

# Cascade Country Manor

- Hotel and Spa - Paarl - South Africa -

## SPA MENU

### Cascade Full Body Massage

A full body massage which will revive and energize you. An excellent choice during demanding times or after a long flight and tiring journey. Your therapist will embrace your needs and apply the correct pressure you wish for. A muscle and mind relaxing experience.

50 min R 450  
90 min R 650

### Aromatherapy Massage

Soothing and gentle tissue manipulation combining the most classical effleurage massage technique and your personal blend of essential oils made up of natural plant and petal extracts. Rebalance body and mind. Feel the lasting benefits as desired, become energized or float far away.

50 min R 450

### Back, Neck and Shoulders Massage

Focussing on your sensitive and tender muscle groups which are continuously under strain due to posture, exercise and the like. Your therapist will design and adjust your massage according to the area most affected, including a head massage as an extra treat.

30 min R 350

### Pedicure

A glorious treat starting with a temperature regulated foot bath and invigorating exfoliation just to be continued with a leg and foot massage after your toes have been treated too. Choose your favourite colour to be polished with perfection.

45 min R 250

### Full Manicure

Soak manicure, file and buff, cuticle and hand massage. Colour polish with top and base coat.

R 250

### Express Manicure

File, buff and cuticle massage. Colour polish with top and base coat.

R 200

### Duchess Deluxe Warming Body Treatment

Go all out. The "Terra de Afrique" body exfoliation sets the tone. Circulation is priority. Feel as snug as a pug in a rug whilst your body will absorb the delicious body mask. Relax in the steam room for 15 minutes followed by a full body massage. Feel like the queen you want to be.

120 min R 900

### A Royal Treatment For Your Legs

An energizing treatment for neglected legs and feet. Feel refreshed after an invigorating exfoliation followed by a restoring leg and foot massage. Love your limbs.

45 min R 400

### Hydrating non-skincare Facial with Mask

Enjoy a totally natural non-skincare product facial where the therapist concentrates on cleaning the facial skin for a shiny look.

30 min R 250

### The Dukes Polish

A "Terra de Afrique" back scrub allows you to let go and enjoy the energy restoring back, neck and shoulder massage incorporating gently heated volcanic stones. Without neglecting your legs and feet, your upper body treat is followed by an intensive exfoliation and foot mask complimented with a lower leg and foot massage. Feel all buffed up as your special treat concludes with a file, buff and shine for all ten.

90 min R 750

### Cascading Hot Stone Massage

The deeply relaxing effects and benefits the gently heated volcanic stones provide, will soothe your tired body and mend your aching muscles. The classical Swedish massage technique applies gentle pressure. Feel warm and nurtured in winter, invigorated and soothed in summer.

45 min R 450

### Couples Scrub and Steam Session

The Steam and Relaxation room is yours for one hour. Get in the mood with a glass of bubbly. In the steam room, allow your partner to scrub you down with invigorating body scrub. Choose from the "Terra de Afrique" red, white or black body masks. Feel the tingling effect or the natural ingredients, and shower it down in the steam room before retreating to the warm relaxation room. (For more pampering book a couples full body massage after your Steam Session – not included in the price below)

60 min R 750  
per couple

### Solo Steam Session

Use the Steam Room to warm up your muscles. Enjoy your choice of aromatherapy oil and body scrub to enhance the relaxing effect. This is an ideal treatment before any massage or to wind down for the evening.

20 min R 300

### Heaven on Earth Feeling

Start off your treatment with a welcome drink. Enjoy a relaxing back, neck and shoulder massage followed by a peppermint or lavender foot scrub for that extra fresh relaxed feeling. Enjoy a health shake at the end of your treatment.

50 min R 550

Open 7 days per week - 9 am to 5 pm

Bookings required | Subject to availability | Prices and packages subject to change without prior notification



# Cascade Country Manor

- Hotel and Spa - Paarl - South Africa -

## SPA MENU

### Couples Delight

A luxurious Peppermint back exfoliation for him and her. Wind down in the steam room for 15 minutes followed by a couples full body massage. The treatment is concluded with a fresh and rejuvenating health shake.

80 min R 1000  
per couple

### Facial "Mini Facelift"

Lie down for a traditional cleansing and facial massage but with Galvanic Spa system and ageLOC activator gel, let your face instantly revive by targeting the ultimate sources of aging. Repeat treatments are recommended but already see the results after the first treatment.

45 min R 500

### Deep Cleansing Intense Treatment

Combines a hydrating Algae Mask with a deep pore cleansing facial to leave skin firm and supple.

60 min R 670

### Purifying Facial for Men

A deep cleansing and detoxifying treatment especially designed for men. This results-focused treatment refines pores, eliminates impurities and hydrates the skin with its combination of advanced products and circulation boosting techniques.

60 min R 650

### QMS Facial Treatments

!QMSMEDICOSMETICS

#### Activator Treatment

Innovative activation techniques increase the supply of active ingredients to refuel and energise the skin, leaving it fresh and glowing. Provides instant vitality for jet-lagged and tired skin.

60 min R 690

#### Classic Collagen Treatment (skin regenerating)

Instantly effective nourishing treatment. Natural Soluble Collagens return the skin to a youthful and healthy state by increasing collagen levels. For enhanced results choose an Intense Collagen Treatment of 60 minutes for anti-aging supporting results.

40 min R 450

60 min R 550

#### Med Treatment (corrective facial treatment)

Problematic skin treatment developed to clear the skin of impurities, calms inflammation and regenerates the basic skin functions.

40 min R 450

#### Neo Tissudermie Treatment

##### (Specialised anti-ageing treatment)

A lifting, tightening and hydrating treatment developed to strengthen and regenerate tired, stressed, aged and sagging skin. This treatment stabilizes the skins functions and leaves skin firm, intensely hydrated and vitalised. This treatment is only for clients who have used !QMS Before or had 3 or more !QMS treatments.

90 min R 1000

Open 7 days per week - 9 am to 5 pm

Bookings required | Subject to availability | Prices and packages subject to change without prior notification

### Special Packages for 2017

#### Spa Bridal Package

R 2,810  
for 4 people

Bring three friends along for a pamper afternoon at Cascade Manor. Two at a time will receive a Back, Neck & Shoulder Massage while the other two relax in the indoor pool and sauna, awaiting their treatments. While relaxing, enjoy a fruit platter and bottle of MCC. To end the day, your friends can choose from either a mani or a pedi while the bride-to-be is spoilt with both to look her best on her big day.

*This package can be upgraded to include accommodation for a hen party or a day room comp for the girls. Please enquire at reception for more details.*

#### Spa Half Day Package

R 795  
per person  
min. 2 pax

Pamper yourselves with this half day spa package. Receive a welcome drink on arrival, relax with a full body massage followed by an express mani or pedi. End the day with a deli platter with a glass of wine or MCC.

#### Spa Winter Warmer

R1 350  
per couple

Bring your partner and warm up this winter with a hot stone massage for two followed by an express mani or pedi for two. End the day with a glass of hot and spicy Gluwein on the terrace.

