



THE HOUGHTON HOTEL SPA

**SPA MENU**



[SPA@THEHOUGHTONHOTEL.COM](mailto:SPA@THEHOUGHTONHOTEL.COM)



## MASSAGE COLLECTION



CLASSIC SWEDISH	60 min	R1139		90 min	R1696
COUPLES	60 min	R2530		90 min	R3646
AROMATHERAPY	60 min	R1265		90 min	R1898
COUPLES	60 min	R2783		90 min	R4048
DEEP TISSUE	60 min	R1265		90 min	R1898
COUPLES	60 min	R2783		90 min	R4048
SPORTS MASSAGE	60 min	R1438		90 min	R2013
BACK NECK & SHOULDER	45 min	R799		60 min	R1204
BACK MASSAGE				30 min	R515
MOM TO BE MASSAGE				75 min	R1265
PRESSURE POINT FOOT				30 min	R592
INDIAN HEAD MASSAGE				30 min	R592
REFLEX				45 min	R857



## MASSAGE ADD ON



CUPPING	30 min	R115
HOT STONE	30 min	R173

## BABOR BODY COLLECTION



AN INVIGORATING THERAPEUTIC BODY TREATMENT COMBINING EX-FOLIATION AND AROMATHERAPY INFUSED MASK TO ADDRESS YOUR NEEDS.

BODY POLISH	30 min	R633
crème wrap	60 min	R1380
CELLULITE wrap	60 min	R1553
ALGae wrap	60 min	R1898
MUD wrap	60 min	R2128



## **BABOR FACIAL COLLECTION**



EXPRESS FACIAL	30 min	R633
SKINOVAGE CLASSIC	60 min	R1265
DELUXE FACIAL	90 min	R1811
DETOX FACIAL	75 min	R1898
HSR FACIAL	90 min	R2473
REVERSIVE	90 min	R3163
SEA CREATION	120 min	R6325

## **DR BABOR PRO PEELS**



20% PH3	60 min	R1898
20% PH2.7	60 min	R1898
30% PH 2.7	60 min	R1898

## **FACIAL ADD ON :**



ALGAE MASK	R403
AMPOULES	R173





Face wax

R322

LASH & BROW TINT

R293

Eye Treatments

R403

**QMS MEDICOSMETICS**  
**COLLAGEN RENEWAL TREATMENT**



NEO-TISSUEdermie Treatment

90 min

R1600

COLLAGEN RENEWAL TREATMENT

90 min

R1740

URBAN REPAIR TREATMENT

60 min

R1500

ACTIVATOR TREATMENT

60 min

R1460

DEEP CLEANSE FACIAL TREATMENT

60 min

R1200

SK ALPHA REVITAL TREATMENT

75 min

R1600

**FACIAL ADD ON :**



ADVANCED COLLAGEN EYE REVIVAL

R403



## SIGNATURE JOURNEY COLLECTION



Lava SHELL SELF HEATING MASSAGE      90 min      R2185

EACH SHELL IS SELF HEATING FILLED WITH NATURAL MINERALS  
INCLUDES SEA KELP AND ALGAE TO HELP REVITALISE AND  
REBALANCE THE BODY AND MIND.

THERMAL BLISS HERBAL POULTICE      90 min      R2185  
massage

ASIAN NATURAL ANTI-INFLAMMATORY HERBS, EXOTIC SPICES ARE  
WRAPPED IN MUSLIN TO REDUCE ACHEs AND PAINS, INCREASE  
LYMPHATIC DRAINAGE AND CONDITION THE SKIN.

CRYSTAL MASSAGE HEALING MASSAGE      90 min      R2185

CHAKRA BALANCING MASSAGE TO REALIGN YOUR MERIDIAN  
ENERGIES AND RE-ENERGISE YOUR BODY.

Himalayan Stone massage      90 min      R2185

RE-MINERALISE AND DETOX THE BODY WITH SALTS WHILE  
SOOTHING MUSCULAR ACHEs FROM HEATED STONES.



