

BODY WRAPS

Following an invigorating body scrub, masks are applied to your body under a thermal blanket, which activates the natural absorption of ingredients .

All wraps are accompanied by a relaxing scalp massage.

PEVONIA GREEN COFFEE CELLU-SMOOTH WRAP

A revolutionary results- driven wrap to release and eliminate toxins, specifically targeting cellulite.

60 Min R 595 /
R2950 for
course of 6

PEVONIA MOROCCAN COCOON BODY WRAP

Rich in magnesium, iron and calcium. Moroccan mud has been used for centuries to improve circulation and soothe tired muscles.

60 Min R 595

PEVONIA MANGO –PASSION FRUIT YOGURT WRAP

Firming and brightening, this delightful tropical body wrap counteracts aging, leaving the skin deeply nourished and rejuvenated.

60 Min R 595

PEVONIA DETOX WRAP

This treatment detoxifies and improves overall skin tone as stress and toxins are eliminated.

60 Min R 595

ADD ON TREATMENTS

For added benefit a Pevonia moisture balance facial can be enjoyed while you are cocooned in the wrap.

R 350

BODY SCRUBS

Treatments to exfoliate and nourish your skin. Highly effective individual treatments or can be enjoyed as preparation for massage therapy.

PEVONIA TROPICAL SALT MOUSSE GLOW

This aromatic exfoliating treatment will remove dead skin cells and impurities whilst releasing negative ions to counteract damaging environmental pollutants, leaving skin silky soft.

30 Min R 320

PEVONIA SILKY SKIN BODY SCRUB

Enjoy this refreshing all over exfoliating treatment, using jojoba seed powder and essential oils to massage away impurities and stimulate circulation.

30 Min R 320

MUD CHAMBER

An integral part of the spa experience. Excellent prior to a massage. A self-application including a jojoba seed exfoliation and mineralized mud treatment.

Eliminates toxins and relieves muscular tension. Once your needs have been attended to we will leave you to experience your treatment in privacy.

30 Min

R 260

FACIALS

We offer a range of facial treatments to suit all needs.

Pevonia Botanica unites the finest natural plant, earth & marine organic botanical ingredients to rejuvenate all skin types.

QMS Medicosmetics is a revolutionary facial care system, developed from a medical understanding of skin functioning.

PEVONIA OXY-VITAL FACIAL 75 Min R850

A hydrating and anti – ageing treatment . Combines collagen fibres to activate oxygen utilization within the cells. Ideal for dry & dehydrated skin

PEVONIA AROMA FUSION FACIAL 60 Min R 520

A balancing aromatherapy facial harnessing the power of plant energies to soothe and calm the skin. Combining a fruit enzyme exfoliation with pure essential oil blends and a rich multi-vitamin mask to restore radiance.

PEVONIA MOISTURE BALANCE FACIAL 60 Min R 490

A facial to nourish and hydrate the skin. Gentle exfoliation with jojoba beads removes dry skin cells and allows the pure essential oil blends to restore radiance to your skin. This is followed by a hydrating mask to smooth & stimulate the skin.

LACTO-FLORA PEEL FACIAL 60 Min R 560

This innovative facial peel uses lactic acid which removes the upper epidermal layers of dead skin cells, resulting in a lightning and brightening effect on the skin. Recommended as a series of three to six.

QMS CLASSIC COLLAGEN FACIAL 90 Min R 880

A facial designed to combat the signs of ageing. This facial incorporates 70 % natural soluble collagens to return the skin to a youthful state. Includes a double peeling treatment.

QMS NEO-TISSUEDERMIE FACIAL 90 Min R990

An advanced facial for mature skin. Performance driven, this facial features advanced treatment serums combined with a specialized anti-ageing facial massage. Renders the skin ultra- luminous with a firmer, tighter and more youthful appearance.

QMS ACTIVATOR FACIAL 60 Min R 760

Ideal for jet lagged skin. Contains a high concentration of Hyaluronic Acid and Marine Collagen to enhance moisture and improve overall texture and elasticity of the skin.

