



SPA POLICIES

WHEN SHOULD I ARRIVE FOR MY APPOINTMENT?

PLEASE ARRIVE 15 MINUTES EARLY TO ALLOW YOURSELF TIME SETTLE IN AND GET COMFORTABLE AS WELL AS COMPLETING A CONSULTATION FORM

SPA FACILITIES

OUR BEAUTIFUL SPA FACILITIES ARE COMPLEMENTARY TO SPA CLIENTS. KINDLY BOOK THESE FACILITIES WITH OUR SPA TREATMENTS IN ADVANCE

WHAT IF I AM LATE OR WANT TO CANCEL MY APPOINTMENT?

24 HOURS ADVANCE NOTICE IS REQUIRED FOR CANCELLATION, AFTER WHICH 50% OF THE TREATMENT COST WILL BE CHARGED. WE WILL HOWEVER ASSIST IN RESCHEDULING YOUR APPOINTMENTS WHERE POSSIBLE. IN CASE OF LATE ARRIVALS, TREATMENT DURATION WILL BE REDUCED ACCORDINGLY, UNLESS ACCOMMODATION CAN BE MADE WITHIN THE SPA SCHEDULE.

ALLERGIES/ILLNESS

PLEASE BE SURE TO INFORM YOUR THERAPIST OF ANY KNOWN ALLERGIES, CURRENT ILLNESSES THAT MAY AFFECT YOUR TREATMENT AS WELL AS PREGNANCY

PLEASE NOTE: PRICES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.

OPERATING HOURS:

MONDAY TO FRIDAY 8.30-18.00; SATURDAYS 8.30-16.30; SUNDAYS AND PUBLIC HOLIDAYS 8.30-13.00

5 BRIGHTON DRIVE, SUMMERSTRAND, PORT ELIZABETH

TEL: +27 (0) 41 502 6030

HEALINGEARTH@NO5BYMANTIS.COM



**HEALING
earth™**
retreat

Spa

FACIAL RITUALS

Hydra-boost Face Ritual

60 Min R 500

This high in anti-oxidant treatment helps minimize the appearance of fine lines and wrinkles while feeding the skin with deep hydration and nourishment.

Glow and Radiance Face Ritual

60 Min R 500

This treatment is designed to renew even the most lifeless skin, with the use of Jasmine and Baobab essential oils.

Balancing Face Ritual

60 Min R 500

An unmatched and effective skin treatment developed to restore, purify and revitalize the skin with the use of Neroli and Rose.

High Performance Facial

75 Min R 600

With the use of modern expert technology, Healing Earth has devised a way that will enable valuable collagen producing ingredients to penetrate the skin ensuring an effective anti-aging benefit. By the use of Cranberry Extract rich in Vitamin E the firming and anti-aging effects are immediate.

Men's D'Vine Face Treatment

60 Min R 450

This face treatment helps to energize, balance and protect the skin on a deeper level. With the use of Neroli and Rose Balancing serum the skin will be noticeably brighter and revitalized.

D'Vine Taster

30 Min R 320

This treatment is specially designed for the time conscious individual. Our therapist will customize the treatment according to your specific skin care needs.

NAIL CARE

Manicure Classic

45 Min R 190

For the client on the go. A manicure to reshape the nails, neaten up the cuticles and massage moisture into the hands. Finished with a fresh coat of OPI Nail Lacquer.

Pedicure Classic

60 Min R 210

Refresh and beautify the feet in a jiffy. Feet are soaked, skin is gently exfoliated, cuticles are perfected, and nails are clipped, reshaped, buffed and polished. Finished with a fresh coat of OPI Nail Lacquer.

Handprint Ceremony

60 Min R 210

Intensive therapy for dry, parched hands. Hands are soaked, skin is gently exfoliated, cuticles are perfected, and nails are clipped, reshaped, buffed and polished. Have your hands re-moisturised by a hydrating hand mask and massage. Finished with a fresh coat of OPI Nail Lacquer.

Footprint Ceremony

90 Min R 310

Your solution to dry heels and over taxed feet. Nails and cuticles are perfected, feet are exfoliated and hard skin is gently removed. Followed by a warm African Potato Foot mask and a stone foot massage. Finished with a fresh coat of nail lacquer.

HEALING EARTH PAMPER PACKAGES

Top 2 Toe Healing Earth Journey

120 Min R 790

Full body express treatment for the constantly "on the go" individual needing a little time to breathe and relax. Enjoy a Pure Bliss Back Massage for the relief of stress and tension of a tired body. Pamper your hands or feet with a Manicure Classic OR Pedicure Classic. End off your pamper treatment with a customized D'Vine Taster Facial that will leave your skin nourished and refreshed by using only the best natural and organic ingredients that it deserves.

For the Top 2 Toe Complete with a Manicure Classic 180 Min R 950

Pure Being Ritual

120 Min R 890

Start your Healing Earth Pure Being Ritual with a Steam and Shower Ceremony. Then continue your journey into our luxurious spa rooms where you will be prepared for your Earth Soul massage for 60 minutes of pure relaxation and stress relief. Then we begin the Healing Earth Facial Ritual to meet your specific skin care needs and to remove all traces of tension and fatigue.

