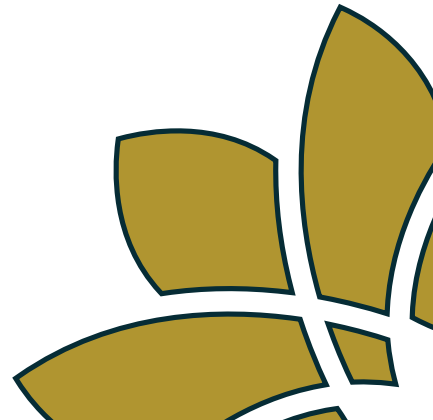




THE SPA

TREATMENT MENU





## A WORLD OF WELLBEING AWAITS YOU

Allow our trained therapists to guide you on a journey of Wellness that will leave you feeling Revitalized, Rejuvenated and Renewed, Mind, Body, and Soul.

Our committed Team is dedicated to restoring Beauty and Balance through Individual and Personalized treatments and spa experiences.

To compliment the extensive variety of health and beauty treatments our Hair and Make-up, Barber Services and Nails will complete your “Head-to-Toe” transformation.

# SPA OPERATING HOURS

DAILY : 08H00 - 17H00

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## CANCELLATION POLICY

Therapists are dedicated to your treatment once the reservation is made and we require at least 24-hour notice should you wish to reschedule your treatment. A 50% of the treatment value cancellation fee will be charged should you cancel.





### **BACK MASSAGE**

Relieves tension in the back, shoulders and neck.

30 Mins **K600**

45 Mins **K650**

60 Mins **K780**

Add on hot stones **K160**

### **SWEDISH MASSAGE**

Induces a state of relaxation and well being.

60 Mins **K880**

75 Mins **K950**

90 Mins **K1000**

### **HOT STONE MASSAGE**

A massage stone therapy for the purpose of pain.

60 Mins **K950**

75 Mins **K1000**

90 Mins **K1100**

### **DEEP TISSUE MASSAGE**

A deep pressure massage to relieve tension and stress in the body, followed by a muscle relief gel to soothe tired muscles.

60 Mins **K950**

75 Mins **K1000**

90 Mins **K1100**

### **UKUCHINA**

Local treatment that involves a manual massage followed by firm but gentle pressing of hot towels soaked in hot water with eucalyptus on problematic areas to help relieve tension.

90 Mins **K1000**

### **MAMA'S TOUCH MASSAGE**

45 Mins **K850**

### **FUSION MASSAGE**

This relaxing experience is a massage for the entire back of the body, including the back of your legs and finishing off with the head and feet.

45 Mins **K800**

### **FOOT MASSAGE**

With some reflexology pressure points

30 Mins **K450**



**BODY  
TREATMENTS**

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BY  
ESSENTIALS

**SUGAR BODY POLISH**

**30 Minutes K650**

An effective body exfoliation to smooth stimulate and deeply condition the skin, while stimulating the senses.

**COFFEE BODY WRAP**

**60 Minutes K1000**

Re-energize with this revitalizing body wrap. A coffee espresso exfoliation prepares your skin for a stimulating butter mint wrap. This treatment will leave you feeling fresh and awakened while improving circulation.

**ENZYME BODY WRAP**

**60 Minutes K1000**

Allow our therapist to awaken all five senses with a luscious pampering treatment for face and body. A full body buff leaves the skin satiny smooth which is followed by a skin-quenching body butter massage and a customized face treatment. You will feel relaxed, revived and rejuvenated with this head to toe pamper treatment.

**CIELA BODY RETREAT**

**90 Minutes K1800**

A deep exfoliation with essential oils and a sugar scrub prepares your skin for the brightening wrap where the star ingredient is baobab. The benefits of its natural high content of vitamin C will aid in brightening uneven skin tone, improving firmness and repairing sun damage.

**VICHY SHOWERS**

**K250**

**ADD ON TO ANY BODY TREATMENT**

Melt away stress as the gentle, warm waters of the Vichy shower rain over your body creating a luxurious, healthful, and deeply relaxing sensation.



**BODY  
TREATMENTS**

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BY  
SPALICIOUS



### **SELF HEATING BODY BUFF**

**30 Minutes K650**

A luxurious and intensive 30 minute full body scrub using our award winning Mandarin & Sandalwood Self Heating Sugar Scrub. As the creamy scrub comes into contact with your skin you will feel a relaxing warming sensation which is further enhanced by adding a little water which will deliver another burst of soothing heat. With this treatment your skin will be regenerated and re-mineralized with the increase in blood circulation and removal of dead skin cells.

