



fresh wellness

Breathing In New Life

plettspa@freshwellness.co.za

www.freshwellness.co.za

The Plettenberg Hotel

40 Church Street, Plettenberg Bay

Tel: +27 44 533 1887

The Fresh Wellness Spa Group welcomes you to our two beautiful Fresh Wellness Spas perfectly located at two award winning hotels, The Cellars-Hohenort hotel in Constantia, Cape Town and The Plettenberg hotel in Plettenberg Bay.

Situated on a rocky headland in this spectacular beach town, setting the scene for the ultimate escape, lies an oasis filled with tranquillity and serenity. We strive 'to breathe in new life' by encapsulating our guests during their spa experience, incorporating our natural surroundings, and making use of the finest plant and marine-infused skin and body care products for the ultimate result. Whether you enjoy a couple's treatment with a loved one, a spa party with a group of friends or some well-deserved time out, the option is yours.

Be sure to relish all that we have to offer by lounging at our heated rim flow pool overlooking the ocean, sipping cocktails at the Sandbar or dining at the fabulous SeaFood Restaurant, making beautiful memories along the way.



skin treatments

dermexcel

Tri-Active Retinol Peel

R950 | 45 min

An advanced chemical peel with Vit. A to deeply resurface the skin

Skin Resurfacing Treatment

R750 | 45 min

Resurface the skin to improve signs of ageing, fine lines and wrinkles, pigmentation, acne and skin texture

Deep Cleanse Treatment

R550 | 45 min

A deep cleansing treatment using 15% Clarifying Peel Solution to gently clean & refresh dull, congested skin

theravine

Advanced-Cellular Gold Facial

R1050 | 90 min

A luxurious anti-ageing facial that consists of a 24K gold & diamond dust collagen film mask, promoting the skin's DNA repair system

Signature Fresh Facial

R 950 | 90 min

Our Signature Facial is designed for extreme relaxation. An introductory back, neck & shoulder massage is followed by an advance hydrating facial with visible results lasting up to 3 weeks

Advanced Facial Massage Add On

R250 | 15 min

Using a combination of ancient Chinese Gua Sha facial massage techniques, lymphatic drainage and friction movements to increase blood circulation to the epidermis, resulting in radiant and glowing skin



skin micro needling

Skin Needling & Tri-Active Retinol Peel Combo

R1 700 | 75 min

Experience one of the most advanced resurfacing treatments combined with the latest in collagen induction therapy with this powerful combo. Delivering amazing results on pigmentation, signs of ageing, skin firming & post acne scarring. Downtime and skin preparation required

Skin Needling Treatment

R1 200 | 75 min

Fight and reverse the signs of ageing by inducing the skins' own collagen production. This advance cosmetic treatment allows for improved rejuvenation of fine lines & wrinkles, pigmentation, enlarged pores, acne as well as scars & stretch marks on any area of the body

Skin Needling Course

R3 600 | 75 min

Purchase a course of 3 Skin Needling treatments & receive 1 for free

qms medicosmetics

sk Alpha Treatment

R1 500 | 90 min

The most advanced QMS facial aimed to combat damaged, exhausted and dull skin through micro-circulation

Epigen Anti-Stress Treatment

R1 500 | 75 min

Supporting the body's own detox system by activating the lymph, this treatment combines manual and QMS formulated products to stimulate and help the skin recover from the effect of cortisol, our stress hormone, on the skin. This treatment leaves the client feeling refreshed and renewed from the daily aspects that can cause the skin to become dull and tired

Neo-Tissue-dermie Treatment

R1 300 | 75 min

An advanced firming, lifting, and toning treatment stimulating the production of collagen III to reverse deep wrinkles and tighten the skin

Collagen Regeneration Treatment

R1 200 | 90 min

Instantly effective nourishing and lifting treatment for mature and extreme dry skin conditions

Urban Repair Treatment

R 920 | 60 min

This advanced detoxifying facial targets the damaging environmental effects on the skin and helps repair & restore it at cellular level

Purifying Facial for Men

R 890 | 60 min

Refines the pores, eliminates impurities, and hydrates the skin with its combination of advanced products and circulating boosting techniques

Activator Treatment

R 850 | 45 min

Energizing treatment that provides instant vitality for jet-lagged and tired skin using active ingredients such as marine collagen & hyaluronic acid

touch therapies

FW 5 Senses Signature Massage

R1 200 | 90 min

Breathe in a breath of fresh air as our signature massage embodies the refreshing power of selected Avo-Shea body butter, volcanic stones, tropical bamboo sticks and unique massage techniques

