

# LEE U SPA



LEE U COLLECTION

PRICE LIST

## FACIALS

### Esse Organic Taster Facial

30 min R540

The perfect Esse experience – includes a skin analysis, cleanse, exfoliation, mask and moisturisation.

### Esse Focused Probiotic Facial

60 min RI 140

Re-energising facial to restore the general health of the skin using unique organic and probiotic actives. Replenishes and reduces inflammation, leaving the skin hydrated and radiant.

\*An optional ampoule treatment at an additional cost can be added on request.

### Esse Age-Defying Facial

60 min RI 680

Deep penetration of highly active probiotics and botanical extracts restore the skin's youthfulness. Skin hydration is restored, and collagen and elastin formation boosted, to leave you with a radiant glow.

\*An optional ampoule treatment at an additional cost can be added on request.

### Esse Signature Facial Experience

90 min R2 280

A Leeu Spa indulgence. This luxurious and corrective facial targets and addresses your skin's needs using premium grade probiotics. This treatment boasts high levels of probiotic actives to boost your skin's microbiome for maximum anti-ageing results. Includes a deeply relaxing back and scalp massage. You will be left feeling revitalised and thoroughly pampered.

## BODY TREATMENTS

### TheraNaka™ African Vigour Back and Shoulder Massage

30 min R550

A warm aromatic blend infused with circulation-boosting essential oils of rosemary, pine and black pepper is coupled with a deep-tissue massage relieving deep-seated tension all the way to the core of the muscle. A refreshing gel is applied, leaving your body feeling refreshed and invigorated. The ideal massage for active individuals and frequent travellers in need of a circulation boost.

### Reflexology

30 min R420 / 60 min R660

Foot reflexology is a science based on the premise that there are reflex zones in the feet that correspond to all glands, organs, parts and systems of the body. The physical act of applying pressure using the thumb, finger and hand techniques to these reflex areas results in the reduction of stress and balances energies that promote physiological changes in the body.

### African Warm Soy Back and Scalp Treatment

45 min R860

Moisturise. Relax. Rejuvenate. Infused with mood-balancing plant botanicals such as sandalwood, cedarwood and geranium, this soothing massage experience using a 100% natural superior blend of warm plant waxes and butters will leave you feeling relaxed and rejuvenated.

### **African Fusion Body Massage**

**60 min R980**

Relaxing. Uplifting. Detoxifying. Releases muscle tension. Enjoy the freedom of choosing your favourite scent from our selection of marula- and herb-infused fusion body oils to address your every need and restore balance with the use of personalised herb-infused poultice bags.

### **Leeu Spa Signature Massage**

**60 min RI 210**

Lomi lomi is a traditional healing massage of Hawaiian origin based on the principles of love, unification and promoting personal harmony. Specialised techniques help the body to let go of old patterns and behaviours by incorporating long, flowing, rhythmical strokes using light to deep pressure to realign the body, improve circulation and restore energy. Also known as the 'loving touch' massage, the ylang-ylang and basil infusion helps to reduce mental fatigue as a result of stress while hands covered in nourishing macadamia and coconut oil work on the muscles in a deep yet gentle way to instil a sense of peace, and promote harmony and balance in the body.

### **African Awakening Massage**

**90 min RI 320**

Drawing inspiration from the marula tree and African traditional healing beliefs, an ultra-relaxing indulgent full body massage was created. The skilful combination of contracting and oxygen-enhancing breathing techniques will awaken your senses and revive your body and mind. Enjoy the freedom of choosing your favourite scent from our selection of marula- and herb-infused fusion body oils to address your every need.

### **Theranaka™ African Earth Nurturing Experience (Pregnancy)**

**90 min RI 280**

This safe and nurturing journey uses a botanical blend of pregnancy-safe baobab oil and neroli to meet the increased demand for skin nourishment and hydration during this special time, bringing harmony to mind and body. Allow the salt polish to slough off dead skin cells leaving the skin feeling comfortably smoothed, followed by the application of a decadently rich baobab lotion. The perfect indulgence for an expectant mother.

### **Deep Tissue Massage**

**60 min RI 100 / 90 min RI 450**

This massage has therapeutic effects which are capable of healing your body and repairing muscles. The slow and firm strokes against the grain of the muscle may cause some discomfort but will, however, effectively reduce stress and anxiety.

