineral salt glow, an aromatherapy massage, a facial and ending with a spa pedicure.



**CANCELLATIONS !**  
24 hrs notice is needed (or we will charge in full).  
Please arrive on time.



*Wellness Centre*

*Indulge yourself in an unique experience with us at Champagne Castle Hotel. Our Wellness Centre offers a highly individualised selection of treatments to help restore your body's natural balance and soothe away stress.*

*Dermologica products are used in our skin care and body therapy treatments. They are fragrance-free, suitable for everyone - and the best products on the market.*

*Treat your body;  
Revitalise your mind, and  
Enhance your well-being!*

*Call ext. 300 to book your appointment.*



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E-mail: champagnecastle@futurenet.co.za  
Website: www.champagnecastle.co.za

A SENSE OF WELL-BEING

## FACIAL TREATMENTS

Each facial includes a neck, shoulder, face and scalp massage which incorporates lymphatic drainage, pressure point therapy and Swedish massage techniques. We use Dermalogica products, which are of the highest quality and contain no irritating ingredients or fragrance and are suitable for both men and women. Speak to one of our therapists to customize a treatment to suit your needs.



### CLASSIC DERMALOGICA DEEP CLEANSE

This revitalizing treatment begins with a deep cleansing, followed by a gentle enzyme peel to reveal smooth, glowing skin. This is followed by a relaxing face, neck and shoulder massage whilst a replenishing masque and nutrient rich moisturiser will hydrate, protect and help restore the natural balance of your skin.

### MINI DEEP CLEANSE

The same steps are performed as in the Classic Dermalogica Deep Cleanse but there is no neck and shoulder massage.

### HYDROXY ACID PEEL

This deep cleansing treatment is specifically targeted to those prone to breakouts or with an oilier skin. The combination of hydroxy acids and enzymes remove dead skin cells leaving your skin visibly smoother. A masque is then performed followed by a masque suited to your skin.

### MULTIVITAMIN POWER REGENERATION

For the latest in vitamin repair and hydroxy acid exfoliation! This treatment includes a non-irritating vitamin power exfoliation and a vitamin recovery masque to noticeably improve skin elasticity, tone and texture.

### EXFOLIANT ACCELERATOR 26

This is a stronger exfoliation. Speak to your therapist who will help you decide which is better suited to your skin type.

*Add one of the following specialised masques to your facial:*

### COLLOIDAL OATMEAL MASQUE

This helps to soothe the skin by boosting its immune function and calming irritation. Ideal for sun or wind-burned skin.

### CONTOUR MASQUE

This helps to firm and contour the skin aiding in the penetration of moisture. Perfect for dehydrated, mature and prematurely aged skins.

### GALVANIC

This will help with the penetration of products making them more effective at a deeper level in the skin.



## SPA BODY TREATMENTS

For any of the body treatments we do provide disposable underwear for the ladies and ask all gentlemen to please bring their own swimming trunks with them.

### MINERAL SALT GLOW

Smooth away dead cells using mineral salts and aromatherapy oils, followed by an application of body cream. This leaves the body invigorated and silky smooth.

### HYDROPACK WRAP

Begin with a mineral salt glow. Once an aloe-based body masque is applied you are then swaddled in a thermal wrap to allow maximum penetration of the product. Especially great for those who are dry, dehydrated or sun exposed to deeply moisturize the skin.

### ENZYMATIC SEA MUD WRAP

A detoxifying wrap that also remineralises the skin. Beginning with a mineral salt glow the purifying seaweed and mineral mud masque is then applied. You are then cocooned in a warm relaxing wrap. A must for people with a hectic lifestyle.

### TOTAL BODY WELLNESS

A mineral salt glow is followed by a relaxing massage using lymphatic drainage and pressure points to release tension in the body. A scalp massage is performed while you are cocooned in either the hydropack or enzymatic sea wrap.

## MASSAGE

### HOT REVIVAL THERAPY

Experience a treatment inspired by traditional African healers. The treatment consists of a body exfoliation, massage, followed by the application of a re-mineralizing heated poultice on pressure points and allowing for the deeper manipulation of aching muscle tissue.

### AFRICAN HEAD MASSAGE

Enjoy a relaxing head massage using our stress relief oil. It is Africa's version of the ancient art of head massage – the ultimate in relaxation!

### REFLEXOLOGY

Treat your whole body by balancing its systems through a pressure point foot massage, releasing areas of congestion and tension by working on the reflex points in the feet.

### HOT STONE MASSAGE

A traditional massage using warm basalt stones to release tension and detoxify the muscles of the body releasing all your stress. Full body; back only

## AROMATHERAPY

A truly holistic treatment using pure aromatic plant oils to envelop the senses. Pressure point therapy and lymphatic drainage techniques are incorporated into this gentle massage to promote relaxation and well being.

Full body; back only

### SPECIALISED DEEP TISSUE THERAPEUTIC MASSAGE

This is a firmer massage than the traditional Swedish or Aromatherapy with deeper muscle and soft tissue involvement. This highly specialized massage is ideal for the relief of stiff aching muscles, detoxification and stimulation of circulation. Pressure point therapy is incorporated.

Full body; back only

### SWEDISH MASSAGE

Traditional massage to relax the body and tension in the muscles.

Full body; back only

## GROOMING TREATMENTS

### OPI SPA MANICURE

Delight your senses and your hands with an OPI manicure. After using a natural sugar scrub to remove dead skin cells, a rejuvenating serum is applied to help slow down the ageing process. This is followed with a relaxing hand massage to moisturize the skin and protect it from sun exposure. This treatment includes nail filing, cuticle work and is completed by polish or buffing.

