



MIARESTATE
HOTEL & SPA

THE SPA@MIARESTATE TREATMENT MENU

escape ★ unwind ★ rejuvenate





Introduction

Hibiscus Farm and Haga Haga

Remember Haga Haga
And remember me,
Remember Bosbokstrand
With its clear blue sea
Remember Keith and Phillip
And the cows and Farmhouse too
Remember the pigs, the sheep and horses
For they remember you

Remember Jackson and his hut
Hibiscus Farm the lot,
Remember the hill and the view
The sea below and the lagoon so blue
All this we remember and a stack more
For this belongs to me and you evermore

Written by Janine Walker
when she was very young



Spa Philosophy

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The Spa@Miarestate invites you to enter a world of grace and beauty. Our attention to detail and sensitivity to the needs of individual guests ensures your comfort, happiness and wellbeing. Our passionate and highly trained team of professionals will treat you to an experience that will leave an everlasting impression in your mind. This exquisite sanctuary demonstrates our focus and our commitment to health and longevity – an essential approach in a demanding world where stress and exhaustion play huge roles in damaging our quality of life and overall wellbeing. The Spa@Miarestate is a place of luxury and impeccable taste. You are a treasured guest and no detail is too small when it comes to your comfort. Let our dedicated team offer you a memorable and life-changing experience.

Operating Hours

OPERATING HOURS

Monday – Friday

8am till 7pm

Saturday

8am till 5pm

Sunday

9am till 5pm

Public Holidays


9am till 5pm

Since customer service is our passion, should you require your treatment to take place at a specific time, please notify the Spa Manager 48 hours prior to your appointment so that we can accommodate your personal requests.

Spa Etiquette

YOUR APPOINTMENT

Booking in advance is essential. Payment of your treatment must be effected before your treatment in order to secure your appointment. You can select between completing a credit card authorisation form or alternatively our banking details will be emailed to you in order to make payment.



Should you have a gift voucher, please present the voucher as confirmation. A consultation card will be emailed to you to complete, please email the completed card back to us, thereby saving time with paper work on the day of your appointment. Alternatively, you can complete your consultation card at The Spa on the day of your treatment.


We recommend you arrive 45 minutes prior to your scheduled time in order to check in, enjoy a tour of our Spa and Hotel, finalise your consultation forms and then go through to the relevant change rooms to prepare for your treatment. Kindly bring along your bathing suit to make use of facilities at The Spa.

Please note that all facilities at The Spa are used at your own risk! Heat treatments are not recommended for clients with high blood pressure, heart conditions and in the event of pregnancy.

Spa Attire

The Spa@Miarestate provides all its guests with luxurious robes and slippers and fresh towels are at their disposal. In order to ensure your comfort and that of our Spa Care Professionals our strict regulation is that underwear must be worn at all times. Disposable underwear can be provided for your convenience.

Please remove all jewellery and items of value and secure your belongings in the locker provided. Kindly respect all the other guests' right to privacy and serenity. To preserve tranquility in the Spa environment, please switch off your mobile phone and leave it in your locker.



Cancellation Policy

As mentioned above, credit card details, an EFT deposit or voucher number will secure your booking. Please be advised that The Spa@Miarestate requires a full 24-hour notice period if you are unable to attend your appointment. Cancellations made less than 24 hours before your scheduled appointment time will incur a fee of 100% of the treatment costs. Should you need to reschedule your appointment, please notify the Spa within 5 hours of your scheduled booking.

Group Bookings

We specialise in spoiling groups at our Spa! In order to ensure your booking is secure, full payment is required for groups of four or more persons. In the unfortunate event that you are unable to meet the appointment, a 5-day notice of cancellation period is standard procedure. Cancellations made less than 5 days after the booking date will incur a fee of 100% of the treatment price. No changes can be made to group bookings on the day as all the necessary preparations will have been done by our Spa Care Professionals to ensure your group booking runs smoothly.

Personal Property

We regret that The Spa@Miarestate cannot be held liable for any loss or theft of your personal belongings that may occur during your stay with us. Nor can The Spa@Miarestate be held liable for any misfortune or damage to your personal belongings that may occur during your stay with us.