### **Tri-Scented Shea Body Nugget Massage**

**90 min RI 320**

Inspired by the people of Africa's use of the circular form, this unique ritual was created to encompass our connection with nature and celebrate the circle of life. Small blocks of citrus-infused shea butter are placed on different areas of your body to aid circulation and relaxation of the body. Experience the soothing warmth as the butter melts under your therapist's hands, leaving you utterly relaxed, and your skin nourished and hydrated.

### **African Wood Massage**

**90 min RI 530**

Mimicking the rhythmical patterns of an African dance, the TheraNaka™ signature massage blends light-stretching techniques and specially designed body and facial wooden implements to relax and restore your weary body. Being drizzled with a warm olive and shea butter ointment nourishes and heals dry skin, while you experience blissful relaxation and rejuvenation.

## BODY WRAPS

### Muscle Release Mud Wrap

90 min RI 260

Release tension. Fend off muscular fatigue with this invigorating treatment that fuses the power of rosemary, pine and black pepper to ease areas of muscular discomfort with a tension-releasing massage, followed by the application of a warm, mineral-rich mud to stimulate circulation and relieve deep-set muscular tension.

### Relaxing Aloe Ferox Gel Wrap

90 min RI 560

De-stresses and soothes. This indulgent therapy commences with a marula oil-infused body polish which calms the senses and enhances smooth skin. A relaxing blend of jasmine, geranium and lavender is expertly applied to ensure complete relaxation, followed by the hydrating comfort of an aloe ferox and rooibos gel wrap which immediately soothes and promotes healing. Relax while your skin is drenched in enriching actives.

## ADD-ON TREATMENT

### Hair and Scalp Treatment

30 min R540

An ultra-relaxing, stress-relieving scalp massage treatment using a stimulating scalp tonic, followed by a conditioning hair oil and intensive hair mask to leave your hair silky soft and shiny.

### TheraNaka™ Body Cream Scrub

30 min R540

A gentle exfoliating treatment combining crushed apricot kernels and mafura butter in a creamy texture to detoxify the skin, remove dead skin cells and improve skin texture. The invigorating fragrance will remind you of the freshness after the first rains.

## LEEU SPA SIGNATURE JOURNEY

### The Summer Tree of Life Journey

90 min RI 800

Native to Africa, baobab trees are commonly known as the Tree of Life. Some of them can live a thousand years or more. Drawing inspiration from our majestic African heritage, join us on this bespoke journey for a revitalising boost enhancing your physical and emotional wellbeing. To start, a lavender salt scrub gently polishes the skin to symbolise the renewed life associated with summer. Awaken your senses and melt away the stresses of daily life with the touch of soft, luxurious massage strokes performed with the reviving aromatic power of citrus essential oils captured in luxurious shea butter blocks.

### The Warming Winter African Earth and Stone Journey

90 min RI 800

A rejuvenating body exfoliation. Nourishing marula oil, combined with the healing properties of *Kigelia africana* and blended with sandalwood and cedarwood essential oils, leaves your skin feeling re-energised. A mineral-rich mud embalment creates warmth while stimulating sluggish circulation, followed by the combination of a warm quartz stones and herbal-rich poultice massage to promote a state of deep relaxation and wellbeing.

## Couples Connect

**120 min R4 400**

Designed for couples to experience together, this African voyage is the perfect antidote to stress, and allows for a memorable physical, emotional and spiritual connection. Inspired by Africa's traditional use of wood epitomised in wedding ceremonies, 'swarthout' wooden implements used during the massage represent the strength and life of two trees, signifying strong beginnings, and symbolising the beautiful union of body, mind and soul. This complete head-to-toe treatment uses natural botanical mood-enhancing geranium and jasmine to relax the senses and help to strengthen the immune system while leaving your skin soft and renewed. Your African voyage includes a light lunch for two.

## GROOMING SERVICES

### *Tinting*

**Eyelash/Eyebrow Tint** **R140**

**Eyelash/Eyebrow Tint & Shape** **R140**

### *Waxing*

**Lip/Chin/Side of Face/Brows** **R140**

**Underarms/Full Arms** **R180/R280**

**Bikini** **R240**

**Brazilian** **R280**

**Hollywood** **R360**

**Half Leg/Full Leg** **R280/R320**

**Full Torso** **R320**

**Back** **R320**

## HAIR & NAIL LOUNGE

*All treatments include cutting, filing and cuticle work.*

**Classic Manicure** **30 min R340**

**Classic Pedicure** **60 min R540**

**Gel Manicure** **90 min R550**

A classic manicure that will leave your hands soft, supple and perfectly groomed. Includes the use of a UV quick-drying nail polish that can last up to 14 days.