### **DETOXIFYING BACK TREATMENT**

**45 Minutes K800**

A lifesaving back treatment with a touch of real luxury. The treatment begins with a Mandarin & Sandalwood Self Heating Sugar Scrub that removes dead skin cells and re-mineralizes your skin. One of your three kaolin creamy masks will be applied to the back and left to detox for any breakouts on your back as well as remineralise and hydrate an area often neglected. Whilst the mask is at work you will then receive a heavenly back of leg massage followed by a relaxing back massage, ending off with the Mandarin & Sandalwood Dry Body Spritz to nourish your skin.

### **BODY COCOONING BODY BLITZ**

**60 Minutes K1000**

A full body treatment personalized according to your needs, whether you want to destress and revive sore and tired muscles with an Cooling Peppermint Body Wrap, or improve collagen in the skin and remineralize your body with a Firming Chocolate Wrap, or Detox with our Heating Sandalwood and Mandarin Wrap improving Blood Circulation.

### **CELLULITE TREATMENT**

**60 Minutes K1100**

Spalicious Cellulite treatment was developed after 5 years of intensive research and development on finding a solution to managing cellulite. It works in three steps. Exfoliate, Massage and Contour Cream with active ingredients that firm the skin by 57% and activate lipolysis in the skin.



**BODY  
TREATMENTS**

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BY  
SPALICIOUS

**BODY SCULPTING TREATMENT**

**60 Minutes K1300**

An intense body Treatment, that helps to improve blood circulation and improves collagen production by firming and toning the skin. The heat from the Body Scrub and Cellulite Melting Gel and the Cooling from the Vichy showers helps in loosing centimetres.

**MAMA'S BUM AND BELLY PREGNANCY WRAP**

**60 Minutes K1050**

A very special peel off wrap enriched with spirulina with a high protein content to protect the skin elastin and collagen and ginkgo biloba to soothe and protect the skin. Feel light and toned with the cooling effect of the menthol leaving your belly and bum refreshed. No mess or fuss with this easy to apply gel wrap that sets in 15 minutes and peels off easily leaving no trace, revealing a subtle fragrance of pink grapefruit.

**THE CIELA BODY ESCAPE**

**2 Hours K2200**

Feel ON TOP OF THE WORLD with this 2 hour treatment. Especially recommended for highly stressed individuals in need of intense regeneration and recharging. Together with your qualified therapist a treatment plan tailored to your needs will be delivered. We start with vigorous full body exfoliation that will re-mineralize and increase blood circulation followed by a body cocoon wrap that best suits your specific needs and we end off with a one hour full body massage that leaves you recharged and rejuvenated.

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**VICHY SHOWERS**

**K250**

**ADD ON TO ANY BODY TREATMENT**

Melt away stress as the gentle, warm waters of the Vichy shower rain over your body creating a luxurious, healthful, and deeply relaxing sensation.



## FACIAL TREATMENTS

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Born out of a love for Africa.

Essential contains a powerhouse of plant-based oils and extracts from African species that have adapted to cope with the harshest conditions on the planet, thus helping your skin do the same.



### FACIALS BY ESSENTIALS

#### RADIANT EXPRESS FACIAL

**30 Minutes K650**

A great way to brighten your skin in a hurry! The mini version of our signature facial includes cleansing, ex-foliating, mask and moisturizer. This facial is designed to leave you feeling invigorated and ready to face the world.

#### TEEN FACIAL

**60 Minutes K750**

Created with teen complexion needs in mind - our teen facial can help with persisting skin troubles common in teenagers and will also prevent them before the problem starts. This facial uses product formulated with ingredients that are perfect to energize skin.

#### ESSENTIAL ORGANIC FACIAL

**60 Minutes K900**

This facial is customized for your skins needs, whether you are looking for a deep cleanse, intense hydration of an anti-ageing facial. This facial benefits all skin types and ages, natural ingredients such as Rooibos, Mongongo and Kigelia and in replenishing the skin, and restoring balance, leaving the skin nourished and rejuvenated.