Late Arrivals

The Spa@Miarestate appreciates and respects punctuality. Should you arrive late for your appointment, whatever the reason may be, your treatment time will be reduced and the full treatment price will be charged.



Pregnancy

There is nothing as beautiful as being an expectant mother. The Spa@Miarestate, in conjunction with Mama Mio, offers a full range of specialised products that are 100% pregnancy safe. Consult with your Spa Care Professional about which treatment is most suitable for you during this exciting time.

Beverages

Upon your arrival, a signature Miarestate refresher will be served. An endless supply of chilled bottled still or sparkling water is available upon request. Specialised imported tea rituals will make for a memorable Spa experience. Peckish? Ask for our Spa lunch menu.

Spa Care Professionals

The Spa@Miarestate only employs professionally qualified and fully trained Spa Care Professionals. Through continued in-house training, we maintain our high level of service. In order to ensure the best treatments are always available to our guests, our Spa is committed to continued education and skills development so our Spa Care Professionals attend regular training sessions.

Products

Every visit to The Spa@Miarestate is a five-star experience. We only use only professionally recognised skincare products and considerable thought has gone into the selection of the most suitable brands.

At no time should you feel pressured to purchase the products recommended to you. However, please pay attention to the professional advice given.

Please Note: Products are non-refundable.



Kindly consult with your therapist should you have any of the following conditions:

Epilepsy, diabetes, allergies, heart conditions, high blood pressure, pregnancy, recent surgery, muscle or joint injury, eczema or psoriasis. Please let our receptionist and our Spa Care Professionals know if you are taking any medication.

Gift Vouchers

The ultimate indulgence for a Spa enthusiast, a gift for a loved one, a getaway break for a stressed-out boss or colleague, birthday treats, engagement presents, Mother's Day rest and Father's Day relaxation, or just as a gift to a friend in need of TLC! Make a selection from one of our packages or customize your own package. Vouchers are presented in an exquisite envelope if purchased in-Spa. Alternatively vouchers can be purchased online for your convenience.

Executive Couple's Room

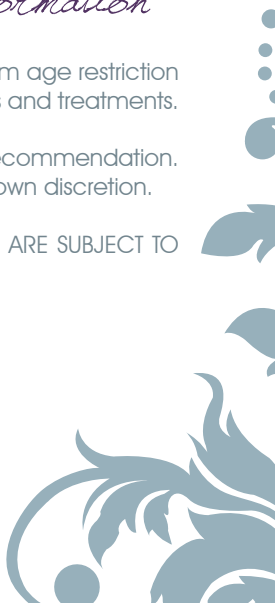
Our Spa boasts a spacious couple's treatment room with private jet bath and shower allowing guests to have treatments in the same room. Please request the Executive Room on your booking.

Additional Information

The Spa@Miarestate has a minimum age restriction of twelve years for both the facilities and treatments.

Our best reward is your personal recommendation. Gratuities are therefore left to your own discretion.

ALL OUR PRICES AND INFORMATION ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE



Our Facilities

- Two single treatment rooms with showers
- One Executive Couple's Suite with jet bath and shower
- Separate ladies and men's change rooms
- Manicure and pedicure lounge
- Unisex steam room
- Outdoor area with a sun deck and a view of the ocean
- Mini gym area
- Access to the Miarestate outdoor pool
- Access to the Miarestate restaurant







