

## TREATMENT PACKAGES

**Steam Delight - 2 Hours 30 min** R 1 000,00 (Per Person)

*Self body scrub in steam room, 60 min full body massage  
Express pampering hands & foot treatment*

**Just-The-Two-of-Us Romantic Package** R 1 700,00 (Per Couple)

*60 min full body massage, on-the-go pampering facial  
Sparkling wine and a fresh fruit platter*

**Revival Full Day Package - 3 Hours** R 1 500,00 (Per Person)

*60 min full body massage, express pampering hand & foot treatment,  
On-the-go pampering facial,  
Welcome drink and light lunch*

**Cradle Half Day Package - 2 Hours** R 1 100,00 (Per Person)

*30 min back, neck & shoulder massage, on-the-go pampering facial,  
express pampering hand / foot treatment, 30 min Indian head massage,  
Welcome drink and light lunch*

**Besties Half Day Package** R 2 400,00 (For 2)

*Rasul treatment, 60 min full body massage,  
60 min pampering hand OR foot treatment*

**Honeymooners** R 1 900,00 (Per Couple)

*Rasul treatment, 60 min romantic connecting massage,  
30 min Indian head massage, express pampering foot treatment*

- Rose petals in the room
- Body scrub / body butter
- Fruit Platter with a glass of Wine/Juice

**Pensioners Package** R 300,00 (Per Person)

*Tuesdays only, 60min treatment with a snack & cup of coffee/tea*

\*\*\* Prices are current and subject to change & inclusive of VAT

\*\*\* NO CHILDREN UNDER THE AGE OF 13 YEARS ARE ALLOWED IN THE SPA AREA

## COMPLIMENTARY USE OF FACILITIES

With your spa treatments booked you may make use of our facilities. Infrared Sauna, Steam Room, Jacuzzi's, Outdoor Pool & Gardens

## SWIMMING POOL AND RELAXATION AREAS

No Children Under the age of 13 are allowed to use the spa facilities or spa treatments.

## BOOKINGS

Pre-Bookings are essential. Payment is required to secure your booking. Should you cancel your booking a notice period of 48 hours prior to your reservation date is required.

Treatments cancelled after this time will incur a 100% cancellation fee.

**Embrace your health...** Onsite medical doctors (Dietician, Paediatrician, Gynecologist, Physiotherapist, Dentist and Chiropractor), a full time nursing sister, baby clinic and our very own Lancet Depot will assess your health and see to any medical needs.

**Pamper your body...** Trained Spa Therapists will nourish your skin and body with a wide array of Spa Treatments in the comfort of our luxurious treatment rooms.

**Soothe your soul...** 12 beautifully appointed accommodation rooms will soothe you into slumber with all the small nuances that bring you back for more.

**Awaken your senses...** State of the art Conference facilities for your corporate needs, beautiful garden areas for intimate Weddings or Functions. Hydro facilities such as Saunas and Steam rooms with indoor & outdoor Jacuzzi's and Yoga retreats will revitalize any weary traveller.

**Feed your mind...** Cradle Café caters to any dietary requirement and tickles the taste buds with a menu that is healthy with a twist of delicious.

**Free your spirit...** Whether popping in for a manicure or a massage, recovering post op, rediscovering your better half on a Romantic getaway or workshopping your company's latest venture we will soothe your senses and quietly whisper you back to life.

**Spa • Medical • Conference • Accommodation**

**0860 CRADLE (272 353) / 076 6604025**

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**CRADLE  
HEALTH SPA**  
**TREATMENT MENU**





## MASSAGE THERAPY

Full Body Massage (60min) <i>Relaxing, stress relieving full body massage</i>	R 550,00
Soy Candle Massage (60min) <i>Soothing, relaxing full body massage aided by a soy candle</i>	R 700,00
Warm Stone Massage (60min) <i>Muscle relief full body massage</i>	R 600,00
Indian Head Massage (45 min) <i>Tension relieving</i>	R 450,00
Back, Neck & Shoulder Massage (30min) <i>Relieves back &amp; shoulder tension</i>	R 400,00
Foot & Leg Massage (30min) <i>Revitalizes tired feet &amp; legs</i>	R 350,00

## SIX FACIAL TREATMENTS

Each of these treatments delivers a perfect sensorial experience together with effective skincare. Treatments will rejuvenate, revitalize and refresh the skin.