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### FACIALS BY SIX

#### ENERGISING EXPRESS FACIAL

**30 Minutes K750**

An efficient express treatment that will be tailored to your specific needs. This is a great booster treatment or mini deep cleanse to add with other treatments and will rejuvenate, revitalise and refresh the skin.

CONTINUED →





## FACIAL TREATMENTS

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Whether your desire is to maintain vibrant, young and healthy skin or you wish to restore and rejuvenate ageing and dry skin, SIX Skin Treatments can help you achieve beautiful, healthy skin.

CONTINUED

### **DOUBLE EXFOLIATING DEEP CLEANSE FACIAL**

**45 Minutes K980**

This treatment will couple an Energising express skin treatment with a choice of 3 spa rituals to provide a truly indulgent experience. Choose from a back, foot or Indian head massage ritual.

### **REVIVING SKIN GLOW FACIAL**

**60 Minutes K1100**

This classic facial treatment will provide you with a unique sensorial experience as well as a thorough anti-ageing treatment. It restores the natural luminosity to your complexion and revitalizes tired, dull skin whilst smoothing out expression lines and wrinkles using professional massage and extraction techniques coupled with the advanced firming and rejuvenating ingredients to aid in nourishment, protection and maintenance of your skin and to stimulate production of collagen and elastin.

### **INTELLIGENT ANTI-AGEING FACIAL WITH A BACK MASSAGE**

**90 Minutes K1600**

For the ultimate in relaxation and pampering experience this treatment combines an indulgent hot oil back massage and herbal compress treatment with a rejuvenating, revitalising facial that includes a double exfoliation, hand treatment and a heavenly signature facial massage.

### **WRINKLE SMOOTHING & INSTANT FIRMING EYE TREATMENT - ADD ON**

**15 Minutes K250**

A skin enhancer that adds no additional treatment time to your facial. This luxurious anti-ageing eye treatment firms, smoothes fine lines, reduces puffiness, tones and hydrates the delicate eye area, giving your eyes that shine like diamonds.



**ADVANCED  
FACIAL  
TREATMENTS**

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**REVEAL SKIN PEEL**

**60 Minutes K1500**

The only super intensive Alpha hydroxyl acid peel facial that still delivers the unique SIX sensorial experience with our relaxing warming and lifting massage. Instant results with refined pores, smoothed lines, clearer and more even complexion and super glowing and radiant skin. This treatment is best suited for any skin type with turbo charged cell turnover.

**AZELIAC SKIN PEEL**

**60 Minutes K1500**

A lighter peel for the more sensitive clients, that still delivers the unique SIX sensorial experience, leaving the skin with a radiant glow.

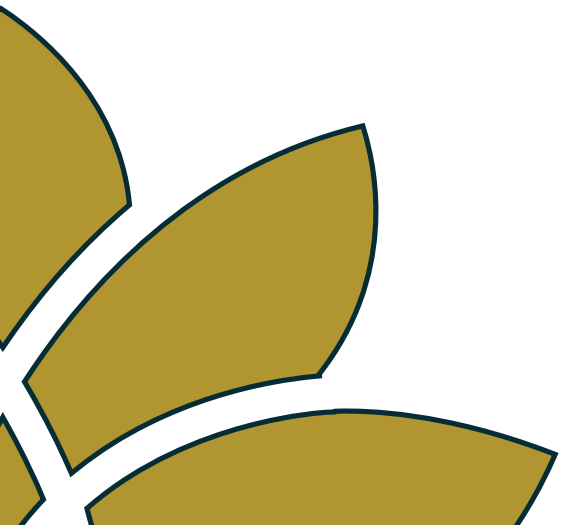
**DERMAPLAINING TREATMENT**

**75 Minutes K1200**

An Effective and safe exfoliation procedure making use of a specially designed 10R scalpel to remove the surface of the skin which removes excess dead skin and vellus hair. It creates a deeper product penetration boosting the effects of the ingredients, this is followed by a Facial making the skin look and feel smoother. A lighter peel for the more sensitive clients, that still delivers the unique SIX sensorial experience, leaving the skin with a radiant glow.

**ADD ON DERMPLAINING  
TO ANY TREATMENT**

**K350**





**MEN  
GROOMING**

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**SIX MAN ON THE MOVE**

**30 Minutes K650**

This treatment will combine an express men's specific facial with a choice of 3 spa rituals to provide a truly rejuvenating 30 minute experience. Choose from a back massage, foot ritual or indian head massage ritual.