HEALING earth African Escape

3 Hours 30 Min R 1150

Escape into a world of pure relaxation with the essence of African botanicals, revitalizing and renewing your body, mind and soul. Have your skin gently polished with a Healing Earth Body Polish followed by a hydrating, detoxing or slimming Body Wrap. Enjoy a refreshing steam and shower ceremony before embarking on an African escape journey with a Earth Soul Massage using your favorite choice of Healing Earth aroma therapy oil blend. End this blissful African escape with a customized D'vine Taster Facial to feed your skin with the best natural and organic ingredients that it deserves.

A romantic journey for two

3 Hours R1950 p/couple

Embark on a romantic journey with Healing Earth Retreat. Be welcomed with a complementary bottle of sparkling wine to begin your journey together. Then continue your journey into our luxurious spa rooms where you will be prepared for your couples massage for 60 minutes of pure relaxation. Followed by a D'Vine Taster Facial that will be customized to meet your specific skin care needs and to remove all traces of tension and fatigue. End off this journey with a light lunch prepared by No 5's finest Chefs.

The Ultimate Indulgence Full Day

6 Hours R 2250 P/person

Embark on a blissful indulgence by starting your day with welcoming refreshments then a Shower and Steam Room Ceremony in our Art Deco Shower and spacious steam room, Enjoy a Full Body Polish which leaves your skin feeling like silk followed by your favourite Body wrap of choice. Unwind and relax with an Earth Soul Massage. Take time out to sip on a Renewing Tea while indulging on a scrumptious light lunch in our No 5. Jazz Room. Embark further on this indulging journey with a Healing Earth Facial Ritual. Complete your journey with a well deserving Handprint and Footprint ceremony that leaves you feeling balanced and restored.

HEALING EARTH SPECIALIZED BODY RITUALS

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| Body Polish | 40 Min | R 280 |
| Body Polish & Envelopment with a mini Facial | 90 Min | R 750 |
| Body Polish, Envelopment & Pure Bliss massage | 20 Min | R 890 |
| Bentonite Back Treatment & Pure Bliss Back Massage | 60 Min | R 450 |

Choose between the detoxifying, firming, hydrating or repairing body treatments with Healing Earth Soul Earth Range

Kalahari Melon hydrating Treatment

For intensive hydration and skin softening effects while being pampered from head to toe.

African Potato Repairing Treatment

The African potato is amazingly repairing, healing and all anti-oxidant rich treatment to all sensitive skin conditions (such as eczema, psoriasis, dermatitis & sun-burned skin etc.) while it also firms the skin and contours the body.

African Ginger Firming treatment

This is a stimulating treatment that will increase circulation which has body slimming and skin firming effects.

Mongongo-Nut Detoxing Treatment

This is a good de-toxing treatment with Mongongo Nut Oil which helps to reduce non medical fluid retention by draining and eliminating toxins in the body.

Coffee , Cinnamon & Orange Cellu-Low Treatment

This treatment concentrates on cellulite reduction while feeling invigorated. Great results are achieved when this treatment is used in combination with a weight loss program and fitness program.

MASSAGE RITUALS

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|---------------------------|---------------|--------------|--------------|-------------|
| Earth Soul Massage | 60 Min | R 450 | 90Min | R530 |
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With the use of indigenous botanicals found in Africa, customized body massage designed to relax, detox or revitalize mind, body & soul.

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| Deep tissue Massage | 60 Min | R 470 | 90Min | R550 |
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This vigorous massage combines a variety of compression, stretch and cross fiber friction techniques.

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| Swedish Massage | 60 Min | R470 | 90Min | R550 |
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A blend of Swedish massage techniques to invigorate the muscles, energise, increase blood circulation and release tension.

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| Pure Bliss Back Massage | 30 Min | R 280 |
| | 45 Min | R 340 |

A back, neck, scalp and shoulder massage to release tension, invigorate and rejuvenate a tired upper body.

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| Scalp Massage | 30 Min | R 200 |
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| Meridian Foot Reflexology | 45 Min | R 250 |
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| Little indulgence Massage | 45 Min | R350 |
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Indulge yourself a little with 45 minutes of a relaxing back, neck, shoulder and back of leg massage.

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| Melt-away Stone Massage | 90 Min | R 560 |
| Stone Massage (Back, Neck and Shoulder) | 45 Min | R 360 |

Imagine the sensation of skilled hands together with hot stones restoring the body's natural balance with the perfect ballet of hands and stones.

BEAUTY

Enhancement Services

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| Add French Hands or Feet | R 55 | Polish Change for Hands or Feet | R 45 |
| File and Paint | R 90 | | |

Finishing Touches

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| Eye Brow (Tweezing) | R 40 | Eye Brow tint | R 40 |
| Eye Lash Tint | R 45 | Eye lash & brow tint | R 75 |

Waxing Services

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|-----------|-------|-----------|-------|-------------|-------|
| Eye Brow | R 50 | Chin | R 50 | Lip | R 40 |
| Underarm | R 70 | Chest | R 175 | Back | R 150 |
| Half Arm | R 100 | Full Arm | R 150 | Bikini Line | R 70 |
| Hollywood | R 200 | Brazilian | R 125 | Full Leg | R 180 |
| Half Leg | R 150 | | | | |

