



PRICE LIST

TREATMENT	LENGTH OF TREATMENTS	WEEKDAY PRICE	WEEKEND PRICE
<b>SIGNATURE TREATMENT</b>	2hours	R850	R920
<b>TASTER MENU</b>			
Facial on the Run	30 mins	R280	R300
Tech Neck Massage	20 mins	R200	R220
Soothing Scalp & Face	20 mins	R200	R220
Buff & Co	20 mins	R120	R120
Milk Moisture Hand Ritual	30 mins	R165	R180
Milk Moisture Foot Ritual	30 mins	R180	R200
<b>FACIALS</b>			
Custom ESSE Organic Facial	60 mins	R390	R420
BABOR System Gold Facials	60 mins	R460	R500
BABOR Advanced Facials	90 mins	R600	R680
Men's Energy Release Facial	60 mins	R450	R480
Men's Time out Facial	90 mins	R550	R600
<b>FACIAL ENHANCERS</b>			
Sensational Eye Treatment		R120	R180
Foot/Hand Mask		R100	R120
Mini Ampoule Crash		R150	R180
Maxi Ampoule Crash		R220	R250

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## BODY TREATMENTS

Milk Body Polish	30 mins	R220	R250
Purifying & Relaxing Back Treatment	60 mins	R380	R420
Jasmine Hair & Scalp Treatment	30 mins	R200	R230
Body Cocoons:	75 mins	R580	R650
- Nourishing & Relaxing			
- Detoxifying & Invigorating			
- Hydrating & Calming			

## MASSAGE

Signature MILK Massage	75mins	R530	R580
Back, Neck & Shoulder Massage	40mins	R250	R280
Camdeboo Full Body Massage	60mins	R460	R500
Aromatic Relaxation Massage	60mins	R500	R550
Indigenous Heated Massage	60mins	R500	R550
Warrior Massage	60mins	R500	R550
Reflex Massage	30mins	R250	R280
Twice as Nice Massage	60mins	R830	R900

## SPA AROUND THE WORLD

Khanya of Africa	2 hours	R830	R930
Shadiva of India	2 hours	R830	R930
Scentao of Asia	2 hours	R830	R930

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## HANDS & FEET

Classic Manicure	60 mins	R230	R260
Moisture Deluxe Hand Therapy	75 mins	R275	R300
Classic Pedicure	60 mins	R250	R280
Moisture Deluxe Foot Therapy	75 mins	R300	R320

## MOMS TO BE

Yummy Tummy	1 hour 15 mins	R550	R600
Lighten Up	30 mins	R200	R220
Mellow Mama	1 hour 15 mins	R460	R500
The Smoothie	1 hour 15 mins	R550	R600
4th Trimester Healing Hour	1 hour	R450	R500

## GROOMING TREATMENTS

Waxing:	15 mins	R70	R70
Tinting & Shaping:			
- eye lash tint	15 mins	R65	R65
- eye brow tint	30 mins	R65	R65
- lash & brow tint	45 mins	R110	R110

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## CAMDEBOO SPA PACKAGES

Camdeboo OAK - Full Body Exfoliation - Full Body Massage - Scalp Massage	2 hour combo	R800	R870
Camdeboo RHUS - Facial - Manicure - Pedicure	3 hour combo	R840	R930
Camdeboo CELTIS - Reflexology - Indigenous Massage - Body Cocoon - Hand Ritual - Foot Ritual	4 hour combo	R1500	R1650
Camdeboo ACACIA - Milk Polish - Camdeboo Milk Massage - Babor Advanced Facial - Manicure - Pedicure	5 hour combo	R1650	R1800

# HOURS OF OPERATION

The Spa is open from 08h00 -19h00 Sunday to Thursday  
and from 08h00 - 20h00 Friday and Saturday.

