

5 MOUNTAINS

SPA

WELLINGTON



ENVIRON®

THERA VINE

essie

SPA & BEAUTY



Nestled in the foothills of the historical Bain's Kloof Pass, Wellington in the heart of the Winelands Region and only 45 minutes from the hum drum of Cape Town city life. As the Pass leads you out of town, it brings you to 5 Mountains Lodge. When you come through our secured entrance gate you discover the hidden Gem in an oasis of peace and tranquillity.

The Spa provides an unrivalled South African wellness and relaxation experience, with its unique sanctuary to be enjoyed by couples, groups, individuals, men and women of all ages. Here you are welcome to walk around in your robe and slippers all day long and enjoy being pampered by our professional therapists.

In between treatments, why not relax by the pool, enjoying a glass of local wine, take a plunge in our 6 seater Jacuzzi or simply allow the stresses and strains of everyday life to disappear in our 4 seater Sauna or Steam Room.



## NAILS

**Essie Express Manicure** (30 mins) **R180**

**Essie Express Pedicure** (30 mins) **R180**

**Essie Manicure** (45 mins) **R300**

**Essie Pedicure** (55 mins) **R320**

**Essie French Manicure** (60 mins) **R320**

**Essie Luxury Paraffin Manicure** (55 mins) **R350**

**Essie Luxury Paraffin Pedicure** (60 mins) **R370**

**Essie Manicure and Pedicure** (110 mins) **R550**

**Essie Luxury Paraffin Manicure & Pedicure** (120 mins) **R600**

**Paraffin Dip** (15 mins) **R80**

**Add On French Paint** (15 mins) **R45**



## LASHES & BROWS

**Brow Tint** (15 mins) **R50**

**Lash Tint** (30 mins) **R65**

**Lash & Brow** (45 mins) **R95**

## WAXING

**Lip/Chin/Brow/Stomach** (30 mins) **R55**

**Bikini/Underarm** (45 mins) **R90**

**Lip & Chin** (30 mins) **R95**

**½ Legs/Arms** (30 mins) **R160**

**¾ Legs** (45 mins) **R180**

**Full Leg** (60 mins) **R210**

**½ Leg & Bikini** (60 mins) **R210**

**Brazilian Wax** (60 mins) **R210**

**Hollywood Wax** (60 mins) **R230**



## ENVIRON FACIALS

**Mini Cleansing Facial** (25 mins) **R255**

*A basic mini facial for all skin types.*

**Hands on Deep Cleansing Vitamin Facial** (45 mins) **R400**

*A deep cleansing facial suitable for all skin types.*

**Full Deep Cleansing & Relaxing Facial** (55 mins) **R550**

*A deeply cleansing and relaxing facial with the added benefit of a hand, foot and scalp massage.*

## THERAVINE FACIALS

**TheraVine™ Timecare Eye Treatment** (30 mins) **R250**

*An intensive treatment resulting in the reduction of fine lines and easing of deeper wrinkles leaving your eyes fresh and rejuvenated.*

**Customized Facial** (60 mins) **R420**

*Makes use of skin analysis to determine treatment.*

**HydraVine™ Facial** (60 mins) **R450**

*For very dry, sensitive skin needing intense hydration and vitamin boost.*

**TheraVine™ Delux Anti-Ageing Facial** (60 mins) **R550**

*Infinite replenishing treatment, assisting in reducing fine lines and wrinkles by implementing specialised booster's serums to combat the signs of ageing.*

**AromaVine™ Anti-Wrinkle Facial** (90 mins) **R680**

*Feel luxuriously pampered whilst enjoying a relaxing back neck, shoulder and scalp massage before ampoules are lavishly applied to your face reversing time-ravaged skin.*

**UltraVine™ Advanced Cellular Gold Facial** (90 mins) **R750**

*UltraVine™ Advanced anti-ageing concept promotes the skin's DNA repair system. Our anti-ageing jewel and collagen film mask imbedded with pure, soft 24K gold and sparkling diamond dust will visibly tone, polish and brighten the skin.*





## THERAVINE BODY TREATMENTS

**TheraVine™ Hair and Scalp Treatment** (30 mins) **R255**  
*Stress relieving scalp massage using a scalp tonic, conditioning hair oil and hair mask to leave your hair silky soft and shining.*

**MusculaVine™ Back Massage** (30 mins) **R350**

**MusculaVine™ Back Massage** (40 mins) **R425**

*A carefully selected oil is used to massage the back, neck and shoulders to relieved muscle spasms and fatigue.*

**Exfoliation, Pinotage/Lime Salt Glow** (30 mins) **R450**

**MusculaVine™ Exfoliation, Friction Rub** (30 mins) **R450**

**Sculpt-O-Vine™ Cellulite Treatment** (60 mins) **R550**

*Reduces the appearance of cellulite and enhance your natural body shape by improving circulation and strengthening the epidermis of your skin.*

**TheraVine™ Body Wraps** (60 mins) **R550**

*Specific clays used to wrap the body in a cocoon for the benefit of purifying, firming, hydrating, relaxing, recharge and contouring.*

**AromaVine™ Pinotage Massage** (60 mins) **R600**

*The aromaVine massage focuses on specific concerns of the body and makes use of carefully blended oils to promote relaxation, uplifting, detoxifying.*

**MusculaVine Massage** (60 mins) **R620**

*An oil is applied to your body after which a massage is performed to help ease the pains of muscle spasms, arthritis, rheumatism and fatigue. A circulating gel is then applied, leaving your body feeling refreshed and reinvigorated.*

**TheraVine™ Face and Body Glow Experience** (90 mins) **R750**

*Full body and face exfoliation from head to toe finished off with a full body and face massage.*



