

## Touch Therapies

The pace of modern life has become increasingly demanding and stressful, and many people desire a peaceful sanctuary to escape to. Although touch therapies and massages have been around for centuries, never before has the quest for wellness and harmony been so great.

Description	Duration	Rate	Member Rate
<b>Traditional Swedish Massage</b> Reduces tension and relieves the negative effects of everyday stress. The classic Swedish body massage technique is used to relax and soothe the muscles and increase circulation.	45 min	320	240
	60 min	430	300
<b>The Ginkgo "Elixir" Massage</b> The signature treatment combines various traditional body-touch techniques (Swedish massage, lymphatic drainage, shiatsu, foot reflex massage and deep tissue manipulation) to transform your body.	60 min	450	310
<b>ScenTao Hot Stone Massage</b> Sense the calm. Feel the fragrance. The holistic wellness range for the face and the body combines the latest scientific knowledge and active herbal ingredients from Asia to swiftly restore the inner balance amid the hectic pace of daily life. When body and soul are balanced, your skin will reflect this inner harmony - the secret to beautiful skin.	90 min	780	590
<b>Deep Tissue Massage</b> Releases chronic patterns of muscular tension. This massage uses slow strokes, direct pressure or friction, usually on a focused problem area. The movements are directed across the grain of the muscle (cross-fibre). This is applied with greater pressure and at deeper layers of the muscle than the traditional massage.	60 min	450	310
<b>Aroma Massage</b> Essential oils are selected to suit personal requirements using a specialised relaxing and restorative massage technique.	60 min	450	310
<b>Golf Massage</b> An intensive muscle release massage concentrating especially on muscles that affect the golfer's 'swing'. This massage will relieve muscle stiffness obtained through prolonged playing, improve game performance through corrective muscle toning and stimulate proper blood circulation throughout. This will also enhance the prevention of the build-up (lactic acid and free radicals) in muscle tissue, which may regularly result in muscle stiffness. This treatment will also aid in the recovery of any muscle injury.	30 min	230	160
	60 min	450	310
	90 min	690	490
<b>Ginkgo Hot Stone Massage</b>	60 min	450	310
<b>Back and Neck Massage</b> This 'rapid tension release' treatment uses a special massage technique with slow strokes focusing direct pressure on problem areas, increasing the circulation to the back and neck areas.	30 min	210	160
<b>Manual Lymph Drainage</b> The gentle method of massage is used to stimulate the lymphatic system, promote lymphatic drainage and detoxify the body.	60 min	450	310
<b>Foot Reflex Massage</b> Focused on the feet, this oriental treatment applies pressure-point massage to relieve stress and tension.	60 min	450	310
<b>Add on to Touch Therapies</b>			
Additional Time	15 min	100	70
Full body exfoliation as an extra to full body massage	30 min	190	160

## Ginkgo Leaf Collection

The Ginkgo Leaf Collection is a collection of treatments especially designed for those indulgent and invigorating moments.

Description	Duration	Rate	Member Rate
<b>The Ginkgo "Debutante"</b> Luxurious Full Body Mineral Salt Scrub Aromatic Hot Spa Bath Treatment Traditional Full Body Swedish Massage Classic Full Facial Fresh Fruit Juice	3 hrs 15 min (30 min) (30 min) (60 min) (75 min)	1220	1040
<b>The Ginkgo "De-Stress-Express"</b> Relaxing Hair and Scalp Massage Aromatic Hot Spa Bath Treatment Back and Neck Massage Fresh Fruit Juice	1 hr 30 min (30 min) (30 min) (30 min)	530	450
<b>The Ginkgo "Renaissance"</b> Aromatic Hot Spa Bath Treatment Relaxing Full Body Wrap Traditional Full Body Swedish Massage Fresh Fruit Juice	2 hrs 30 min (30 min) (60 min) (60 min)	970	830
<b>The Ginkgo "Tranquillity"</b> Full Body Wrap Aromatic Hot Spa Bath Treatment Signature "Elixir" Full Body Massage Ginkgo Spa Deluxe Pedicure Ginkgo Spa Deluxe Manicure Classic Facial Refreshment Treatment Spa Lunch	6 hrs 45 min (60 min) (30 min) (60 min) (60 min) (60 min) (75 min) (60 min)	1980	1680
<b>The Ginkgo "Time Out"</b> Classic Refreshment Facial Spa Manicure Aroma Massage Treatment Fresh Fruit Juice	2 hrs 45 min (75 min) (30 min) (60 min)	1000	850
<b>The Ginkgo "Executive Renewal"</b> Aromatic Hot Spa Bath Treatment ScenTao Full Body Hot Stone Treatment Ginkgo Spa Deluxe Pedicure Ginkgo Spa Deluxe Manicure Classic Facial Refreshment Treatment Spa Lunch	6 hrs 15 min (30 min) (90 min) (60 min) (60 min) (75 min) (60 min)	1460	1240
<b>The Ginkgo "Mother-to-be"</b> Full Body Exfoliation Scrub Back and Neck Massage Hair and Scalp Massage Express Facial Spa Manicure Spa Deluxe Pedicure with Paraffin Wax Spa Lunch	4 hrs 30 min (30 min) (30 min) (15 min) (45 min) (30 min) (60 min) (60 min)	1750	1490