## SPA PACKAGES



<b>GLOW PACKAGE</b> <ul style="list-style-type: none"><li>• CLASSIC SWEDISH Massage</li><li>• RAZUL</li><li>• EXPRESS Pedicure/manicure</li><li>• LUNCH</li></ul>	2 HRS	R2327
<b>PAMPER PACKAGE</b> <ul style="list-style-type: none"><li>• Aromatherapy massage</li><li>• QMS ACTIVATOR Facial</li><li>• EXPRESS Pedicure/manicure</li><li>• LUNCH</li></ul>	3 HRS	R3250
<b>MAMA MIA PACKAGE</b> <ul style="list-style-type: none"><li>• Maternity massage</li><li>• Pedicure</li><li>• EXPRESS Facial</li><li>• LUNCH</li></ul>	3.5 HRS	R3278
<b>GOLFERS PACKAGE</b> <ul style="list-style-type: none"><li>• BABOR Men Facial</li><li>• Pressure POINT FOOT</li><li>• BACK NECK &amp; SHOULDER</li><li>• LUNCH</li></ul>	3 HRS	R3623
<b>HALF DAY PACKAGE</b> <ul style="list-style-type: none"><li>• BABOR DETOX WRAP/DETOX Facial or QMS NEO-TISSUEDERMIE Treatment</li><li>• Signature Journey massage</li><li>• Manicure &amp; Pedicure DUO</li><li>• WASH &amp; BLOW</li><li>• LUNCH + BOTTLE OF CHAMPAGNE</li><li>• GIFT : Lounge wear, FLOWERS and HOUSE OF TSHEGOFATSO candle</li></ul>	5.5 HRS	R7728



### FULL DAY PACKAGE

8.5 HRS R12650

- BABOR ALGAE WRAP OR QMS COLLEGEN RENEWAL TREATMENT
- REVERSIVE BABOR FACIAL
- SIGNATURE JOURNEY MASSAGE
- LUXE MANICURE & LUXE PEDICURES
- JACUZZI
- LUNCH + BOTTLE OF CHAMPAGNE
- GIFT : LOUNGE WEAR, FLOWERS AND HOUSE OF TSHEGOFATSO CANDLE

### VIP LOVE SUITE PACKAGE (COUPLE)

8 HRS R23000

- SIGNATURE JOURNEY MASSAGES
- DR BABOR PRO PEEL FACIALS
- LUXE MANICURE & LUXE PEDICURES
- ALGAE BABOR WRAPS
- JACUZZI + PLATTER
- LUNCH + BOTTLE OF CHAMPAGNE
- GIFT : LOUNGE WEAR, FLOWERS AND HOUSE OF TSHEGOFATSO CANDLE
- 1 NIGHTS STAY AT THE HOUGHTON HOTEL

### VVIP LOVE SUITE PACKAGE (COUPLE)

10 HRS R34500

- BABOR BODY WRAPS
- SIGNATURE JOURNEY MASSAGES
- SEA CREATION FACIALS
- LUXE MANICURE & LUXE PEDICURES
- JACUZZI + PLATTER
- LUNCH + BOTTLE OF CHAMPAGNE
- GIFT : LOUNGE WEAR, FLOWERS AND HOUSE OF TSHEGOFATSO CANDLE
- 2 NIGHTS STAY AT THE HOUGHTON HOTEL

### GIRLS/BOYS JUST WANNA HAVE FUN (TEENS) 2 HRS R1725

- EXPRESS MANI / PEDI
- EXPRESS FACIAL
- BACK NECK SHOULDER
- LUNCH





## NAIL TREATMENTS



Luxe manicure	60 min	R519
Luxe Pedicure	60 min	R535
FOOTLOGIX MEDI PEDI	60 min	R627
Mani & PEDI DUO	90 min	R909
GEL Manicure	75 min	R661
GEL Pedicure	75 min	R661
GEL Mani & PEDI DUO	120 min	R1208
Men manicure	45 min	R443
Men Pedicure	45 min	R460
EXPRESS Mani/PEDI	30 min	R288
ACRYLIC FULL SET	60 min	R748
ACRYLIC + GEL POLISH	90 min	R1006
NAIL ART PER NAIL	15 min	R58



## ADD ON OR MAINTENANCE

RE-SHAPE, BUFF AND POLISH	15 min	R253
FRENCH POLISH	15 min	R138
GEL APPLICATION	30 min	R259
GEL SOAK OFF	30 min	R104
ACRYLIC SOAK OFF	30 min	R190
REFILL ACRYLIC 2 WEEKS	40 min	R357
FIX/ REPAIR NAIL	20 min	R92



