



## SPA GUIDELINES

- Please arrive 30 minutes prior to your appointment to allow time for your consultation and so that you may leisurely prepare for your treatment.
- Lockers are provided for your personal items and clothing.
- Ensure cell phones are switched off.
- Please bring your bathing costume along.
- Please alert your therapist of any of the following: heart conditions, high blood pressure, muscle or joint injuries, pregnancy, diabetes, epilepsy, allergies to iodine or any other products, medication such as Roaccutane or Retin-A.
- Advise your therapist on the preferred pressure for your massage.
- Besides package prices, all other prices are per treatment.
- Chicama Country Spa is not responsible for any theft, damage, loss or misfortune that may occur.
- For any booking to be confirmed, your credit card details or a proof of payment is required.
- No cash refunds for products / gift vouchers purchased or services rendered.
- Please note that prices are subject to change.



## FACIAL TREATMENTS

### TheraVine™ Facials:

TheraVine™ has been developed for you from the indigenous Pinotage cultivar grape seeds, grape skins & grapevine leaves. It further contains internationally acclaimed active ingredients, in addition to powerful anti-oxidant ingredients - organically grown indigenous botanicals have also been utilized to ensure that you receive an extra-sensory spa experience and product performance.

Escape from the pressures of daily life and make time for yourself!

All facials include a luxurious hand and arm massage, scalp massage and facial massage.

### CHICAMA SIGNATURE PINOTAGE FACIAL

1 hour R350.00

A deep-cleansing TheraVine™ facial customised to your specific skin concerns followed by a personalised mask while utilising specially selected aromatic botanicals for restoring balance and deeply hydrate your skin, leaving you with a radiant complexion.

### NUTRIVINE™ THERAPACK FACIAL

1½ hour R390.00

An anti-oxidant, nutrient rich facial that nourishes and revitalises dull, fatigued skin types. This facial incorporates a specialised, warm multi-active grape- and linseed face pack which stimulates and enhances the action of the products applied during the treatment. Talk about feeding your skin!

### AROMAVINE™ ANTI-WRINKLE FACIAL

2 hours R490.00

A facial like no other! Feel luxuriously pampered whilst enjoying a 30 min relaxing back, neck, shoulder and scalp massage before Muscle Relaxant ampoules (which works as a topical Botox) are lavishly applied to your face in a specialised massage routine targeting the superficial and deeper facial muscles to assist in reversing time-ravaged skin, resulting in the reduction of fine lines, wrinkles and expression lines, leaving you feeling rejuvenated and restored.

### THERAVINE™ TIMECARE EYE TREATMENT

30 min R190.00

An intensive treatment resulting in the reduction of fine lines and easing of deeper wrinkles leaving your eyes fresh and rejuvenated.

## ESSE- ORGANIC FACIALS

Hydrating Facial: R400.00

a treatment formulated for dry skin in need of extra hydration

Balancing Facial: R400.00

designed for combination skin types that needs balancing



## THERAPEUTIC MASSAGES

### GRAPSEED OIL SWEDISH MASSAGE

Back, Neck and Shoulders - 1 hour	R350.00
Full Body - 1 hour	R390.00

This massage works wonders for stress and tension. Oils extracted from the Grapeseed are rich in vitamins and minerals and are light, absorbs quickly and strengthens the cell tissues of the skin.

Choose from a light, medium or deep pressure to improve the circulation, bringing fresh oxygen and nutrients to the tissues. Add Aromatherapy oils to further balance restore and enhance mood.

### HOT STONE MASSAGE

Back, Neck and Shoulders - 1 hour	R350.00
Full Body - 1 hour	R390.00

The ancient healing powers of lava stone, absorbs negative energy while returning positive energy to the body. The heat of the stones also soothes and restores stressed muscles.

### HOT STONE RICH BODY BUTTER MASSAGE

Full Body - 1 hour	R420.00
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A combination of Almond, shea butter, Vit A, and Essential oils offers the body a deeply moisturizing treatment. This treatment is extremely healing to the body.

### THERANAKA™ AFRICAN WOOD MASSAGE

Full Body - 1 ½ hour	R490.00
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Mimicking the rhythmical patterns of an African dance, this massage blends light stretching techniques and specially designed body and facial wooden implements to relax and restore your weary body. Being drizzled with a warm Olive and Shea butter ointment, will nourish and heal dry skin whilst experiencing blissful relaxation and rejuvenation.

