

# LEE U SPA



LEE U COLLECTION

PRICE LIST

## I AM BEAUTIFUL

### Esse Age-Defying Facial

60 min R950

Deep penetration of highly active probiotic and botanical extracts restores skin vitality, and promotes collagen and elastin formation. Skin appearance is left nourished and youthful. This age-defying facial will reverse, inhibit and diminish the signs of ageing.

### Esse Focused Probiotic Facial

60 min RI 400

A detoxifying and re-energising facial with unique organic and probiotic actives. Skin is replenished and inflammation is reduced, leaving skin hydrated and radiant.

### Esse Signature Facial Experience

90 min RI 900

A Leeu Spa indulgence. This luxurious and corrective facial targets and addresses your skin's needs using premium grade probiotics. This facial 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.

## I AM MINDFUL

### African Warm Soy Back & Scalp Treatment

45 min R720

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 R820

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, while restoring balance with the use of personalised herb-infused poultice bags.

### African Awakening Massage

90 min RI 010

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 oxygenating 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.

### Tri-Scented Shea Body Nugget Massage

90 min RI 100

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 280**

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.

## **I AM VIRTUOUS**

### **Reflexology**

**30 min R350 / 60 min R550**

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.

### **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 Boabab lotion. The perfect indulgence for an expectant mother.

## **I AM RESILIENT**

### **Muscle Release Mud Wrap**

**90 min RI 050**

Tension release. 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 300**

De-stresses and soothes. This indulgent therapy commences with a marula oil-infused body polish which soothes 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, calms and promotes healing. Relax while your skin is drenched in enriching actives.

## **I AM GROUNDED**

### **The Summer Tree of Life Journey**

**90 min RI 100**

Native to Africa, baobab trees are commonly known as the Tree of Life, some of which 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 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 R1 500**

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 embalmment 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.

## **I AM CONNECTED**

### **Couples Connect**

**120 min R4 000**

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.

## **I AM MAJESTIC**

### **Hair And Scalp Treatment**

**30 min R450**

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 R450**

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.

### **TheraNaka™ Essential Care Facial**

**30 min R450**

With Mother Nature as your chemist and the powerful gift of touch, this treatment was designed to create a healing experience from the earth that renews and revitalises, while leaving your skin feeling smooth, radiant and ultra-nourished.

### **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.

## GROOMING SERVICES

### *Tinting*

<b>Eyelash/Eyebrow Tint</b>	<b>R 115</b>
<b>Eyelash/Eyebrow Tint &amp; Shape</b>	<b>R 115</b>

### *Waxing*

<b>Lip/Chin/Sides of Face/Brow</b>	<b>R 115</b>
<b>Underarms/Full Arms</b>	<b>R 150 / R 230</b>
<b>Bikini</b>	<b>R 207</b>
<b>Brazilian</b>	<b>R 230</b>
<b>Hollywood</b>	<b>R 300</b>
<b>Half Leg/Full Leg</b>	<b>R 230 / R 285</b>
<b>Full Torso</b>	<b>R 285</b>
<b>Full Body</b>	<b>R 1 250</b>

## HAIR & NAIL LOUNGE

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

<b>Classic Manicure</b>	<b>30 min</b>	<b>R 285</b>
Cut, file, cuticles, massage and varnish.		
<b>Classic Pedicure</b>	<b>60 min</b>	<b>R 450</b>
Cut, file, cuticles, hard skin removal, scrub, massage and varnish.		
<b>Gel Manicure</b>	<b>75 min</b>	<b>R 460</b>
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.		
<b>Gel Pedicure</b>	<b>75 min</b>	<b>R 475</b>
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.		
<b>Executive Manicure</b>	<b>60 min</b>	<b>R 560</b>
<b>Executive Pedicure</b>	<b>80 min</b>	<b>R 650</b>

## ADD-ONS

Exfoliation	15 min	R100
Re-varnish	15 min	R150
Medi Hand Treatment	20 min	R150
Medi Heel Treatment	20 min	R150
Paraffin Wax	20 min	R150
French Application	30 min	R185
Gel Polish Soak Off	30 min	R200
Gel Polish Application	30 min	R250

## HAIR SALON TREATMENTS

*Ladies Wash & Blow Dry*

Blow Dry		R180
Short		R200
Medium		R240
Long		R300
Add-on Flat Iron		R50

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

Mini Manicure	30 min	R200
Mini Pedicure	30 min	R230
Mini Massage (Scalp/neck/back)	30 min	R350
Glowing Facial	30 min	R380
Body Buff Exfoliation Treatment	45 min	R400
Relaxing Full Body Massage	60 min	R650

## PRODUCTS WE USE

**almora**  
B O T A N I C A

Almora is the world's first premium contemporary Ayurvedic brand. Ayurveda or the 'science of life' is one of the oldest systems of natural health care on earth. All of Almora's 100% natural products are delivered in modern formats and manufactured in small batches in Switzerland. Almora uses only ethically traded and sustainably produced ingredients.

**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.

**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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 LEEU COLLECTION

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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