On-The-Go Pampering Facial (30min)	R 350,00
Pampering Timeless Facial (60min)	R 450,00
Anti-Aging Facial (60min)	R 600,00

## KALAHARI FACIAL TREATMENTS

These treatments are deeply nourishing, cleansing with highly active anti-aging solutions.

Express Skin Treatment (30min)	R 400,00
Deep Cleansing & Detox Skin Treatment (60min)	R 450,00
Anti-Aging Skin Treatment (60min)	R 500,00

## HAND AND FOOT TREATMENTS

Express Pampering Hand Treatment <i>File, buff, cuticle work and moisturise</i>	R 200,00
Pampering Hand Treatment <i>File, buff, cuticle work, exfoliate, mask and massage, nail varnish</i>	R 250,00
Express Pampering Foot Treatment <i>File, buff, cuticle work and moisturise</i>	R 250,00
Pampering Foot Treatment <i>File, buff, cuticle work, exfoliate, mask and massage, nail varnish</i>	R 290,00
Gelish Manicure <i>File buff, cuticlework,exfoliate,mask,massage with gelish overlay</i>	R 350,00
Gelish Pedicure <i>File buff, cuticlework,exfoliate,mask,massage with gelish overlay</i>	R 350,00

## BODY TREATMENTS

Cradle Glow (30min) <i>Dry body brush exfoliation</i>	R 240,00
Body Scrub (30min) <i>Granular exfoliation</i>	R 250,00
Cleansing and Relaxing Back Treatment (60min) <i>Rejuvenating back facial</i>	R 500,00
Mud and Clay Wrap (60min) <i>Intense detoxing &amp; moisturising</i>	R 650,00
Body Butter Wrap (60min) <i>Intense hydrating &amp; nourishment</i>	R 650,00
Rasul in Steamroom (Per Couple) (60min) <i>Purifies &amp; awakens the skin</i>	R 600,00
Cellulite Body Wrap (60min) <i>Improves skin firmness and elasticity</i>	R 650,00

\*\*\* All body treatments give the skin a healthy and radiant glow

## LUXURY SPA ACCOMMODATION

Accommodation consists of 12 rooms, each of which has been designed to treat you to the ultimate comfort and luxury. Rooms feature hot water and cold air-conditioning, workstation/ dressing table area, DSTV, coffee / tea station and a mini fridge with a complimentary water.

**Choose between 2 x 3/4 Beds (Twins) or a King Size bed.  
Each room accommodates a maximum of two guests**

Weekend Rate - Sharing, per night <i>Sharing (2 guests per Room) Friday, Saturday (per night)</i>	R 1 600,00
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Weekend Rate - Single, per night <i>Single (1 guest per Room) Friday, Saturday (per night)</i>	R 950,00
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Mid-Week Rate - Single or Sharing <i>per person per night Sunday, Monday, Tuesday, Wednesday &amp; Thursday</i>	R 699,00
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**NO CHILDREN UNDER THE AGE OF 13 YEARS ARE ALLOWED  
IN THE ACCOMMODATION ROOMS**

\*\*\* Accommodation includes breakfast at The Cradle Café

## ADD ON TREATMENTS

Parrafin Mask	R 65,00
Foot Peel	R 200,00
Soak Off (Gel ONLY)	R 60,00
Aromatherapy Oils	R 100,00
15 Min Add on Massage	R 150,00
Eyebrow / Lash Tint	R 85,00
Eyebrow & Lash Tint	R 150,00

## HAIR REMOVAL

Lip / Brow / Chin	R 120,00
Half Arm / Leg	R 165,00
Full Arm / Leg	R 180,00
Back / Chest	R 200,00
Bikini	R 195,00
Brazilian	R 200,00
Hollywood	R 250,00



A • MEETING • OF • THE • SENSES