## Additional beauty treatments

Description	Duration	Rate	Member Rate
Eye Lash Tint		100	90
Eye Brow Tint		80	70
Eye Lash and Brow Tint		120	110
Brow Shape		80	70
Deluxe Spa Manicure with Paraffin Wax or Nail Finish	60 min	280	250
Deluxe Spa Pedicure with Paraffin Wax or Nail Finish	60 min	280	250
Express Manicure	45 min	180	160
Express Pedicure	45 min	210	190
Re-varnish / French Finish / Paraffin Wax	20 min	100	90
Waxing	15 min	50	50
	30 min	100	90
	45 min	150	140
	60 min	200	180
Steam Room		90	50

## Spa Body Treatments

For centuries, Spa Body Therapy treatments have been embraced for their revitalising and therapeutic effects. From ancient mineral hot springs to modern seaweed wraps, treatments detoxify the body, de-stress and revitalise the skin.

Description	Duration	Rate	Member Rate
<b>Babor Purifying Back Treatment</b> This back "facial" includes cleansing, exfoliation, massage and a mask; a relaxing treatment that releases tension.	45 min	480	380
<b>Heavy Leg Treatment</b> A speciality treatment for clients who have completed a long trip or flight. An excellent treatment for sufferers of oedema and poor circulation of the legs.	30 min	270	220
<b>Scrub and Sunless body bronzing</b> A full body scrub precedes application of the bronzer, which will leave your skin with an even, healthy, natural glow. Touch-up	60 min	450	360
	30 min	300	240
<b>Babor Heavenly Body Wraps</b> Feel the tensions float away with our various body wraps such as hydrating, relaxing or detoxifying wraps. Aromas combined with nourishing essences provide the ultimate relaxation wrap.	60 min	540	430
	<b>Theravine Purifying Body Clay Wrap</b>	90 min	530
<b>Theravine Grape Seed Body Exfoliation</b> Exfoliation rids the skin of old skin cells, leaving the entire body feeling smooth and silken. This is followed by an application of moisturising body cream	30 min	240	190
<b>Relaxing Hair and Scalp Treatment</b> Applying scalp tonic to stimulate blood circulation to scalp area, followed by a relaxing scalp massage using an oil to nourish the scalp, finishing with a hair mask.	30 min	240	190
Aroma Hot Spa Bath 'Classic'	30 min	150	120
Aroma Hot Spa Bath 'Deluxe'	30 min	240	190

## Skincare Treatments

Our therapists are highly qualified and trained to provide you with the utmost professional advice – with treatments focused on achieving optimum skin health. All our treatments begin with a thorough consultation to assess your individual concerns.

Description	Duration	Rate	Member Rate
<b>Classic Full Refreshment Facial</b> The various stages of this treatment will be personalised according to the changing needs of the client's skin and will include a cleanse, steam, exfoliation, massage and a mask.	75 min	550	470
<b>Express Cleanse</b> This quick treatment is ideal for those looking for rapid results in a minimum of time. It consists of a deep cleanse, exfoliation and a mask.	45 min	400	340
<b>Men's Exclusive Skincare Treatment</b> This deep cleansing treatment is followed by exfoliation, extractions (if necessary), a face massage and a masque.	60 min	480	410
<b>Specialised Facials</b>			
The Core Treatment	60 min	500	430
Babor High Skin Refiner Express Facial	60 min	570	480
Babor High Skin Refiner Facial	120 min	1380	1170
Executive Anti-stress Back and Facial	90 min	600	510
Dermalogica Age Smart Facial	75 min	590	490
Dermalogica Multivitamin Power Treatment	75 min	590	490
Dermalogica Environmental Desensitisation	75 min	570	470
Dermalogica Hydroxy Acid Exfoliation	75 min	570	470
"Eye lights" Treatment incl. any of above		405	280
Additional Masks		220	210
Additional Ampoules		220	210
Environ Facial	60 min	390	330
<b>Add on to any Facial</b>			
Hair & Scalp Treatment	30 min	190	160
Foot massage	15 min	90	70