### HERBAL INFUSION MASSAGE & HYDROTHERAPY SPA BATH

Back, Neck and Shoulders - 1 ½ hour	R400.00
Full Body - 1 ½ hour	R450.00

This massage is like no other. A warm herbal infusion of Soothing Lavender, Antioxidant Green Tea and mint, Healing Rooibos and Kalahari Salts (rich in minerals and vitamins) is used to massage, restoring and healing your body. Once all your stresses have melted away, you will be immersed in a Herbal Infusion hydrotherapy spa bath to completely indulge all your senses.

### RED WINE SACHET MASSAGE & MERLOT HYDROTHERAPY SPA BATH

Back, Neck and Shoulders - 1 ½ hour	R400.00
Full Body - ½ hour	R450.00

A warm infusion of herbs, minerals and red wine is used, to create cell renewal through your skin. Every sachet contains polyphenols, which slow the damaging cell oxidation process. After your massage, you will be immersed in a Merlot hydrotherapy spa bath to complete your anti aging treatment.

### PRE AND POST NATAL MASSAGE

Full Body - 1 hour	R390.00
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Prenatal: A gentle full body Swedish massage with a focus on lower-back pain, water retention and other prenatal concerns. Grapeseed oil with NO aromatherapy oils is used for massage.

Postnatal: A gentle full body Swedish massage with a focus on healing, rebalancing the body and relaxation.



## BODY TREATMENTS

### STRESS RELIEF SCALP AND NECK MASSAGE

30 min R220.00

Deeply relaxing...this treatment helps enhance blood circulation and relieve tension built up in the head and neck area. Stress causes the scalp and neck area to become "tight", causing headaches, neck stiffness and poor circulation.

### CABERNET BACK THERAPY TREATMENT

1 hour R390.00

A balancing deep cleanse and moisturising treatment for the back, including cleanse, exfoliation, steam, massage, mask and moisturiser to suite your skin type. An excellent boost of confidence when wearing a low or open back garment. Don't underestimate how relaxing and soothing this treatment is.

### SUGAR SCRUB FULL BODY EXFOLIATION

45 min R220.00

Endowed with supreme essential oils and exfoliating properties, this treatment exfoliates dead skin cells enhancing smoother, fresher skin. Keeping your skin exfoliated and moisturised is the secret to keeping supple and glowing skin.

### GRAPESKIN EXPRESS BODY TREATMENT

2 hour R490.00

This treatment is designed to create warmth in the muscles and joints, hydrate the body and restore the elasticity of the skin, leaving your mind, body and soul refreshed. You will begin with a full body exfoliation, and then your body will be cocooned in a Body Mud. While letting the mud get to work you will slip into bliss as your therapist gives you a pressure point scalp massage, followed by a foot massage. Then it's into an Aromatherapy Hydrotherapy Spa Bath..... followed by a back, neck and shoulders massage.

## LUXURIOUS COCOONS

### PINOTAGE EXTREME HYDRATING COCOON

1½ hour R390.00

Give your skin the treat of a lifetime. Exfoliate dead skin cells away, leaving the skin ready to drink in all the Pure Organic Aloe Ferox it needs. Your skin will feel completely supple, soft and feeling 10 times younger. While you are wrapped in a cocoon of moisture, your therapist will give you a pressure point scalp massage and a foot massage. You will then relax in a HydraVine Hydrotherapy Spa Bath, which will complement your hydrating treatment.

### MUSCULAR BEESWAX COCOON

1½ hour R390.00

The ultimate stress reliever, a deep muscular massage is first performed to rid your back of muscular aches and pains. Then a Eucalyptus beeswax balm is applied to improve general circulation. While your body is enveloped in warm blankets, your Therapist will give you a pressure point scalp massage and foot massage. You will then unwind in a MusculaVine Hydrotherapy Spa Bath, to sooth away any left over aches and pains.

### SHIRAZ DETOXING COCOON

1½ hour R390.00

A relaxing massage is first performed to rid your body of built up toxins. Then a remineralising and detoxifying mud is applied to the body. While you are enveloped in warm blankets, your Therapist will give you a pressure point scalp massage and foot massage. You will then be immersed in an Aromatherapy Hydrotherapy Spa Bath, to complete your detoxing treatment.

### REDVINE SHEA BUTTER COCOON

1½ hour R390.00

This treatment is excellent for improving the appearance of stretch marks, skin blemishes, dehydrated or dry skin. The cocoa and shea butter used in this indulgent cocoon contains cocoapolyphenols which act as a means of preservation – destroying free radicals responsible for the ageing process. While your body is enveloped in warm blankets, your Therapist will give you a pressure point scalp massage and foot massage. You will then be immersed in a HydraVine Hydrotherapy Spa Bath.