Spa Packages

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Bosbokstrand Delight

60 min Full Body Swedish Massage

60 min Classic Decléor Facial

Welcome Drink on arrival and use of The Spa Facilities

120 min

R890

Haga-Haga Retreat

60 min Full Body Swedish Massage

60 min Classic Decléor Facial

60 min Luxury Hot Stone Pedicure

60 min Luxury Hot Stone Manicure

Welcome Drink on arrival and use of The Spa Facilities

240 min

R1300

Bella Express

30 min Back, Neck and Shoulder Massage

30 min Decléor Facial

30 min Express Pedicure

30 min Express Manicure

Welcome Drink on arrival and use of The Spa Facilities

120 min

R740

Mia's Magic

90 min Skin Specific Advanced Decléor Facial

75 min Paraffin Pedicure including Gel Varnish

Welcome Drink on arrival and use of The Spa Facilities

165 min

R850

Couple's Retreat

Private Bubble Bath with Fruit Platter and

Sparkling Wine

60 min Couple's Candle Massage

30 min Indian Head Massage/Bella Foot Massage

Welcome Drink on arrival and use of The Spa Facilities

90 min

R1650 per couple





Massage

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The history of massage and spa therapy can be traced back thousands of years, to as early as 5000 BC and since then has been viewed as a core treatment in longevity and health. Apart from promoting relaxation, massage increases circulation providing nourishment to all the tissues and cells in the body. Improved lymphatic drainage aids in the removal of waste and toxins. Through manual manipulation of the body, the tense and tight muscles are softened, thereby promoting relaxation. The use of specialised oils aids desquamation (peeling or shedding of outer skin) and improves the skin's texture, elasticity and cellular regeneration. Apart from physical benefits massage also unleashes psychological effects: increased energy, vigour and wellbeing. Massage reduces stress levels, aids relaxation, and leaves feelings of being pampered and nurtured.

All our Full Body Massages include a Mini Foot and Scalp Massage for a truly unforgettable Head-to-Toe experience. Before your massage, we highly recommend a 15 min steam session to soften the muscles so they are easier to manipulate. You can even return to the steam room after your session in order to prolong the efficiency of the massage.





Swedish Massage

60 min	R500
90 min	R700

By far the best known type of massage and the most popular with our clients. This massage includes a range of firm to gentle pressure applied to the muscles of the body to improve blood circulation, soothe muscular aches and pains, increase flexibility and alleviate stress from inside out. Awaken your senses and feel the load lifting off your shoulders.

Aromatherapy Massage

60 min	R510
90 min	R710

Allow our specialised Spa Consultant to discuss your main concerns when choosing an Aromatherapy Massage Blend. Softer pressure is used in this massage and deeper relaxation is the end result. Lymphatic flow will increase leading to the removal of unwanted toxins in your body. Our Aromatherapy Massage will leave you with a sense of calm and wellbeing.

Please Note: *This massage is NOT suitable for a pregnant client!*



Hot Stone Therapy Massage

60 min	R520
90 min	R720

This massage targets clients who want to feel as if their muscles are being melted away with the use of heated lava stones and a medium massage pressure, evoking a state of complete relaxation. Lava stone massage energises the body by providing deep muscle relaxation, leaving you feeling invigorated and revived.

Please Note: *This massage is NOT suitable for a pregnant client!*





Deep Tissue Massage

60 min R520

90 min R720

This massage is perfect for the client who devotes a great deal of time to training and wants to target main areas of concern. Deep Tissue Massage is designed to manipulate tense and strained muscles by improving flexibility, muscular strength and endurance. This massage is not for the faint-hearted and obtaining the full benefit can be painful.

Please Note: *This massage is NOT suitable for a pregnant client!*

Lomi-Lomi Massage

60 min R520

This Hawaiian Style Massage originating from the Polynesian Islands concentrates purely on the back of the body, using rhythmic and flowing movements of fingers, palms, forearms and elbows. Generally a medium to firm pressure is recommended with leg and arm stretching to alleviate stiff and sore tendons. A Frangipani Massage medium completes this Island experience.

Please Note: *This massage is NOT suitable for a pregnant client!*

Hlubi Candle Massage

30 min R360

60 min R540

90 min R740

Revive the body and awaken your senses. This unique Soya Candle Massage melts into a warm sumptuous massage oil of natural butters that softens and nourishes the skin upon application. Take your candle home to relive your Spa experience and prolong the benefits. Choose from a variety of specialised fragrances that calm and rebalance your body's equilibrium.

Please Note: *This massage is NOT suitable for a pregnant client!*





Back to Feet

60 min

R500

The perfect combination of a 30 min Back, Neck and Shoulder Massage followed by a 30 min relaxing Bella Foot Massage. For those who are on the go and need a pick-me-up, this is ideal as it will enhance relaxation and restore the body's equilibrium.