Deep Tissue Full Body Sports Massage

R 950 | 60 min

R1 250 | 90 min

For the stressed individual, this massage places emphasis on the back of the body. Deep pressure, reflex pressure points and an aromatherapy muscle release oil works in synergy to ease muscular strain. Ending this journey includes the application of a cooling gel to balance & awaken the body

Lymphatic Drainage Massage

R1 100 | 90 min

A light pressured massage following the lymphatic pathways of the body to rid of toxin build-up. Various forms of cryo- and thermo-therapy stimulates micro-circulation. A simple must for those suffering from jetlag

Hot Stone Full Body Massage

R1 100 | 75 min

Using warm volcanic stones to rid of tension through thermo-therapy. Customize the treatment with essential oils to treat specific conditions

Aromatherapy Full Body Massage

R1 050 | 75 min

Be the master of your own spa destiny by choosing between various essential massage oil blends customized to suite your specific need

Meno-free Massage

R1 050 | 60 min

Uplifting perimenopausal and menopausal women with a calming wild-crafted essential massage oil that addresses symptoms including sensitivity, discomfort & hot flushes to calm and nurture. Combining positive and negative pressure massage performed with hands and silicon cups for enhanced results

Mother To Be Massage

R 950 | 75 min

For the tired, expectant mother this massage applies nurturing movements to unwind & calm the body. Available in the second and third trimester

Traditional Swedish Massage

R 850 | 60 min

This traditional treatment combines medium pressure and long continuous strokes using essential oils for a personalised twist

Deep Tissue Back & Neck Massage

R 690 | 45 min

An intensive massage using muscle reconditioning techniques to help relieve muscular tension on specific acupressure points, followed by the application of a refreshing circulatory gel

Hot Stone Back & Neck Massage

R 650 | 45 min

Bring profound relief to sore, stiff muscles as heated volcanic stones glide along the body. Ending off with a scalp massage, all tension will be melted away

Aromatherapy Back & Neck Massage

R 620 | 45 min

Be the master of your own spa destiny by choosing between various essential massage oil blends, ending off with a soothing scalp massage using a specialised hair oil blend

Back, Neck & Shoulder Massage

R 550 | 30 min

This classic massage focuses specifically on the most strained region of the body. Customized with specific blends of essential oils, whether it is to relax, ease muscular tension or detox

Scalp & Neck Massage

R 550 | 30 min

Relieve tension build up, headaches & neck spasms using aromatic oils on the most strained and tired area of the body



Reflex Foot & Calf Massage

R 550 | 30 min

A reflex pressure point foot and calf massage aimed at releasing toxin build up throughout the entire body

Couple's Massage

(Time and Price relative to your choice)

Choose any one of the Touch Therapies whilst unwinding with a friend or partner in our Couple's Room

Linger longer by adding extra time to any massage at an additional cost of R200 per 15 minutes

bellabaci cupping therapy

Cupping therapy is an ancient wellness method used for relief from many conditions such as muscular tension and pain, migraines, cellulite, and poor blood circulation. Working deep within the tissues this treatment enhances blood flow at cellular level with benefits lasting several weeks

Back, Neck & Shoulder

R 850 | 45 min

Full Body Massage

R1 050 | 60 min

R1 200 | 75 min

Cupping Add On

R 300 | 30 min

Add this amazing experience onto any treatment on the menu

body exfoliation

Treatments includes a facial exfoliation

Age-Defying AHA Body Peel

R 750 | 45 min

Rapidly resurfaces the skin while stimulating collagen production, improving firmness, skin elasticity & tone, leaving the body feeling soft & looking youthful

Apricot Kernel Body Buff

R 470 | 30 min

A gentle all over body exfoliation, using crushed apricot kernels in a botanical rich body cleansing cream. Feel invigorated and revitalized as your body is polished to glowing perfection before receiving a hot oil application

Dry Body Brush

R 470 | 30 min

Buff away dead skin cells through this extremely relaxing experience. A Shea Body Butter application enriched with essential oils leaves the skin smooth and radiant

body wraps

Treatments includes a facial mask application & scalp massage

Detoxifying Mud Wrap

R 590 | 45 min

Relish in the moment cocooned in a comforting African mud wrap of fragrant essential oils targeted to relieve the body of toxic build-up, ending off with a luxurious Shea body butter application of your choice

hydro therapy

Rasul

R 690 | 45 min

An ancient Middle Eastern bathing ritual designed for two guests at a time to detoxify & cleanse with the application of an exfoliator and mineral rich mud