### OPI SPA PEDICURE

First we get rid of the dead skin cells using a natural sugar scrub containing alpha hydroxy acids. Next a hydrating clay masque is applied to the feet, this contains soothing cucumber and green tea extracts as well as cooling menthol. Then your feet are indulged in a relaxing massage that provides antioxidant vitamins and botanical extracts to moisturize the feet. This treatment includes toenail filing, cuticle work and polish or buffing.

### WARM WAX HAND OR FOOT TREATMENT

You can combine these treatments with a paraffin wax treatment for extra moisture and warmth. Wonderful for painful joints.

*Please note we do not apply polish after a paraffin wax treatment.*

### ADDITIONAL

Re-vanish or French paint

### WAXING

Lip & chin; Eyebrow wax; Top Leg & Bikini; Half Leg; Full Leg (including bikini); Underarm wax; Bikini; Back; Arm

### TINTING

Eyelash; Eyebrow



## FACIAL TREATMENTS

... include a neck, shoulder, face and scalp massage incorporating lymphatic drainage, pressure point therapy and Swedish massage techniques. We use the highest quality Dermalogica products. All treatments are customised to suit your needs.



### CLASSIC DERMALOGICA DEEP CLEANSE

A deep cleanse is followed by a gentle enzyme peel. Thereafter a relaxing face, neck and shoulder massage whilst a replenishing masque and nutrient rich moisturiser will hydrate, protect and help restore the skin's natural balance.

### MINI DEEP CLEANSE

Same as above with no neck and shoulder massage.

### HYDROXY ACID PEEL

This deep cleansing treatment targets those prone to breakouts or with an oilier skin. The combination of hydroxy acids and enzymes remove dead skin cells leaving your skin visibly smoother. A massage is then followed by a suitable masque.

### MULTIVITAMIN POWER REGENERATION

The latest in vitamin repair and hydroxy acid exfoliation! Includes a non-irritating vitamin power exfoliation and a vitamin recovery masque to improve skin elasticity, tone and texture.

### EXFOLIANT ACCELERATOR 26

A stronger exfoliation. Your therapist will help you decide which is better suited to your skin type.

*Add one of the following specialised masques to your facial:*

**COLLOIDAL OATMEAL MASQUE.** (Ideal for sun or wind-burned skin).

Soothes the skin by boosting its immune function and calming irritation.

### CONTOUR MASQUE

Helps firm and contour the skin. Perfect for dehydrated, mature and prematurely aged skins.

### GALVANIC

Helps products penetrate your skin more effectively.



## SPA BODY TREATMENTS

We provide disposable underwear for ladies. Gentlemen to bring their own swimming trunks.

### MINERAL SALT GLOW

Smooths away dead cells using mineral salts and aromatherapy oils, followed by an application of body cream. This leaves the body invigorated and silky smooth.

### HYDROPACK WRAP. (For those who are dry, dehydrated or sunburnt).

Begins with a mineral salt glow, followed by an aloe-based body masque and then a thermal wrap.

### ENZYMATIC SEA MUD WRAP. (For those with a hectic lifestyle).

A detoxifying wrap that also remineralises the skin. Begins with a mineral salt glow the purifying seaweed and mineral mud masque is then applied. You are then cocooned in a warm relaxing wrap.

### TOTAL BODY WELLNESS

A mineral salt glow followed by a massage using lymphatic drainage and pressure points to release tension. Then a scalp massage while you are cocooned in either the hydropack or enzymatic sea wrap.

## MASSAGE

### HOT REVIVAL THERAPY

A treatment inspired by African healers. Consists of a body exfoliation, massage and followed by the application of a re-mineralising heated poultice on pressure points. This allows for deeper manipulation of aching muscle tissue.

### AFRICAN HEAD MASSAGE

Africa's version of the ancient art of head massage – the ultimate in relaxation using our stress relief oil!

### REFLEXOLOGY

Balance your system and release tension through a pressure point foot massage.

### HOT STONE MASSAGE

Warm basalt stones release tension and detoxify your muscles, releasing stress. Full body or back only.



## AROMATHERAPY

An holistic treatment using aromatic plant oils to envelop the senses. Pressure point therapy and lymphatic drainage techniques promote relaxation and well-being. Full body or back only.

## SPECIALISED DEEP TISSUE THERAPEUTIC MASSAGE

Firm massage involving deeper muscle and soft tissue. Ideal for stiff muscles, detoxification and improved circulation. Includes pressure point therapy. Full body or back only.

## SWEDISH MASSAGE

Relaxes the body and helps remove tension. Full body or back only.

## GROOMING TREATMENTS



### OPI SPA MANICURE

Delight your senses and your hands with an OPI manicure. A sugar scrub removes dead skin cells and a rejuvenating serum is applied to help slow down the ageing process.

Followed by a relaxing hand massage to moisturise the skin and protect them from the sun. Includes nail filing, cuticle work. Completed by polish or buffing.

### OPI SPA PEDICURE

First, we remove dead skin cells using a natural sugar scrub containing alpha hydroxy acids. A hydrating clay masque is applied to the feet, containing soothing cucumber and green tea extracts as well as cooling menthol. Indulge in a relaxing foot massage that provides antioxidant vitamins and botanical extracts to moisturise the feet. Includes toenail filing, cuticle work and polish or buffing.

### WARM WAX HAND OR FOOT TREATMENT

Combine these treatments with a paraffin wax treatment for extra moisture and warmth. Wonderful for painful joints.

*Please note we do not apply polish after a paraffin wax treatment.*

### ADDITIONAL

Re-varnish or French paint

### WAXING

Lip & chin; eyebrow wax; top leg & bikini; half leg; full leg (including bikini); underarm wax; bikini; back; arm

### TINTING

Eyelash; eyebrow