Back, Neck and Shoulder Massage

30 min

R300

45 min

R400

60 min

R500

Let our expert Spa Care Professional focus purely on those sore points where most of our stress and tension lies. A series of specialised stretches ends off the experience, enhancing mobility and movement in the neck and shoulder area. Guide your masseuse on the pressure you prefer.



Reflexology

30 min

R300

45 min

R400

60 min

R500

An ancient art, focusing on specific pressure points on the foot to balance the body. This relaxing pressure point massage helps to re-establish your energy flow, alleviate stress and restore harmony in the body.

Please Note: *This massage is NOT suitable for a pregnant client!*



Bella Foot Massage

30 min

R300

45 min

R400

A foot experience unlike any other to relieve tension in the feet and lower legs. An invigorating Caviar Foot Soak and Scrub is followed by a soothing, draining Leg and Foot Massage. This decadent experience ends with a hot stones treatment.

Please Note: *This massage is NOT suitable for a pregnant client!*





Indian Head Massage

30 min	R300
45 min	R400
60 min	R500

More than just a Head and Scalp Massage, this Massage is also a nourishing Hair Mask treatment to condition, hydrate and moisturise your hair. The hair mask is applied with slow, rhythmic massage movements followed by a Pressure Point Massage on the forehead, ending with a shoulder stretch and Temple Massage.



Body Works

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Body Exfoliation

30 min

R200

A beautiful facial for your body with an exclusive body scrub that will deeply cleanse and re-energize the skin by polishing off your dry cells and revealing the skin's true radiance. Bring your skin back to life with sea salt based body scrubs that will leave you rejuvenated.

Please Note: *This treatment is NOT suitable for a pregnant client!*

Back Cleanse

60 min

R480

Deep cleansing the back to rid it of impurities by unblocking the pores and extraction of blackheads to leave the skin feeling cleansed and toned. An essential treatment for clients who suffer from breakouts on their backs.

Body Wraps by HumanKind

The HumanKind lifestyle body care product range is inspired by an initiative to support community projects. Indigenous raw materials are sustainably harvested and fairly traded by rural farmers who support environmental management. The exotic African oils are tried and trusted and the natural traditional healing ingredients make the brand synonymous with the bio-diversity and indigenous heritage of our country.

African Body Wrap

60 min

R400

A nourishing and detoxifying body wrap containing extract of African Buchu, a plant which has amazing healing properties for the skin. The added combination of Baobab and Marula provides strong anti-oxidant and rejuvenating properties for the skin. Extracts from the African Sausage Tree (*Kigelia Africana*) will firm and lift the skin giving it a more youthful appearance.



Shea Butter nourishes and moisturises leaving the skin soft and supple.

Please Note: *This treatment is NOT suitable for a pregnant client!*

Slimming Body Wrap

60 min

R400


An intensive slimming wrap containing extracts of Green Coffee Arabica seeds and Ilex Paraguariensis Leaves. The wrap helps to reduce localized excess fat by decreasing the amount of adipocytes (cells that synthesise and store fat). The combination of Ginger and Arnica extracts helps to increase micro-circulation and detoxify the skin.

Please Note: *This treatment is NOT suitable for a pregnant client!*

Chilli Body Wrap

60 min

R400




This detoxifying and slimming wrap contains Ginger Root extract which leaves a natural warming effect on the skin. A synergic blend of nine essential oils – Black Pepper, Camomile Roman, Cinnamon Leaf, Eucalyptus, Ginger, Juniper Berry, Lemon, Peppermint and Tea Tree – assists in detoxifying the skin, stimulating lymph drainage and helps with body contouring.

Please Note: *This treatment is NOT suitable for a pregnant client!*

Chocolate Body Wrap

60 min

R400



This luxurious and moisturising body treatment is based on natural Cacao Extract which is rich in essential vitamins and minerals such as Folic Acid, Vitamins C and B6, Niacin and Iron. This very sensual moisturising treatment softens the skin, leaving it with a radiant glow. After a Chocolate Body Wrap you feel relaxed, filled with a sense of wellbeing.

