

The Ellerman House
Cape Town • South Africa



Luxury Spa Menu



FACIALS

QMS MEDICOSMETICS

This elite medical skincare range is formulated by cosmetic surgeon and International lecturer Dr. med. Erich Schulte based on research led, collagen enhancing technology to create a bespoke regenerative system of skincare.

Let your skincare therapist advise you on the best QMS facial for your skin. **90 minutes**

DERMALOGICA FACIALS DEEP CLEANSING PURIFYING FACIAL

Designed to rebalance oily blemished skin. Includes steaming, gentle extraction and a special mask to help unclog and purify pores. **90 minutes**

DELICATE DEFENCE FACIAL

Designed to calm redness associated with sensitive, irritated skin and couperose. It soothes allergic, reactive complexions. **90 minutes**

RESCUE FACIAL

Ideal for naturally dry skin or for complexions dehydrated by the environment. Results are immediate. Skin feels dewy moist and incredibly soft. **90 minutes**



ELLERMAN HOUSE
SPA

ANTIOXIDANT FACIAL

Multivitamins deliver a surge of vitality to a dull, tired lackluster skin and the treatment instantly recharges skin in crisis from too much sun, stress and air travel. It boosts the skin's resilience and visibly smooths fine lines. **90 minutes**

THE ULTIMATE BLISS TREATMENT

The ultimate skin care treatment. Enjoy a luxurious facial, customised especially for your skin, a pressure point scalp massage and a foot stone treatment. **120 minutes**

The ultimate in advanced Vitamin Therapy, Environ facials combine scientifically advanced skin care products with the revolutionary DF machine to ensure visible results.

ENVIRON ENHANCING VITAMIN THERAPY

This targeted treatment ensures that your primary skin care concerns are taken care of. It incorporates a penetrating, enhancing mask for amazing results. **90 minutes**

ENVIRON PURIFYING VITAMIN THERAPY

(Mini Peel) Purifies, micro-exfoliates and rehydrates your skin. Greatly assists with the treatment of acne, scarring and deep skin congestion. The combination of scientifically advanced products and techniques revives and refreshes your skin. **90 minutes**

ENVIRON ULTIMATE VITAMIN THERAPY (Long-term users of Environ only). **90 minutes**

MASSAGE THERAPY

TRADITIONAL JAPANESE BODY WORK

Using no oil, Anma involves gentle stretching mobilisation and deep pressure on the neuro lymphatic points. This treatment aims to bring wholeness and balance to the body. **90 minutes**

CHINESE STRETCH MASSAGE

This massage combines a wide variety of massage techniques with acupressure and stretches. It relaxes the muscles, opens up joints and encourages the flow of circulation in the body. After every stretch, hot stones are applied in both stagnant and sweeping movements as to prevent any stiffness or sore muscles for the next day. **60 or 90 minutes**

BELLABACI MASSAGE

One of the best deep tissue massages available. A wonderful ancient technique has found its place in the modern world of healing. This massage incorporates the use of Bellabaci cups to release toxins from muscles and enhance circulation. It causes a vacuum up to four inches into the tissues, causing it to release toxins and activate the lymphatic system. **90 minutes**

LASTONE THERAPY

The ultimate treatment to bring you to a new level of relaxation. The use of heated stones eases muscle tension and cool stones soothes away inflammation. **90 minutes**

SWEDISH MASSAGE

A full body massage based on classic European massage techniques using long, smooth strokes to relieve stress and tension. This is not a deep pressure massage but a medium pressure. Emerge with a feeling of total wellbeing. **60 or 90 minutes**

DEEP TISSUE MASSAGE

A full body stress and tension-releasing massage. **60 or 90 minutes**

OMEGA FULL BODY MASSAGE/ MELLOW MAMA

A complete relaxing full body massage, using our Omega-rich oils to relax muscles. This is also a safe and effective pre-natal treatment. **60 minutes**

AROMATHERAPY MASSAGE

Gentle soothing massage strokes are used together with a combination of essential oils of your choice to relax, revitalise, rebalance or purify the body. The benefits linger long after the massage is over. **90 minutes**

MANUAL LYMPH DRAINAGE

Enjoy this specialised light pressure massage that will help with water retention and aid in removing toxins and waste products from the body.