**SIX MAN ENERGISING FACIAL**

**60 Minutes K1050**

Just the tonic for tired looking skin, a SIX MAN facial provides deep cleansing and hydration while helping to reduce fine lines and wrinkles. A thorough exfoliation will remove dull, dead skin cells and energise and invigorate the skin. With specific massage techniques the skin is left toned, refreshed and supple. A deeply relaxing scalp massage is performed whilst an exceptional mask is applied and left to set on the skin.

**SIX MAN FIRST-CLASS TREATMENT**

**90 Minutes K1600**

Renowned as our 'Hero' treatment; this SIX MAN experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment. Starts with a specialised back massage using unique movements to relieve tension followed by an energizing facial with an outstanding Indian head massage ritual.

**MENS HAND GROOMING**

**45 Minutes K300**

**MENS FEET GROOMING**

**45 Minutes K420**

We also offer men's waxing.

Please enquire at reception or see waxing offers.



## HANDS & FEET

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### MANICURE AND POLISH

Nail care, scrub and massage, paint.

**45 Minutes K400**

### SPA MANICURE

Nail care, scrub and massage, mask and paint.

**60 Minutes K450**

### PEDICURE AND POLISH

Nail care, scrub and massage, paint.

**60 Minutes K550**

### SPA PEDICURE

Nail care, scrub and massage, mask and paint.

**75 Minutes K600**

### FOOT PEEL TREATMENT

A foot treatment directed at regaining foot health.

**K320**

### GEL ADD ON

**K200**

### GEL REMOVAL

**K180**

### FILE AND GEL POLISH

**K300**

### FILE AND PAINT

**K250**

### GELISH DIP ADD ON

with overlay

**K250**

### GELISH SOFT TIP

**K600**

### GELISH FILL

**K300**

### POLY GEL SET

with overlay

**K620**

### POLY GEL FILL

**K300**

### IBX NAIL TREATMENT

**K250**

### ACRYLIC SET

with overlay

**K620**

### ACRYLIC FILL

**K300**

### ACRYLIC NAIL REPAIR

**K100**

### ACRYLIC SOAK OFF

**K200**



## WAXING, LASHES AND TINTING

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BIKINI	<b>K300</b>	HALF LEG	<b>K200</b>	FULL FACE	<b>K280</b>
BRAZILIAN	<b>K460</b>	FULL LEG	<b>K400</b>	SIDES OF THE FACE	<b>K200</b>
HOLLYWOOD	<b>K580</b>	STOMACH	<b>K250</b>	BROW	<b>K150</b>
UNDERARMS	<b>K180</b>	CHEST	<b>K250</b>	LIP	<b>K150</b>
HALF ARM	<b>K230</b>	BACK	<b>K400</b>	CHIN	<b>K120</b>
FULL ARM	<b>K320</b>				

### VAJACIAL

**30 Minutes K450**

A vajacial treats ingrown hairs, removes dead skin cells, smooths bumps around the bikini line, helps with hyperpigmentation, all to maintain healthy and hydrated skin.

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### TINTING

LASH	<b>K150</b>
LASH AND BROW	<b>K280</b>
BROW	<b>K150</b>

### LASHES

LASH EXTENSIONS CLASSIC	<b>K700</b>
LASH EXTENSIONS VOLUME	<b>K800</b>
LASH FILL 2 WEEKS	<b>K400</b>
LASH FILL 3 WEEKS	<b>K500</b>
LASH REMOVAL	<b>K250</b>

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### MAKE UP

EVENING	<b>K350</b>
ADD FULL LASH SET	<b>K100</b>
BRIDAL	<b>K400</b>

We offer a bridal package for Hair and Make up, enquire at reception



**MAGICAL MINI MANI**

Soak, Massage, Nail care and Polish.

**20 Minutes K350**

**MAGICAL PEDI**

Soak, Massage, Nail care and Polish.

**20 Minutes K350**

**MAGICAL MANI AND PEDI**

Soak, Massage, Nail care and Polish.

**40 Minutes K650**

**LITTLE PRINCESS MASSAGE**

Back, Neck & Shoulders, Back of Legs and Arms.

**20 Minutes K400**

**LITTLE PRINCE MASSAGE**

Back, Neck & Shoulders, Back of Legs and Arms.