Please Note: *This treatment is NOT suitable for a pregnant client!*







Mama's Touch

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We are delighted to say that this special programme is very definitely suitable for our pregnant clients!

Custom-made for the expecting mom, Mama's Touch is a special programme of decadent treatments designed to enhance mom's personal wellbeing throughout this special time of her life. During your nine month journey, experience the utmost care and luxurious indulgence in a setting of absolute peace and serenity. Rest assured that both you and your little one are in safe hands of your Spa Care Professional.

Mellow Mama Massage

75 min

R550

Ensuring the healthy development of a baby is stressful business, so why not indulge in a relaxing Full Body Massage by experiencing our safe, yet effective Pre-Natal techniques? Our Award Winning Omega-rich Oils help to unwind those lower back muscles that are doing fine work carrying that beautiful bump!

Yummy Tummy

75 min

R570

Since it's your tummy that requires all the extra attention, treat it to an Omega-rich Treatment to maximise skin strength, health and elasticity. The experience is rounded off with a luxury upper Back, Neck and Head massage.

Lighten Up

30 min

R270

As your feet take on the ever increasing strain of carrying the extra weight of a growing baby, they feet begin to retain water. This increases the possibility of poor circulation and results in tired, swollen and heavy lower legs and feet. Revive your tired feet with a Mineral-rich Foot Soak, Exfoliation and Draining Massage. Put your best foot forward with ease!



The Smoothie

75 min

R570

Rejuvenate your skin and clear your mind in preparation for your baby's pending arrival. A Mama Mio Smoothie will exfoliate your skin gently yet effectively. Follow it up with a deep moisturising massage to hydrate your skin and improve elasticity. A luxurious Scalp massage completes this divine experience.

Fourth Trimester Healing Hour

60 min

R520

Your baby is finally here and mom needs time to recover and rejuvenate. This restorative Massage aids your body in its realignment as you remember how to live in your body again. All new mothers need a little pampering and this is the perfect gift for a new mama.



Maternal Bliss Spa Package

180 min

R1 600

Nobody deserves Spa treatments more than a super mama in the making . This package offers a gentle exfoliation hidden in the relaxation of a Stress-Relieving massage. Treat your cuticles to a nourishing Omega-rich Balm and your feet to a Mineral-rich Foot Soak. Since it's your tummy that needs the best loving care, enjoy a moisture-rich treatment to maximize skin strength, health and elasticity. Combined with a Head massage, this package is a fully comprehensive Stress-Banishing treatment.









Facial Treatments

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DECLÉOR

Strong values since 1974

A Decléor Facial epitomises the union of science and nature through the use of Essential Oils and by channelling vital energies in the body. Experience the organic nature of the brand which is at the heart of our aromatic rituals, both in-Spa and in the comfort of your own home. Professional to the core, we are committed to providing you with products which are 100% pure, 100% natural, containing 100% active ingredients, thus offering you a concentrated, effective result free of parabens and preservatives. All facials include a complimentary brow shape.

Please Note: These treatments are NOT suitable for clients in their first trimester of pregnancy

Vitalité Regard

30 min

R270

Dedicated to the most sensitive part of the face, this ritual offers a comprehensive response to issues affecting the eye contour area. After thorough cleansing and gentle exfoliation, two massages – one draining and one lifting – are administered in succession to erase the traces of fatigue and signs of passing time which affect the beauty of the eye area. The Vitalité Regard treatment reduces dark circles and lines by smoothing wrinkles and restoring delicate skin.

Aromassage

60 min

R350

From the tips of the toes to the tips of the lashes, the specific art of Decléor massage provides a genuine sensation of wellbeing. Feel the release of tension through unique and generous massage movements which provide your body with moments of sheer happiness. In one hour of pure massage, the aromatic techniques combined with varied rhythms and pressure aid in the release of stress, leaving.



Aromaplasty

75 min	R500
90 min	R570

An essential ritual for all skin types, this treatment leaves the skin feeling relaxed, nourished and stress-free. The professional Aromaplasty Mask leaves your skin balanced with its wellbeing restored.