QMS DEEP CLEANSING FACIAL 60 Min R 760

A treatment which includes a deeply hydrating foam mask to rejuvenate the skin for a brighter more refined complexion.

RESIDENCE SIGNATURE FACIAL 90 Min R 990

Begins with a soothing back exfoliation, warm shea butter is massaged into the skin to ensure ultimate hydration. A Pevonia facial using a blend of Neroli, Lavender and French Rose oil will treat your skin holistically. Emerge from this treatment feeling revitalized from head to toe.

Includes a 30 min Back neck and shoulder massage

TREATMENTS FOR MEN

Most treatments on our treatment menu are suitable for men. However, the following have been specially created with men in mind.

MEN'S DELUXE FACIAL 75 min R 820

The treatment begins with a back, neck and shoulder massage, followed by a QMS deep cleanse facial. Includes a cooling algae mask that promotes healing and refining, leaving your skin refreshed and hydrated. This treatment includes a relaxing scalp massage.

MEN'S RELAXATION FACIAL 75 Min R 480

A revitalizing facial specifically targeting clogged pores and sensitivity, while promoting total relaxation. This Pevonia Botanicals facial includes deep cleansing, steaming, and extractions (if required). As a final step, a treatment mask is applied to refine the pores, soothe and condition the skin. Includes a back, neck and shoulder massage.

WARM MUD BACK TREATMENT 60 Min R 720

A stimulating and nourishing treatment ideal for promoting relaxation, reducing stress and easing muscle strain. Commences with a back exfoliation, followed by a warm mud mask to cleanse and detox the skin. During the detox treatment, enjoy a pressure point foot massage. Includes a back, neck and shoulder massage.

DEEP TISSUE MASSAGE 60 Min R 730

Ideal for the active man. Intense and targeted deep tissue massage using an exclusive blend of black pepper, rosemary and ginger essential oils. Draining and cross muscle fibre technique will disperse built-up lactic acid and reduce pain and inflammation.

MEN'S JOURNEY 2 ½ Hrs R 1200

A soothing and relaxing experience. Begins with a back cleanse and exfoliation to refresh the skin. This is followed by a 75 min full body massage and a Pevonia moisture balance facial.

BACK MASSAGE 45 Min R 550

Back, neck and shoulder massage to alleviate back pain and reduce build up of lactic acid. The essential oils of Ravensara and Ravinstara unique to Madagascar are combined to help ease muscle tension. Includes a foot massage.

MEN'S MANICURE 60 Min R 300

The arms and hands are exfoliated. Nails are shaped and buffed for a perfectly groomed appearance. The treatment is completed with a relaxing hand massage.

MEN'S PEDICURE 60 Min R 350

This energizing foot treatment aids muscle relaxation and helps ease aching feet. A gentle exfoliation, cuticle tidying and nail shaping is followed by a relaxing foot massage

CALLOUS TREATMENT ADD ON TO PEDICURE R 50

Salicylic acid and glycolic acid unite to treat calloused feet

MASSAGE THERAPIES

We offer a selection of massages from traditional to contemporary, all of which will be tailored to your individual needs. Our massage oils & creams do not contain mineral oil thus allowing the skin to absorb the beneficial ingredients.

SWEDISH MASSAGE 60 Min/ 90 Min R 690/R 840

The traditional massage, adaptable to your needs, whether it be firm and strong or lighter and more relaxing. Choose from a selection of African botanical oils to enhance your experience.

AFRICAN MASAI MASSAGE 60 Min/90Min R 690/R 840

The Masai people used Rungu's carved out of Eucalyptus wood as an emblem of warrior status. It is since been used as a massage tool to improve blood circulation and reduce aches and pains by providing a deep tissue massage. This treatment uses Africa's miracle Marula oil, blended with patchouli to hydrate the skin.

HOT STONE MASSAGE 60Min/90Min R 730/R 870

A holistic and sensory journey releasing stress and inducing deep relaxation.

