

WELLNESS RETREATS @ CAPE SOUTH

MIND BODY MENU

A menu of spa treatments and activities to relax and rejuvenate your body, mind and spirit.

Retreat spa treatments are scheduled during free time on Saturday afternoon (weekend retreats) & Wednesday afternoon (mid week retreats). For guests adding on extra nights then appointments are also available over the additional duration of their stay.

Choose from a variety of different styles of massage, facials and healing modalities. Located out of our treatment room, studio or homestead snug. Enter a state of pure bliss while your mind, body and soul are cared for.

All prices are inclusive of GST.

B O D Y

RELAXATION MASSAGE

60 min \$110 / 90 min \$160

Relieving tension in your entire body and improve overall wellbeing. Using Swedish massage techniques this gentle massage is designed to release muscle toxins, increasing the level of oxygen in the blood, improving circulation and flexibility while relaxing the nervous system, helping reduce stress and bringing a deeper sense of peace in the body, mind and soul.

HOT STONE MASSAGE

60 min \$120 / 90 min \$175

Hot stones are used in combination with Swedish Massage style techniques to gently encourage sore muscles to relax and surrender. The heat from the stones and the warm exotic oil helps to increase circulation and aid lymphatic drainage.

MIXED MODALITY MASSAGE

60 min \$120 / 90 min \$175

Using a range of techniques with the option to focus on a particular area or support the healing of an ailment. Treatments tend to be deeper and stronger than a relaxation and hot stone massage and the techniques used are chosen to form a custom made massage for your bodies particular needs and desired outcome for your treatment.

F A C E

FABULOUS FACIAL

60 min \$120 / 90 minute \$175

This luxury facial will leave you feeling pampered and refreshed. Including a cleanse, exfoliate, either hand or foot massage during a detoxing /rejuvenating mask, relaxing pressure point massage on your shoulders, neck and face, finishes with serum & moisturiser.

M I N D B O D Y

REIKI

60 min \$100

Energy Healing is a holistic, non-invasive practice that activates your subtle energy systems; clearing, repairing and balancing your energy bodies to facilitate health in your physical body and beyond. This is a powerful reset and recharge performed by a hugely talented hands on healer.

S P A C O M B I N A T I O N S

BACK MASSAGE & MINI FACIAL

60 min \$120

Enjoy the best of both worlds. Using Swedish Massage techniques to soothe the back and release tension in the shoulders finishing with a mini facial to leave you feeling pampered from top to toe.

DELUXE FACIAL & MASSAGE

90 min \$175

Enjoy the benefits of our luxury Full Facial with the addition of a back massage.

G U I D E D A D V E N T U R E

GUIDED MOUNTAIN BIKING

2 hours \$150 pp

Join our guide on the coastal hills on private farmland overlooking the Pacific Ocean on an adventure matched to your experience. Grades 1 to 5 biking available. Bring your own mountain bike or add in bike hire for an additional \$150.

BOOKINGS

Contact Cape South Retreat Manager email retreats@capesouth.com or mobile +64 (0)212229372 at least 2 weeks prior to your retreat to request your services. Retreat treatments are scheduled during free time on Saturday afternoon (weekend retreats) or Wednesday afternoon (weekday retreats). For guests adding on extra nights then appointments are also available during this time. Many of our practitioners travel to site so while we do our best to ensure your full booking request is satisfied. Your early requests will help to ensure this.

YOUR APPOINTMENT

We suggest you arrive at the treatment area 5 minutes prior to your treatment time starting.

CONSULTATION

Your therapist will conduct a brief consultation before beginning your treatment to confirm the duration and type of treatment booked and your desired outcomes. It is vital that we are advised of all health concerns to your therapist so they can address any special requirements and customise treatments where necessary.

SPECIAL CONSIDERATIONS

Guests who have a history of or presently have any medical or high risk conditions including pregnancy, high blood pressure, heart conditions and other serious circulation or muscular complications are required to consult their Doctor before reserving any spa services. Guests presenting with cold, fever, or skin irritations will be unable to receive any massage treatments or services that may aggravate the existing condition.

SPA TREATMENT PRIVACY

Your privacy is considered at all times. In the treatment room you will be left in private to change and get settled under the covers. You will be appropriately draped with sheets over areas that are not being treated.

ROOM TREATMENTS

Certain treatments are available within the privacy of your room. Enquire upon booking should you specifically require this.

PAYMENT

Once your bookings are made you will be invoiced and payment can be made via Bank deposit to Cape South prior to your stay.

CANCELLATION POLICY

Treatment times are reserved exclusively for you and we therefore have a 12 hour cancellation policy. If you need to change the time of your appointment we will make every effort to make these changes at no extra charge but may not be able to guarantee the availability of a therapist. Cancellations within 8 hours will not be refunded.