Hydra Force

75 min	R500
90 min	R570

This intensive facial is ideal for a dehydrated skin giving it the moisture it deserves. Your skin is intensely replenished, quenching its thirst and immediately relaxing the skin in a deeply moisturized effect.

Mate et Pure


75 min	R600
90 min	R680



Struggling with an oily or combination skin? This is the facial that balances out your worries – the professional Mate et Pure Mask for a fresh and purified skin. Mate et Pure refines skin texture and allows a matt and luminous complexion to reveal your skin's natural radiance.

Devine Nutrition

75 min	R600
90 min	R680



Pamper your dry and fragile skin with this intensely nourishing and repairing treatment. The skin will be left rehydrated, protected and relaxed, ready to recover its suppleness.

Harmonie Calm Intense Ritual

75 min	R580
90 min	R670



This expert ritual is ideal for even the most sensitive skins. The professional Harmonie Calm Intense Mask diminishes redness and provides real comfort to the skin, leaving it soothed, calmed and softened.



White Bright Extreme

75 min	R580
90 min	R670

Targeted at dull and pigmented skin, this facial is an excellent way to obtain an even complexion. The professional White Bright Extreme Mask focuses on brightening and lightening the skin, giving you a more even skin tone with a radiant glow.

Evidence

75 min	R580
90 min	R670

Evidence is an anti-ageing expert ritual designed to treat the first signs of ageing. Your skin will feel smoother, re-energized and re-mineralised for a more youthful appearance.

Lift Expérience



75 min	R620
90 min	R680

Designed for women in their forties, this anti-ageing expert ritual is dedicated to targeting the specific needs of the skin. This treatment combines the synergy of a Thermo-Sculpting Mask with professional gestures for a smoother and firmer skin.

Liss' Age Excellence

75 min	R650
90 min	R730

The professional solution for mature skin from the age of 50, this treatment combines absolute pleasure and performance for the achievement of immediate firming and correction. Your skin will be smoothed, redensified and regenerated.





Manicures and Pedicures

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Express Manicure OR Pedicure

30 min

R120

For those “on-the-go” clients. All the essentials excluding a massage are incorporated to brighten up those hands or feet.

Classic Manicure

60 min

R220

This Classic treatment feeds the skin with essential anti-ageing and nourishing nutrients to lock in essential moisture, restoring elasticity and suppleness to your hands. Begin with a hand exfoliation, cuticle care, shaping of the nail, divine Hand and Forearm Massage and end off with a varnish application. Your skin will feel replenished and protected, your hands youthful and hydrated.

Classic Pedicure

60 min

R250

The perfect treatment for tired feet in need of some livening up. Combat common ailments with this intensive, relaxing and luxurious foot treatment. The feet are first prepared with a soak and exfoliation followed by our treatment for dry or cracked heels. Cuticles are tended to and toe nails shaped. The treatment ends with a relaxing Foot Massage and varnish application.

Hot Stone Manicure

60 min

R250

A Classic Manicure including a Paraffin Wrap which softens and hydrates the skin with heated mittens. This is accompanied by a Hot Stone Hand and Forearm Massage.

Hot Stone Pedicure

60 min

R280

A Classic Pedicure including a Paraffin Wrap which softens and hydrate the skin with heated booties. This is accompanied by a Hot Stone Leg and Foot Massage.

Gel Varnish

French Varnish	30 min	R210
Colour Varnish	30 min	R180
Gel Soak	30 min	R100
Gel Manicure	75 min	R320
Gel Pedicure	75 min	R340





Beautifying Extras


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Tinting

Eye Lash Tint	20 min	R80
Eye Brow Tint	15 min	R80
Both	20 min	R150

Waxing

Brow	15 min	R70
Lip	15 min	R70
Chin	15 min	R70
Cheeks	15 min	R70
Full Face	30 min	R200
Abdomen	15 min	R100
Chest	15 min	R120
Underarms	15 min	R100
Half Arm	20 min	R120
Full Arm	30 min	R180
Half Leg	30 min	R180
Full Leg	45 min	R220
Standard Bikini	15 min	R140
Brazilian Bikini	30 min	R170
Hollywood Bikini	45 min	R200



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