Milk

mama mio  
skincare

BABOR

esse  
organic skincare

organic skincare esse

O·P·I



spalicious  
ABSOLUTELY DELICIOUS

Please note:

- Kindly arrive 30 minutes prior to your treatment
- 100% Cancellation fee will apply to cancellations made within 24 hours of your treatment
- Late arrivals will result in a shortened treatment, as treatments are allocated in time slots

Terms and conditions:

All rates, unless otherwise stated, are inclusive of 14% value added tax and are quoted in South African Rands

- Rates are valid in 2011
- Rates are subject to change without prior notice
- Estate and Spa guests need to be older than 16

## CAMDEBOO ETIQUETTE

### AQUA LOUNGE

With its heated and wet facilities, Camdeboo's Aqua Lounge has been designed to take full advantage of the therapeutic benefits of hydrotherapy and heat. The Aqua Lounge can be enjoyed at leisure to achieve complete relaxation. Use of the Aqua lounge is complimentary to any guest making use of the Spa, as well as hotel guests. Swimwear must be worn at all times while making use of the Aqua Lounge, outdoor pool or Jacuzzi

### STAYING AT IRENE

Irene offers luxurious suites and bedrooms, restaurants and activities to guests who wish to extend their Spa visit with an overnight stay. For further information, or to request a brochure and tariffs, please call Reservations at the hotel on (012) 667 6464

### GIFT VOUCHERS

Treatments and Spa Packages make wonderful gifts for family and friends, or as an incentive or reward for business colleagues. Gift vouchers can be purchased for any monetary value. Add one of our signature MILK products, stylishly wrapped, to present the ultimate pamper gift.

### SPA RESERVATIONS

We recommend that your reservation is made in advance to ensure that your chosen times are available. Walk-in bookings welcome and are subject to availability. Credit card, voucher or hotel details will be taken at the time of booking, but no charges will be made until you arrive. To make a booking please contact Camdeboo on 012 667 6464 or email [camdeboo@irenecountrylodge.co.za](mailto:camdeboo@irenecountrylodge.co.za).

### CANCELLATION POLICY

We would be grateful if resident guests would make any changes or cancellations at least 12 hours prior to the scheduled treatment time. We request that day guests observe a 24 hour treatment change or cancellation notice period. Treatments cancelled after this time will incur a cancellation tariff of 100%. If you wish to change or cancel an appointment, please contact Camdeboo directly.

### HOURS OF OPERATION

The Spa is open from 08h00 to 19h00 Sunday to Thursday and from 08h00 to 20h00 Friday and Saturday.

### GROUP BOOKINGS

A visit to Camdeboo will make a great outing for friends celebrating a special occasion or colleagues taking a break together. Please contact Camdeboo (012 667 6464) directly to make arrangements for group bookings. Group bookings needs to be made well in advance and is subject to availability. The needs of each group can be tailor-made.

### TREATMENTS

All Camdeboo Treatments are carefully planned to accommodate the needs of each guest. Please note that as a courtesy to all our guests a prompt appointment schedule is adhered to. Late appointments will be completed in the allocated time and the fee will remain unchanged. Allow enough time for your experience and arrive 30 minutes prior to your appointment, so we can record your current spa needs and details, offer you refreshments and the opportunity to enjoy a relaxing steam and/or shower before your treatment. Prices are subject to change without prior notice.

### SPECIAL REQUIREMENTS

We always strive to make every visit to Camdeboo a relaxing and enjoyable experience. Please help us by telling your therapist if you have any allergies, injuries or may be pregnant. Should your chosen treatment be unsuitable we will gladly assist and advise on a safer alternative. Our staff will be pleased to offer any assistance if you have mobility difficulties or other special requirements.

### CHILDREN

Camdeboo welcomes children over the age of 16 to enjoy Spa Treatments and make use of the facilities

### POINTS OF SAFETY

Trained staff are on duty in the Spa, but we have no dedicated life-guards watching the pools and other wet areas.

If you suffer from high blood pressure, have recently been unwell or believe you may be pregnant, you should not use the steam room, sauna, and outdoor Jacuzzi or sensation showers

It is important that you shower before and after using the Aqua Lounge and pool area.

No glass of any sort is permitted in Aqua Lounge or Jacuzzi. Chilled water is provided for refreshment.

All areas of Camdeboo are designated mobile phone-free zones.

### LOCKERS

For your convenience, a robe, slippers and towels are provided. While Camdeboo provides lockers, it is recommended that you leave valuables at home. Camdeboo does not assume liability for valuables.

### OTHER

Enjoy our Spa Café and Juice Bar during your visit to Camdeboo. Relax rest and recuperate in one of our comfortable lounges.



## CONTACT

Tel: 012 667 6464

Fax: 012 667 6476

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