90 minutes

REIKI

This treatment consists of laying hands on the body in a prescribed pattern and allowing the energy of life to flow through the hands to the person being treated. It facilitates relaxation, circulation and can amplify healing.

60 minutes

BODY TREATMENTS

THE SMOOTHIE

Rejuvenate your skin and clear your mind. Mama Mio smoothie will exfoliate your skin oh-so-gently, followed by the moisture massage to hydrate and elasticize your skin.

90 minutes

SEA SALT SCRUB

The exfoliating benefits of sea salt, combined with the invigorating aroma of selected essential oils, enlivens body and mind. Followed by an hour relaxing body massage, your skin is left feeling silky smooth. Note: Please do not shave or schedule same-day waxing services with this treatment.

90 minutes

DRY BODY BRUSHING & HYDRATING CREAM

Dry skin brushing stimulates the hormone and oil glands, helping all body systems perform at peak efficiencies. It's a simple technique that stimulates blood and lymph flow, exfoliates the skin and encourages new cell growth. The treatment ends with a hydrating body cream.

60 minutes

HOMEOPATHIC AROMATHERAPY

Lilian Terry International uses products containing homeopathic remedies, superior-grade essential oils, pure cold-pressed carrier oils and contain no artificial fragrance. Apart

from therapeutic and preventative uses of the products, they also give excellent cosmetic results by improving elasticity, firmness and hydration.

SERENITY NATURAL CLAY BODY WRAP

An exquisite treat that promotes inner calm and becomes your peaceful sanctuary. It is designed to free up the mind and eases the stress and strains of an emotionally demanding lifestyle.

90 minutes

CELLULITE NATURAL CLAY BODY WRAP

A highly effective treatment that has been specifically designed to reduce stubborn fatty deposits by increasing circulation in cellulite areas.

90 minutes

MUSCLE EASE NATURAL CLAY BODY WRAP

A restful treatment to release tension and stiffness from tired or over-exerted muscles, promoting relaxation and wellness.

90 minutes

DETOXIFYING NATURAL CLAY BODY WRAP

This body wrap restores a state of well-being by activating the lymphatic system thereby promoting detoxification and reducing fluid retention.

90 minutes

VITALITY NATURAL CLAY BODY WRAP

A stimulating and anti-ageing body wrap to boost immune function and natural energy levels. Has many physical and emotional benefits.

90 minutes

HAND AND FOOT THERAPIES

FOOT REFLEXOLOGY

An ancient art of pressure point massage. Restores a sense of balance by targeting specific pressure points on the feet to improve circulation, relieve stress and tension, inducing a wonderful sense of relaxation.

45 minutes

MANICURE

This classic manicure will get nails and cuticles in shape. Hands and arms are softened with a gentle exfoliation followed by a relaxing moisturising massage. With your choice of nail colour.

60 minutes

GEL MANICURE

A long lasting LED baked gel polish with your normal classic manicure.

90 minutes

PEDICURE

A traditional pedicure, aromatic salts, an exfoliating scrub and invigorating massage energises your feet and soothes the skin. Finished with your choice of nail colour.

60 minutes

GEL PEDICURE

A long lasting LED baked gel polish with your traditional pedicure.

90 minutes

LIGHTEN UP

A mineral foot soak, exfoliation and massage for lower legs and feet to help with poor circulation.

30 minutes

BODY BRONZING

Allow 8 hours after treatment for development before showering. You will receive a free body butter or shimmer cream.

After a full body scrub, Caribbean Tan is applied using a special spray system. Average duration of tan is 5-10 days.

60 minutes

HOURS OF TRADE

Monday – Sunday:
10h00 – 19h00

SPA ETIQUETTE

Booking in advance is recommended. We kindly request punctuality and ask that you arrive 10 minutes prior to your treatment. Please switch off mobile phones on arrival. Late arrival will result in a reduction of treatment time.