Steam therapy

R 200 | 15 min

To be enjoyed as a treat or offered as complimentary when used in combination with a touch therapy to create the perfect start to a treatment



TOM'S MEDICOSMETICS
Cellular
Alpine

specialised treatments

Rejuvenating Face & Body Glow

R1 050 | 75 min

A marriage of symphonies with this spa experience starting off with an Apricot Kernel Scrub & Facial Exfoliation, followed by a Steam session. Once the skin is prepared, the body is cocooned in a heated Aloe Ferox Wrap & specialised facial mask application, followed by a Facial pressure point & scalp massage. This journey comes to a perfect end with a Shea body butter application

Luxury Scalp & Foot Ritual

R 700 | 60 min

Treat the most stressed areas of the body by starting off with a foot peel treatment, followed by a Hot Stone Reflexology foot & calf massage. Whilst the feet are wrapped in a cooling mask all tension melts away with a pressure point scalp massage

Hair & Scalp Treatment

R 550 | 45 min

Experience this unique scalp treatment starting with a stimulating application of a scalp tonic, followed by a scalp massage, and ending off with a hair mask

FW Cellulite Concentrate

R 450 | 45 min

This lipo-sculpting technique combines positive & negative pressure massage with special focus placed on the upper legs, thighs & buttocks. This improves lymphatic drainage, removes toxins, firms the skin & optimizes circulation through vigorous body brushing, ancient cupping therapy using aromatherapy oils & the application of a stimulating gel

(Purchase a course of 5 & receive 1 for free)

QMS Epigen Depuff Eye Treatment

R 250 | 20 min

This eye treatment uses a supercharged serum that helps to reduce the appearance of puffiness and dark circles, while defending the skin around the eyes from pollutants and external aggressors. Using the ceramic activating tool to help boost the skin's own detox system, this treatment contributes to a well-rested, youthful, and vibrant appearance of the eyes.

spa packages

Superior Pamper Packages

R4 100 | 6 hrs

Body Peel

Bellabaci Cupping Full Body Massage

Spa Manicure

Spa Pedicure

Hair & Scalp Treatment

Hydrating Aloe Body Wrap

Advanced QMS Skin Treatment

Light Spa Lunch

Steam Therapy

Fresh Bridal Package

R2 600 | 4 hrs

Dry Body Brush

Swedish Full Body Massage

Deep Cleanse Skin Treatment

Spa Manicure

Spa Pedicure

Add on UV Gel on nails & toes for R200

Couples Delight Spa Experience

R3 000 | 2.5 hrs

Indulge in the ultimate romantic escape for two to enjoy, starting off with a glass of Sparkling Wine & chocolates on arrival. This is followed by a Rasul session, ending off with our famous FW 5 Senses Signature Full Body Massage

Craft Your Own Journey

R2 300 | 3 hrs

Be the master of your own spa destiny by creating your own spa package through choosing any 3 of the following treatments:

- *Aroma Full Body Massage*
- *FW Signature Facial*
- *Apricot Kernel Body Buff*
- *African Mud Wrap*
- *Spa Manicure*
- *Spa Pedicure*
- *Luxury Foot & Scalp Ritual*

The Gathering Package

R1 050 pp | 90 min

Minimum of 4 guests choose any 3 of the following treatment selections to create the perfect spa journey:

- *Back, Neck & Shoulder Massage*
- *Scalp Massage*
- *Reflex Foot Massage*
- *Mini Manicure or Pedicure*
- *Apricot Kernel Body Buff*
- *Appetiser Facial*

The Awakening Package

R2 200 pp | 2.5 hrs

Back Exfoliation

Deep Tissue Full Body Massage

Body Mud Wrap

Pressure Point Reflex Foot Massage

Scalp Massage with Scalp Tonic

Spa Teaser Package

R1 300 | 90 min

Back, Neck & Shoulder Massage

Appetiser Facial

Mini Manicure or Mini Pedicure

group bookings

Celebrate any occasion or corporate event at Fresh Wellness.