DELUXE MASSAGE 90 Min R 900

A nourishing full body treatment including face, scalp and body massage. Begins with a hot towel back exfoliation ritual. Experience the warm sensation of shea butter and coconut oil infused with lemongrass, lavender and lime. The natural soy candle provides a revitalizing experience.

SCALP MASSAGE 30 Min R 550

A relaxing and de-stressing fingertip massage to ease muscle tension and relieve headaches. Warm macadamia nut oil is applied to repair and nourish the hair.

TENSION RELEASE MASSAGE 60 Min R 730

A massage treatment concentrating on the upper back, neck, shoulders and scalp. Baobab oil combined with essential oils from Madagascar, Ravensara and Ravinstara known for their muscle relaxing properties will induce deep relaxation and relieve stress and tension. Includes a foot massage.

CALABASH SOLE EXPERIENCE 30 Min/45 Min R 400/R550

A massage to ease tired, aching feet and legs. Commencing with a refreshing exfoliation, followed by a relaxing massage using the Kalahari calabash. Experience the pure goodness of organic virgin coconut oil from Mozambique melting antioxidants and vitamin E into your skin.

PERSONALIZED AROMATHERAPY MASSAGE 60 Min/90 Min R 730/R 860

A full body aromatherapy massage with pure essential oils. Your choice of blends: SERENITY BLEND: Lavender, geranium, rosemary and sandalwood to assist in sleep deprivation, fatigue and tension

VITALITY BLEND: Rosemary and grapefruit extracts to uplift and counteract lethargy. Ideal for those who have experienced a long journey

BELLABACI MASSAGE 60 Min R 720

An ancient technique based on the knowledge of cupping therapy. This massage incorporates the use of Bellabaci cups to release toxins from the muscles.

FINISHING TOUCHES

MANICURES & PEDICURES

We are dedicated to a sanitary nail care service – all instruments that cannot be disinfected are given to the client.

CLASSIC MANICURE 60 Min R 300

Relax while the therapist pampers your hands and nails. The hands are exfoliated and cuticles are tidied and nourished with hydrating oils. Enjoy a hand massage followed by an application of a long wearing nail polish - your choice of OPI or CND Vinylux.

HOT ALMOND HYDRATING MANICURE 75 Min R 350

A nourishing and hydrating treatment for nails and cuticles. A hot almond oil dip is followed by an illuminating hand mask to soften and moisturize dry hands. Includes a scalp massage.

DELUXE MANICURE 75 Min R 350

This luxurious manicure is accompanied by a hot paraffin dip, rich in anti-oxidants and enriched with hemp seed oil. Includes a scalp massage.

SHELLAC MANICURE 75 Min R 390

The ultimate long-lasting gel manicure. CND Shellac system takes care of the health of the natural nail while providing enduring, high shine colour.

CLASSIC PEDICURE 60 Min R 350

This treatment begins with a uplifting mandarin and black pepper exfoliation. After nails and cuticles are treated, a relaxing foot massage follows. Choose from either OPI or CND Vinylux polish to complete your treatment.

DELUXE PEDICURE 75 Min R 400

A luxury pedicure including a hot paraffin dip to nourish and hydrate dry skin. Includes a scalp massage or hand massage

RESIDENCE SIGNATURE PEDICURE 75 Min R430

Experience the ultimate foot treatment as you are pampered with a warm foot mask, including pedicure socks to keep your feet hydrated and an indulgent hand massage as your feet are cocooned in the wrap.

SHELLAC PEDICURE 75 Min R 440

After feet are exfoliated, cuticles treated and nails shaped, a long wearing gel polish is applied. Shellac CND respects the natural condition of the nail, and application requires no harsh buffing.

SHELLAC SOAK OFF 30 Min R 100

Please be advised that **only** Shellac gel polish is removed

SILKY FOOT PEEL ADD ON R 50

For calloused heels this is an ideal add on to a pedicure for silky soft feet.