**20 Minutes K400**

**ROYAL HEAD AND FOOT MASSAGE**

**20 Minutes K250**

**LITTLE DUCHESS/LITTLE DUKE FACIAL**

**20 Minutes K400**

**KIDS HAIR CUT**

**20 Minutes K200**

**QUEEN'S BLOWOUT/KING'S HAIRSTYLE**

**20 Minutes K180**

**PAMPER PARTY**

**30 Minutes K900PP**

Little Princess or Prince Massage

Little Duchess or Duke Facial

Queens Blowout or Kings Hairstyle

And a milkshake

**CHILDREN MUST BE ACCOMPANIED BY AN ADULT AT ALL TIMES.  
AN INDEMNITY IS REQUIRED TO BE SIGNED FOR EACH CHILD.**



THE SPA  
ETIQUETTE





## **HOW DO I CHOOSE MY TREATMENTS?**

We offer a menu to pamper, relax and revive the body. Our Therapists can help you select those treatments that are most appealing and beneficial to you.

## **TREATMENT CONSULTATIONS**

Our consultations are confidential and complimentary and will be carried out before all our treatments. Please notify us when booking your treatment if you have any allergies. If you have any concerns regarding your health or body, please let us know.

## **ARRIVAL**

If you are a new client please arrive 15-30 minutes prior to your appointment to register at reception and complete our consultation questionnaire. Arriving late will deprive you of precious minutes of your spa or treatment time.

## **WHAT SHALL I WEAR?**

Wear whatever is comfortable. Whilst at the spa we will provide you with a robe and slippers. On arrival, your Therapist will explain the elements of your treatment and advise what items of clothing should be worn during it. During treatments all our Therapists are trained to drape you appropriately for privacy. Whilst using the wet spa and any of our holistic experiences, swimming shorts/trunks or costumes should be worn.

## **YOUNG ADULTS**

We welcome all young adults aged 16 and over.

## **WHAT IF I'M TO BE A 'YUMMY MUMMY'?**

Please notify us if you are pregnant when booking your treatments. We have designed treatments with products and techniques that are safe for pregnancy.

## **WHAT IF I HAVE A SPECIFIC HEALTH PROBLEM?**

Please notify us when booking your treatment if you have any allergies. If you have any concerns regarding your health or body, please let us know





## **RESERVATIONS AND CANCELLATIONS**

Please book spa appointments in advance. Credit card details are required to secure an appointment. Clients who wish to change or cancel an appointment are asked to give 24 hours notice otherwise 50% of the treatment will be charged, unless the slot is fully booked and the appointment is taken by another client. If you do not arrive then we will have to charge the full treatment price. Always feel free to walk in, we may have space!

## **CONTINUE YOUR EXPERIENCE AT HOME.**

As part of your complete experience, our trained Therapists will gladly recommend a skin care routine to enable you to continue the benefits of your treatment at home. Our products are available to buy directly from the spa.

## **GIFT VOUCHERS**

Beautifully presented gift vouchers are available at a variety of monetary values and for any treatment or package; these can be purchased from reception. Vouchers are an ideal way of solving those 'what-to-buy dilemmas' for that special occasion, an anniversary surprise, birthday treat or just because you care!

## **PEACE OF MIND**

We endeavour to provide you with a tranquil, relaxing and reviving environment. We therefore request that you respect the needs of fellow clients by leaving your mobile phones and other electronic items in your locker. Smoking is not permitted on the premises.

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## **AND FINALLY, A FEW SPA TIPS**

To ensure a wonderful spa experience, please make us aware of any preferences that you may have. Talking with your Therapist will help them customise their service to ensure maximum enjoyment.

Re-hydration is an important part of spa treatments. We therefore recommend that you drink plenty of water.

We recommend that men shave a few hours before a facial.



# SPA & FITNESS MEMBERSHIPS

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24 Hour access to all Gym Members

The gym has a full range of cardio, strength and resistance training equipment, locker, and shower facilities, as well as a spinning & Boxing studio.

**ANNUAL AND MONTHLY SPA MEMBERSHIP**

**ANNUAL AND MONTHLY GYM MEMBERSHIP**

**NON MEMBER DAILY USE**

**GYM CLASSES AND PERSONAL TRAINING**

Call +260960020538 to Enquire more information

