

Skin Care

Esse Organic Skincare uses probiotics and wild-sourced African plants offering unsurpassed anti-ageing results.

Esse is Eco certified, natural, biodegradable and free of parabens, petrochemicals, synthetic fragrance and synthetic colourants

ESSE Premium Probiotic Facial

75 min / ZAR 650

The ultimate anti-ageing answer – A world first in skin care, LIVE probiotics ensures tissue repair and collagen formation whilst relaxing wrinkles

ESSE Organic Sensitive Facial

60 min / ZAR 500

A ph-balanced facial to minimize irritation to sensitive skin. Ultra-mild organic ingredients leave the skin calm and comfortable

ESSE Organic Omega Facial

60 min / ZAR 500

A brilliant deep cleanse and detox, pushing omegas and anti-oxidants into the deepest layers of the skin, resulting in a healthy glow

**the above 3 facials are inclusive of tweezing, extractions, scalp/foot massage and a hand massage*

ESSE Organic introduction facial

45 min / ZAR 350

A basic facial for all skin types, as well as teen skins

Massage Therapy

Relax the mind - Renew the body - Revive the soul

Trio of style signature massage

60 min / ZAR 650 – 90 min / ZAR 900

A combination of hot stones on the back, a stimulating scalp massage using pure indian oils and a healing foot massage

Swedish full body massage

60 min / ZAR 550 – 90 min / ZAR 800

Basic full body massage using a medium to firm pressure

Deep tissue full body massage

60 min / ZAR 650

Firm massage concentrating on tension areas using pressure points

Aromatherapy full body massage

60 min / ZAR 550– 90 min / ZAR 800

Relaxing light pressure massage using pure essential oils

Hot stone massage

45 min / ZAR 400 – 60 min / ZAR 600

Ease away tension with a combination of heated stones and healing hands

Swedish back neck shoulder massage

30 min / ZAR 280 – 45 min / ZAR 330

A relaxing massage to ease away the tension

Deep tissue back neck shoulder massage

30 min / ZAR 350 – 45 min / ZAR 400

Firm massage concentrating on tension areas using pressure points

Indian head massage

30 min / ZAR 300– 45 min / ZAR 450

Detoxifying and relaxing neck, face and scalp massage using pure indian oils

Relaxing foot treatment

45 min / ZAR 350

Foot file, exfoliation, soak and massage

Spa Body Care

Listen to the sound of the waves and relax

Full body exfoliation

30 min / ZAR 250

A full body exfoliation that stimulates circulation, leaving the skin soft and nourished

Aroma wellness full body exfoliation and wrap

60 min / ZAR 600

This specialised treatment will increase blood circulation and leave the skin feeling energised and hydrated. All products are made of unique African wild sourced plant ingredients



Hand & Foot Care

It's the little things that count

Express manicure

30 min / ZAR 150

Cuticle work, nail shape and re-varnish

Spa manicure

60min / ZAR 250

Exfoliate, soak, cuticle work, massage and re-varnish

Express pedicure

30 min / ZAR 150 – 45 min / ZAR 210

Cuticle work, nail shape and re-varnish

Spa pedicure

60 min / ZAR 300

Exfoliate, soak, cuticle work, filing feet, massage and re-varnish

Gel overlay hands or feet

60min / ZAR 250

Gel soak off

30 min / ZAR 80

**add a heel peel to your pedicure for R80*

Terms & Conditions

When to arrive

We recommend that you arrive 20 min before your treatment starts. Arriving late will limit the time allocated to your treatment

Health conditions

It is of vital importance to inform your therapist of any health condition prior to your treatment

Notice

The spa does not take responsibility of any lost, damaged or stolen property. The spa also does not take responsibility for any injuries to clients.

Prices

Prices are subject to change without prior notice

Gift cards

Gift cards can be purchased from the spa or via e-mail

Operating Hours

Out of school holiday

Monday-Saturday
Sundays closed

School holidays (16th Dec-12th Jan)

Monday-Saturday
Sundays 8:00-13:00

Closed on the 25th Dec and 1st Jan

Contact Details

Spa @ Plettenberg Park Hotel

Tel: +27 44 533 9067 | Cell: +27 83 251 1355 (after hours)

spa@plettenbergpark.co.za

www.plettenbergpark.co.za

Tailor-make your journey

Design your own spa package by choosing a minimum of 3 or more consecutive treatments per person and receive a 10% discount.

Spa @ Plettenberg Park Hotel



... the infinity of pure indulgence ...