**Gel Pedicure** **90 min R670**

This deluxe treatment covers all aspects of renewing your feet, from cuticle work to a relaxing massage. Includes the use of a UV quick-drying nail polish that can last up to 14 days.

**Executive Manicure** **60 min R670**

Soothe, relax and indulge with the ultimate OPI ProSpa pamper manicure. The crème de la crème of manicures, you will benefit from unparalleled exfoliation, moisture and protection, while revelling in a combination of massage techniques and cupressure designed to reduce stress and relieve tension.

## Executive Pedicure

90 min R780

Soothe, relax and indulge with the ultimate pedicure experience. The OPI ProSpa pamper pedicure includes unparalleled callus softening, exfoliation, moisture and protection. An extended massage combined with acupressure to reduce stress and relieve tension will leave you feeling relaxed and renewed.

## ADD-ONS

Soak Off	15 min	R100
French Re-varnish	30 min	R180
Re-varnish	15 min	R100
Paraffin Wax	20 min	R180
Gel Polish Soak Off/Buff & Shine	30 min	R220
Gel Polish Overlay	30 min	R300

## HAIR SALON TREATMENTS

*Ladies Wash & Blow Dry*

Blow Dry	R180
Short	R240
Medium	R270
Long	R330
Add-on Flat Iron	R60

## CHILDREN'S SPA TREATMENTS (6–12 years)

Mini Manicure	30 min	R220
Mini Pedicure	30 min	R250
Glowing Facial	30 min	R420
Mini Massage (Scalp/neck/back)	30 min	R420
Body Buff Exfoliation Treatment	45 min	R440
Relaxing Full Body Massage	60 min	R720

## PRODUCTS WE USE

esse

PROBIOTIC SKINCARE

Esse means 'to be' in Latin. Designed to optimise skin health and to slow ageing in the long-term, Esse's skincare treatment range contains beneficial probiotics to create an environment on the skin that favours the growth of beneficial microbes. Esse skincare products are certified organic, vegan and cruelty free. Esse supports fair trade and is a carbon neutral company.

O.P.I

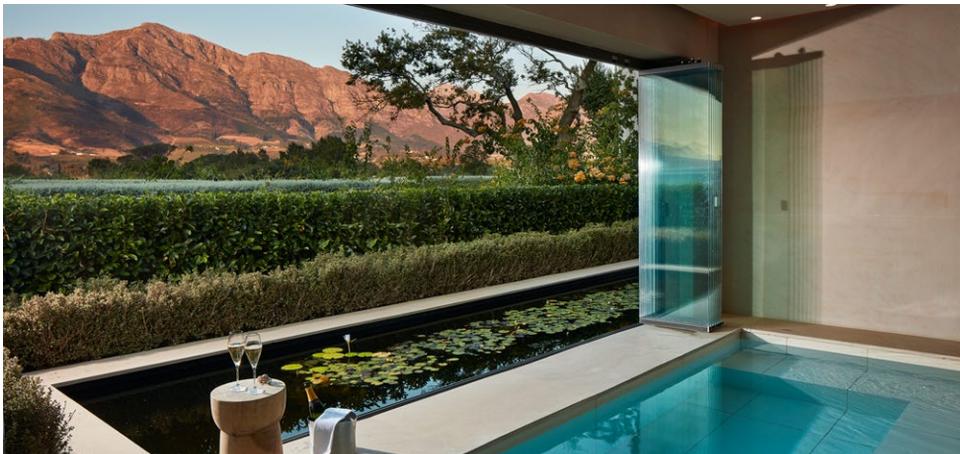
#1 SALON BRAND WORLDWIDE

Born in California, USA, the story behind OPI is the culture of colour. A global standard bearer and trendsetter in nail polish and nail care products, the vision of the OPI brand is to elevate a woman's sense of self through the power of colour.

TheraNaka™  
SOUTH AFRICA

From heavenly aromas to herbal purity, this environmentally conscious cruelty-free range takes you on a mesmerising, healing and innovative body- and sense-soothing safari. Inspired by Africa's rich heritage and traditional rituals, TheraNaka™ uses only the finest ingredients available from nature, while honouring the eco-system in an effort to preserve and care for this profound continent.





# LEE U SPA



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Spa vouchers are available to purchase

Leeu Spa is open Monday to Sunday from 10h00 to 19h00.

The gym, which caters exclusively to resident Leeu Collection guests, is also open 7 days a week, from 07h00 to 19h00 (closed on certain public holidays).

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