Please enquire at reception as we customize each group package to suit your specific need

tips & toes

Spa Pedicure

R 450 | 60 min

A foot ritual consisting of a scrub, cuticle work, foot filing and/or callus remover, a luxurious foot massage, ending off with a nail varnish application

Spa Manicure

R 400 | 60 min

A hand treatment consisting of a sugar scrub, cuticle work, nail shaping, a hand massage, ending off with a nail varnish application

Gents Pedicure

R 400 | 45 min

Gents Manicure

R 350 | 45 min

Mini Pedicure

R 350 | 30 min

Includes shaping, cuticle work and a nail varnish application

Mini Manicure

R 350 | 30 min

Includes shaping, cuticle work and a nail varnish application

File & Paint

R 200 | 15 min

Balsan Foot Peel Add On

R 150 | 15 min

Gel Varnish Application

R 400 | 60 min

UV nail varnish lasting 2 weeks on nails/toes



grooming

female waxing

<i>Lip/chin/Ear/Nose</i>	<i>R 100</i>
<i>Cheeks</i>	<i>R 140</i>
<i>Under Arm</i>	<i>R 180</i>
<i>Half Arm</i>	<i>R 180</i>
<i>Full Arm</i>	<i>R 200</i>
<i>Bikini</i>	<i>R 240</i>
<i>G-String</i>	<i>R 250</i>
<i>Brazilian</i>	<i>R 320</i>
<i>Hollywood</i>	<i>R 360</i>
<i>Half Leg</i>	<i>R 250</i>
<i>Full Leg</i>	<i>R 320</i>

male waxing

<i>Chest</i>	<i>R 240</i>
<i>Half Back</i>	<i>R 240</i>
<i>Full Back</i>	<i>R 320</i>
<i>Stomach</i>	<i>R 240</i>
<i>Half Leg</i>	<i>R 290</i>

spray tan

Airbrush Spray Tan Application

Using leading brands to ensure a natural glow in the shade that you desire.

Including a full body exfoliation

R 650 | 45 min

Excluding a full body exfoliation

R 450 | 30 min

eye care treatments

<i>Eye brow shaping</i>	<i>R 120</i>
<i>Eye brow tint</i>	<i>R 100</i>
<i>Eye lash tint</i>	<i>R 140</i>
<i>Eye lash & Brow tint & shape</i>	<i>R 230</i>

eyelash enhancements

Instant volume and length with eyelash extensions through the combination of leading brands and excellence in application

<i>Full Set Lashes</i>	<i>R 750 90 min</i>
<i>Half Set Lashes</i>	<i>R 550 60 min</i>
<i>Full Set Fill</i>	<i>R 450 45 min</i>
<i>Half Set Fill</i>	<i>R 350 30 min</i>

spa etiquette & policies

Welcome at Fresh Wellness - we believe that your every journey with us will be a delightful one. For your comfort please read through the following information.

Please arrive 15 minutes prior to your scheduled appointment as this will ensure full treatment value.

We value punctuality and late arrivals may necessitate that your treatment session be shortened, with full treatment value being charged for. We kindly request that guests remain quiet whilst in the spa in order to reach a complete relaxed state and to ensure that other guests can also achieve this very same goal.

Cellphones should be switched on silent upon arrival at the spa.

Operating Hours:

May until September:-

Monday until Saturday from 09:00 - 18:00

Sundays from 09:00 - 14:00

October until April:-

Monday until Saturday from 08:00 - 19:00

Sundays from 09:00 - 17:00

We are open on all Public Holidays except Christmas Day

Reservations:

We request that all spa treatments are booked in advance to avoid disappointment. A 50% deposit will be required upon making a group (4 people plus) booking.

Consultation Cards:

Upon your arrival as a first time FW guest, you will be requested to fill in a consultation card. Please fill this in accurately, as Fresh Wellness cannot be held responsible for non-disclosure.

Attire:

Please arrive at the spa wearing comfortable, loose fitting clothing or a bath robe. Compulsory disposable under-garments will be provided for all body treatments.

Valuables:

It is advisable that no jewellery should be worn at the spa. The management and staff accept no responsibility for the loss of any valuables of any kind brought to the spa.

Breakfast or Lunch:

Please inform reception should you like to enjoy breakfast or lunch at the Seafood Restaurant before or after your spa journey. High Tea or Canapés can also be served with prior arrangements.

Cancellations & Late Arrivals:

We kindly request a 24 hour notice in the event of a cancellation. Fresh Wellness reserve the right to charge in full for treatments not cancelled in this period of time or no arrivals. Should you arrive late for your booking, FW may have to reduce the treatment time although the guest will still be held liable for full payment of the treatment booked.

Gift Certificates:

Treat a friend or loved one by giving them an experience of a journey that they will never forget. Gift certificates are available for the amount of your choice. Please note that Gift Certificates are not accepted for the purchasing of retail products, are non-refundable, non-transferable and must be presented at the time of treatment.