## HANDS AND FEET TREATMENTS

### HEAVENLY VINE HAND EXPERIENCE

30 min

R140.00

An excellent anti ageing treatment: stop the signs of ageing. Begin this experience with a gentle hand and arm exfoliation to remove unwanted dead cells and hard skin, then your hands and arms will be treated to a relaxation Massage.

### HEAVENLY VINE FOOT EXPERIENCE

45 min

R165.00

An excellent anti ageing treatment: stop the signs of ageing. Begin this experience by wrapping tired feet in a eucalyptus foot compress, then a foot, ankle and lower leg exfoliation, followed by a foot, ankle and lower leg Massage.

## EYEBROW AND EYELASH TREATMENTS

EYELASH TINT

30 min

R 60.00

EYEBROW TINT

10 min

R 50.00

EYEBROWS SHAPE

15 min

R 50.00

## DEPILATION TREATMENTS

FULL LEG WAX

40 min

R160.00

HALF LEG WAX

25 min

R100.00

BIKINI WAX

20 min

R 90.00

ARM WAX

25 min

R100.00

UNDERARM WAX

10 min

R 60.00

LIP WAX

5 min

R 40.00

CHIN WAX

5 min

R 40.00

EYEBROW WAX

5 min

R 40.00

## HYDROTHERAPY SPA BATH

30 – 45 min

R200.00

Luxurious Hydrotherapy Bath Treatments with TheraVine™ vine - derived products are able to recharge, purify and rebalance whilst enveloping you in a voyage of wellness. Lay your tired or stressed body in our relaxing Hydrotherapy Spa Bath and let the jets massage your body from back to toe, while candle light and soft music surrounds you.

## Choose from the following:

MusculaVine™ Sore Muscle Relief Bath

Tired, stressed or stiff muscles

HydraVine™ Rich Milk Bath

Dehydrated or dry skin

Aromatherapy

De-tox, uplift or de-stress

## RASUL CHAMBER – a Turkish delight

40 min

R270.00

A Rasul mud treatment is a really great way of soothing and warming your muscles and softening your skin. Begin your treatment by exfoliating dead skin cells from the body and then chose from 3 specialised mud's to suite your specific needs: Detoxifying, Muscle Tension Release or Calming, then sit and relax in our Rasul Chamber while the heat of the steam aids absorption. Once rinsed, your treatment is ended off with a Moisturizing Body Butter, which restores suppleness, tone and smoothes the skin.

## STEAM ROOM

30 min

R70.00

Detox the body while relaxing stiff and tired muscles. This treatment increases blood and lymph flow, bringing fresh oxygen and nutrients to the body. This is also a very hydrating treatment for dry and dull skin.

## PACKAGES

Welcome to Chicama's 5 pillars of wellbeing:

Please note the below packages can be changed to suit pre and post pregnant ladies or any individual needs.

### SHINE – Detox

This is for someone who is looking to move toxins out of the body, gain better circulation and aid in the removal of unwanted toxic build ups.

### BREATHE – De stress

These packages are for those looking to gain better sleep, are under any kind of strain/stress, anyone suffering from anxiety or living a stressful lifestyle.

### AWAKEN – Uplifting/restoring

These packages are wonderful for those who may be feeling depressed, drained or tired, and those needing an emotional recharge.

### NATURE- Organic

Great choice if you love organic and would like to “go green” and treat your body as nature intended. Everything used for these packages is strictly organic, also being the best choice for those who may be suffering from any kind of illness, or great as a recovery from any kind of strenuous treatment etc.

### TOGETHER – Couples (Romantic/friends/family)

These packages are an excellent bonding experience, giving time to relax, restore and recharge with quality time.

#### SHINE - detox

##### Full Day: Merlot

Begin the day with fresh fruit salad, muffins and juice

1 x Organic detoxifying tea, to aid your body in eliminating toxins

1 x Crushed Grapeseed Full Body Exfoliation

1 x Shiraz Detox Cocoon

1 x Hydrotherapy Spa Bath

1 x Chicama Signature Pinotage Facial

1 x Rasul Chamber

1 x Grapeseed Oil Full Body Massage

1 x Lunch

6 hours

R1550.00/person

##### Half Day: Petit

Begin the day with fresh fruit salad, muffins and juice

1 x Organic detoxifying tea, to aid your body in eliminating toxins

1 x Crushed Grapeseed Full Body Exfoliation

1 x Shiraz Detox Cocoon

1 x Aromatherapy Hydrotherapy Spa Bath

1 x Heavenly Vine Foot Experience

3 hours

R800.00/person



## BREATHE - de-stress

### Full Day: Cabernet

Begin the day with fresh fruit salad, muffins, juice  
1 x Scented organic tea, to begin your de stress and unwind  
1 x Aromatherapy Full Body Massage  
1 x Crushed Grapeseed Full Body Exfoliation  
1 x Muscular Beeswax Cocoon  
1 x MusculaVine™ Hydrotherapy Spa Bath  
1 x Rasul Chamber  
1 x Theravine Hydrating Facial  
1 x Lunch  
6 hours R1550.00/person