## MASSAGE

**Indian Head Massage** (25 mins) **R255**

*Scalp massage, which releases any underlying tension in the head, neck and shoulders.*

**Swedish Massage – Back & Neck Massage** (30 mins) **R295**

*A firmer pressure is applied during this massage to help combat even the tightest of muscles.*

**Hot Stone Massage – Back & Neck** (30 mins) **R340**

*The heat from the Basalt Hot Stones penetrates to a deeper level. The warmth brings balance and harmony.*

**Swedish Massage – Body Massage** (60 mins) **R580**

**Hot Stone Massage – Full Body** (60 mins) **R660**

## REFLEXOLOGY

**Reflexology** (45 mins) **R400**

*Promotes healing by stimulating the nerves in the body and encourages blood flow and relieves the source of pain.*



Prices correct as of June 2016



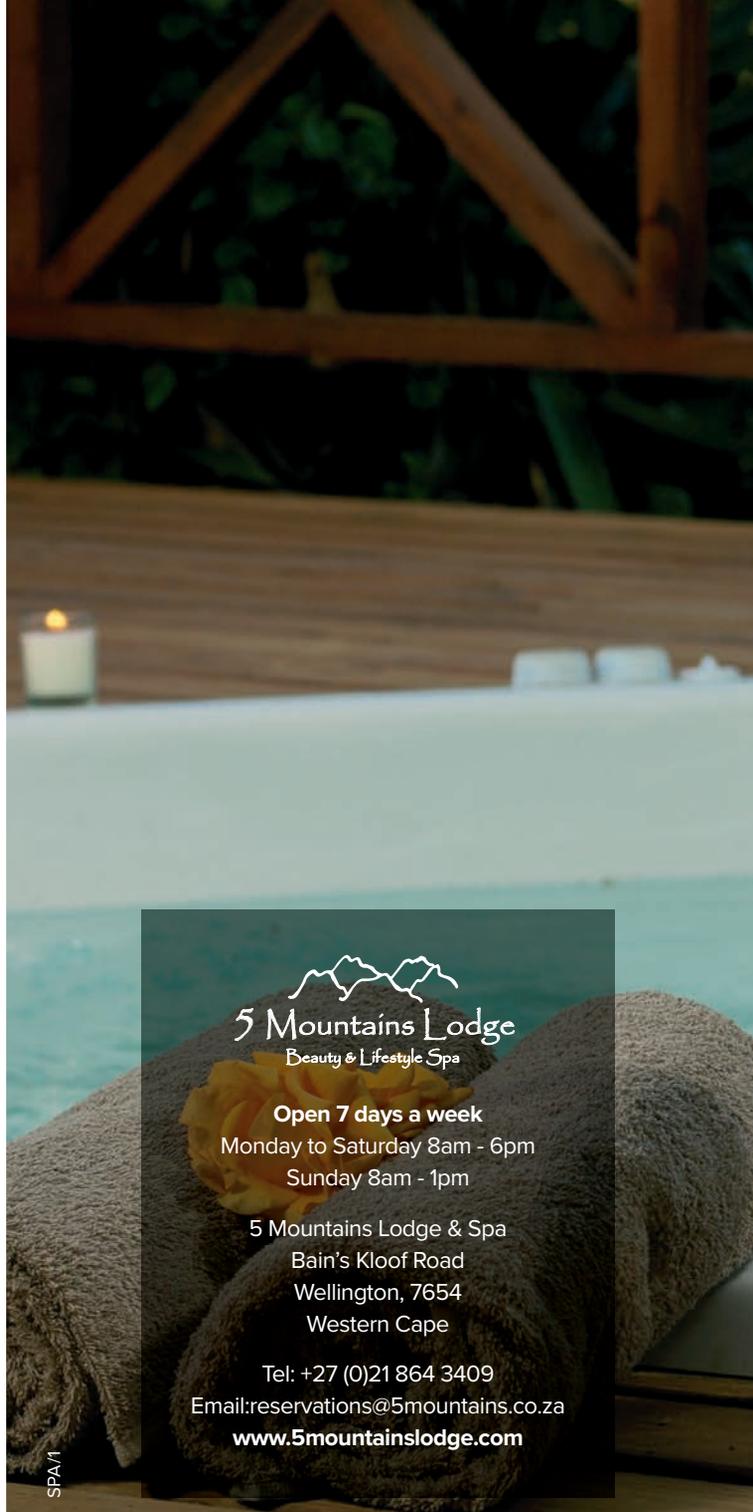
OCCASIONS



At 5 Mountains Lodge we aim to make every occasion special. Our professionally trained therapists will pamper you from head to toe with massages, facials, manicures and pedicures to uplift, revitalize and recharge your body, mind and soul.

Relax by the pool, pull up a sun-lounger on the beautiful green lawns, or simply let the stresses and strains disappear in our Sauna, Steam Room or Jacuzzi. We offer lunches and afternoon teas, and can cater for all group requirements. Enjoy our delicious homemade cuisine on the deck, while sipping a glass of local wine or bubbly and soak up the beauty of our gardens and the stretching views over the Bovelei Valley.

Whatever the occasion our team will make every effort to ensure you feel pampered and your stay with us is enjoyable. Whether you're looking to celebrate your wedding anniversary, a special birthday, time with your girlfriends, or just time with your loved one, 5 Mountains Lodge is the place to celebrate.



  
**5 Mountains Lodge**  
Beauty & Lifestyle Spa

**Open 7 days a week**  
Monday to Saturday 8am - 6pm  
Sunday 8am - 1pm

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