## Ginkgo Teen Spa Treatments

Designed for teens between the ages of 12 and 19 years of age

Description	Duration	Rate
<b>Ginkgo Specialised Teen Facial:</b> We understand the individual needs of the teenager's skin and after careful analysis we cleanse and treat all breakouts, oiliness and sensitivity. Deep cleansing, toning, steam, mask, extractions and a facial massage will take no more than an hour. Our aestheticians appreciate the self-consciousness of the teenager. Consequently, we teach and provide a home maintenance regimen that helps produce a clearer, healthier skin. Designed to accommodate all skin types.	45 min	315
<b>Ginkgo Teen Deep Cleanse Back Treatment</b> Acne, oiliness, clogged pores are just some of the problems that effect the teenager's back. This treatment involves steaming, deep pore cleansing, removal of all blackheads and blemishes and finishing with a soothing Mud Mask. The result - A Beautiful Bare Back.	45 min	360
<b>Ginkgo Teen Wellness Massage</b> A traditional Swedish massage integrated with techniques from each therapist's unique style to relieve stress, release tension and revitalize tired muscles. As a reminder, a parent or guardian is still required for young adults under the age of 16 during the massage, and a bathing suit or underwear is required.	45 min	210
<b>Ginkgo Teen Manicure</b> A special French hydrating treatment for the teens' natural nails and a massaging of cuticles to promote growth of healthier nails. We finish off with the coolest nail colours which every teenager will love.	45 min	160
<b>Ginkgo Teen Pedicure</b> A special French hydrating treatment for the teens' natural nails and a massaging of cuticles to promote growth of healthier nails. We finish off with the coolest nail colours which every teenager will love.	45 min	190
<b>Ginkgo Teen Smooth Waxing</b> Stop shaving now and avoid ingrown hairs and razor bumps in your future years.	15 min	50
<b>Ginkgo Teen "Chill Out" Spa Package</b> The perfect package for the perfect teen. This package includes a 30-minute Ginkgo "Wellness" Signature Massage, the Teen Specialised Facial and a Teen Manicure or Teen Pedicure. As a reminder, a parent or guardian is still required for young adults under the age of 16 during the massage, and a bathing suit or underwear is required.	2hrs 30min	630
<b>Ginkgo Teen &amp; Mom Re-TREAT Package</b> Enjoy a day of spa pampering together with Mom. Mom will receive a Babor High Skin Refiner Express Facial, Spa Express Manicure and Spa Express Pedicure, while you bask in a Teen Specialised Facial inclusive of a relaxing head massage, Teen Manicure and Teen Pedicure.	2hrs 30min	1500
<b>Ginkgo Teen FOUR Friends Forever</b> This package is designed for a group of four Teens to enjoy a fabulous day at the Spa together - perfect for a Birthday celebration. Bring a camera and we will capture your special moments that will be cherished forever. Package includes a 30min Teen "Wellness" Signature Massage, Teen Specialised Facial, Teen Manicure and Teen Pedicure. Lunch (not included in the package) can be pre-ordered and served at the hotel restaurant facilities.	3 hrs	805 pp

You may also choose from our in-house hair salon services if you would like to add a re-do or high-lights for your special occasion. Only available at Erinvale and Steenberg.

Age Limitations: Our Spa is a relaxing and tranquil experience. Teen services are available for young adults between the ages 12-19. We also offer limited services for Kids ages 6-11, whereby a parent or guardian must accompany them throughout the duration of their treatments. Children under the age of 12 are not allowed to use the tranquility lounge, steam or wet areas.

Operated by  
  
 Ginkgo  
 Spa & Wellness Group

Lourensford Road, Somerset West, 7130  
 P.O. Box 2941, Somerset West, 7129,  
 South Africa

Spa: +27 21 847 1682  
 Hotel: +27 21 847 1160  
 Fax: +27 21 847 1169

spa@erinvale.co.za  
 hotel@erinvale.co.za  
 www.erinvale.co.za