### Half Day: Rose

Begin the day with fresh fruit salad, muffins, juice  
1 x Scented organic tea, to begin your de stress and unwind  
1 x NutriVine™ Therapack Facial  
1 x RelaxoVine Tranquility Bath  
1 x Heavenly Vine Foot Experience  
3 ½ hours R650.00/person

## AWAKEN - uplifting/restoring

### Full Day: Red vine

Begin the day with fresh fruit salad, muffins, juice  
1 x Jasmine & lily organic tea, to begin your emotional upliftment  
1 x Hot Stone Full Body Massage  
1 x Stress Relief Scalp & Neck Massage  
1 x RelaxoVine Tranquility Bath  
1 x Rasul Chamber  
1 x Theravine Hydrating Facial  
1 x Hot Stone Heavenly Vine Foot Experience  
1 x Lunch  
6 hours R1500.00/person

### Half Day: Vine

Begin the day with fresh fruit salad, muffins, juice  
1 x Jasmine & lily organic tea, to begin your emotional upliftment  
1 x Chicama Signature Pinotage Facial  
1 x RelaxoVine Hydrotherapy Spa Bath  
1 x Heavenly Vine Foot Experience  
3 hours R 600.00/person

## NATURE - organic

### Full day: Vine Leaf

Begin the day with fresh fruit salad  
1 x Organic tea, to cleanse and uplift the system  
1 x Esse Organic Facial  
1 x Esse Organic Full Body Exfoliation  
1 x Rooibos & Honey Cocoon  
1 x Hydrotherapy Spa Bath  
1 x Soil Full Body Massage  
1 x Hot Stone Heavenly Vine Foot Experience  
1 x Lunch  
6 hours R1600.00/person

### Half Day: Pinotage

Begin the day with fresh fruit salad

1 x Organic tea, to cleanse and uplift the system

1 x Esse Organic Facial

1 x Soil Back, Neck and Shoulders Massage

1 x Hydrotherapy Spa Bath

3 h

R 800.00/person

### TOGETHER - Couples (romantic/friends/family)

#### Full Day: Grande Vino

Begin the day with fresh fruit salad, muffins, juice

2 x Harvest & happiness tea, together

2 x Rasul Chamber

2 x Heavenly Vine Foot Experience

2 x Ylang-Ylang Full Body Massage

2 x Romeo & Juliet Scalp & Neck Massage

2 x Jacuzzi

Surrounded by soft music, candles, champagne and fruit & cream

2 x Lunch

5 hours

R2000.00/couple

#### Half Day: Petit Vino

Begin the day with fresh fruit salad, muffins, juice

2 x Harvest & Happiness tea, together

2 x Rasul Chamber

2 x Jacuzzi

2 x Ylang Ylang Full Body Massage

3 hours

R1000.00/couple

### TUESDAY – FRIDAY SPECIALS

#### DiVine Special:

Begin the day with fresh fruit salad, muffins, juice

1x Rasul – a Turkish delight

1x Hydrotherapy Spa Bath

1x Grape Seed Oil Back, neck & shoulders Massage

1 x Chicama Signature Pinotage Facial

Lunch

4hours

Normal Cost: R1400.00

Special: R990.00

#### SauVignon Special:

Begin the day with fresh fruit salad, muffins, juice

1x Herbal Infusion Full Body Massage

1x Hydrotherapy Spa Bath

1x Steam

1x Heavenly Vine Foot Experience

Lunch

4hours

Normal Cost: R1000.00

Special: R770.00

### CONFERENCE SPECIALS

#### Vine and Wine:

1 x Heavenly Vine Hand Experience 20 min

1 x Heavenly Vine Foot Experience 20 min

1 x Stress Relief Scalp and Neck Massage 20 min

1 hour R390.00

#### Vinedown:

Begin with a tea, coffee or fruit juice

1 x Grapeseed Oil Full Back, neck and shoulders

1 x Heavenly Vine Foot Experience

1 x Jacuzzi

1 x Lunch

3 ½ hours

R650.00

Trading Hours  
Open: Tuesday – Sunday  
08.00 till 17.00 / Alternate times available on request



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