FRENCH PAINT ADD ON R 50

WAXING

To ensure strict hygiene policies, we use a new cartridge for every client

Half leg	R230	Under arm	R 150
Full leg	R290	Standard bikini	R 180
Half arm	R170	Hollywood	R 350
Full arm	R230	Std bikini & underarm	R 290
Half leg & Half arm	R360	Lip, Chin or brow	R 95

TINTING

Brow	R 100	Lash	R 100	Brow & Lash	R 160
------	-------	------	-------	-------------	-------

SPA PACKAGES

COUPLES JOURNEY

2 ½ Hrs

R 2 600 per couple

Begins with a mud chamber treatment to detoxify and relax. Enjoy a massage in our couple's room, followed by either a relaxing moisture balance Pevonia facial or a hot stone foot massage combined with a scalp treatment.

ROMANTIC RESIDENCE RETREAT

Treatment time 2 Hrs

R 5 890 per couple

Includes accommodation and breakfast.

Enjoy time together with this inclusive package. On arrival enjoy a glass of sparkling wine as you begin your journey with a foot exfoliation and massage treatment. This is followed by a deluxe massage in our couple's room, commencing with a back exfoliation. To complete the experience enjoy a romantic two course dinner.

Luxury room

R 6 590 per couple

Luxury suite

R 1 600

ROYAL RESIDENCE RITUAL

Treatment time 2 Hrs

Indulge yourself or treat someone special to a morning at the spa. After enjoying a full English breakfast including champagne and oysters, begin your spa journey with a foot exfoliation, massage and hydrating foot mask. Indulge in a Macadamia nut oil head massage. as you prepare for your deluxe spa massage which includes a back exfoliation

ULTIMATE SPA EXPERIENCE

5 Hrs

R 2 400

A sublimely relaxing treatment. This experience incorporates a full body salt mousse exfoliation, followed by an anti-ageing crème fraiche body wrap. As you are cocooned in the wrap, a hot oil scalp treatment will ensure total relaxation. Your spa journey continues with a 60 min full body massage. Enjoy a light snack as your hands are exfoliated and massaged. Select your ideal facial. To complete the treatment your feet are pampered with a deluxe pedicure and hands with a classic manicure as you enjoy a spa lunch.

Aroma facial

R 2700

Oxy –vital facial

R 2750

Collagen facial

DETOX AND GLOW

2 Hrs

R 1 200

For those requiring a detoxifying yet relaxing day. Begins with a silky body scrub enriched with essential oils, followed by a detox wrap specifically developed to release toxins. During the wrap a hot oil scalp massage will ease remaining tension. To conclude the treatment a full body massage with pressure tailored to your individual preference will ensure total relaxation

PURE INDULGENCE

3 Hrs

R1 450

Commence this treatment with a foot cleanse, soak, scrub and massage followed by a full body massage. Your treatment then progresses to a Pevonia Aroma Fusion Facial or QMS Activator facial. Celebrate with either a glass of sparkling wine or Residence fruit smoothie as you enjoy an express pedicure. Add a classic manicure to this package for R 250

PEVONIA

R 1 700

QMS

DESTRESS

3 Hrs

R 1 300

Take time to enjoy relaxing spa treatments as you are pampered with a foot cleanse, exfoliation and massage. A sensory journey awaits as you experience the mud chamber, followed by a back, neck and shoulder massage. A Pevonia Aroma Facial will ensure that your skin is radiant and rejuvenated. To conclude this treatment, enjoy a glass of sparkling wine or Residence Fruit smoothie as your feet are treated to an express pedicure.

AFRICAN ESCAPE

2 ½ Hrs

R 1500

Experience a touch of Africa as you embark on this journey. A calabash foot treatment including exfoliation and massage with coconut oil extracted in its purest form originating in our neighboring country, Mozambique. The journey continues to Morocco as you enter the mud chamber and apply a mineral clay, mined deep within the mountains of North Africa. Finally enjoy a full body massage with the healing and softening Baobab oil infused with essential oils unique to Madagascar, Ravintsara and Ravensara.

BEST OF BOTH

2 Hrs

R1300 QMS/

Enjoy a full body massage, followed by a either a QMS activator facial or Pevonia Aroma facial

R 1100

PEVONIA