## WAXING

FULL LEG	R489
HALF LEG	R322
HOLLYWOOD	R489
BRAZILIAN	R357
G-STRING	R305
BIKINI	R357
FULL ARM	R339
HALF ARM	R259





Underarm	R173
CHIN	R236
LIP	R161
EyeBrow	R173
Face	R322

## TINTING

LASH & BROW	R293
BROW	R150
LASH	R201

## FACILITIES

RAZUL	30 min	R600
Jacuzzi Per couple including snack box	45 min	R550
INDOOR POOL, OUTDOOR POOL BY THE zen, sauna and steam room PLUS LUNCH	120 min	R820





## VITAMIN INTRAVENOUS DRIP THERAPY



INTRAVENOUS DRIP THERAPY IS AN EFFECTIVE METHOD FOR DELIVERING NUTRIENTS, VITAMINS AND MEDICATION INTO THE BODY, THIS TECHNIQUE BYPASSES THE DIGESTIVE SYSTEM WHERE ORAL MEDICATION IS NORMALLY ABSORBED, METABOLISED AND THEN UTILIZED BY THE BODY. FORTUNATELY SUPPLEMENTS CAN BE ADMINISTERED DIRECTLY INTO THE BLOODSTREAM THROUGH INTRAVENOUS INFUSION, MAKING NUTRIENTS AVAILABLE FOR IMMEDIATE USE BY THE BODY.

### THE BENEFITS OF INTRAVENOUS VITAMIN THERAPY

- RELIEF OF STRESS ALLERGENS
- DETOXIFIES THE BODY
- BALANCES HORMONES
- BOOSTS IMMUNITY
- MAKES THE SKIN HEALTHIER AND MORE RADIANT
- RELIEVES PAIN AND INFLAMMATION
- REDUCES NAUSEA, HEADACHES AND EXHAUSTION
- BOOSTS LIBIDO
- HYDRATION
- INCREASES MUSCLE EFFICIENCY





## MOST ASKED QUESTION



**Q :** HOW LONG DOES IV VITAMINS STAY IN MY SYSTEM?

**A :** NUTRIENT LEVELS REMAIN ELEVATED FOR TWO TO THREE WEEKS POST TREATMENT.

JET FUEL (ULTIMATE BOOST)	60 MIN	R1525
SKIN GLOW (ANTI-AGING)	60 MIN	R1850
SLIMMING (DETOX INFUSION)	60 MIN	R1350
ENERGY BOOSTER	60 MIN	R1260
BRAIN BOOSTER (MEMORY & FOCUS)	60 MIN	R1295
ANTI-INFLAMMATORY (INFLAMMATION + PAIN RELIEF)	60 MIN	R1600
LIBIDO BOOST AND FERTILITY	60 MIN	R1420
IMMUNE BOOST	60 MIN	R1925
SPORTS ENDURANCE + PERFORMANCE	60 MIN	R1790
HANGOVER SOLUTION	60 MIN	R1500



## SPA ETIQUETTE



**SPA FACILITIES:** Please understand, THAT IN KEEPING WITH THE serene atmosphere WITHIN THE SPA, CELL PHONES MUST BE SWITCHED TO SILENT.

**PUNCTUALITY:** Guests are requested to arrive 15 minutes or more prior to your treatment time FOR YOU TO COMPLETE a consultation card. A late arrival may result in a shorter treatment, or possibly even a forfeited treatment.

**SPA OPERATING HOURS:** From Monday to Sunday, INCLUDING PUBLIC HOLIDAYS, FROM 08:00 - 20:00 EARLIER OR LATER APPOINTMENTS can be arranged UPON request.

**SPA TREATMENTS:** ALL treatments are SUBJECT TO THERAPISTS' availability. Prices are SUBJECT TO CHANGE WITHOUT PRIOR NOTICE AND ARE INCLUSIVE OF VAT.

**CONSULTATION:** Please inform your therapist of any medical conditions, allergies, intolerances or needs BEFORE your treatment. Please note, certain treatments are NOT PERMITTED FOR women WITHIN THEIR FIRST TRIMESTER OF pregnancy.

**CHANGE ROOMS:** YOU WILL BE PROVIDED WITH a locker FOR your personal items. A gown and a pair of slippers may be utilised FOR THE duration of your visit at the spa.



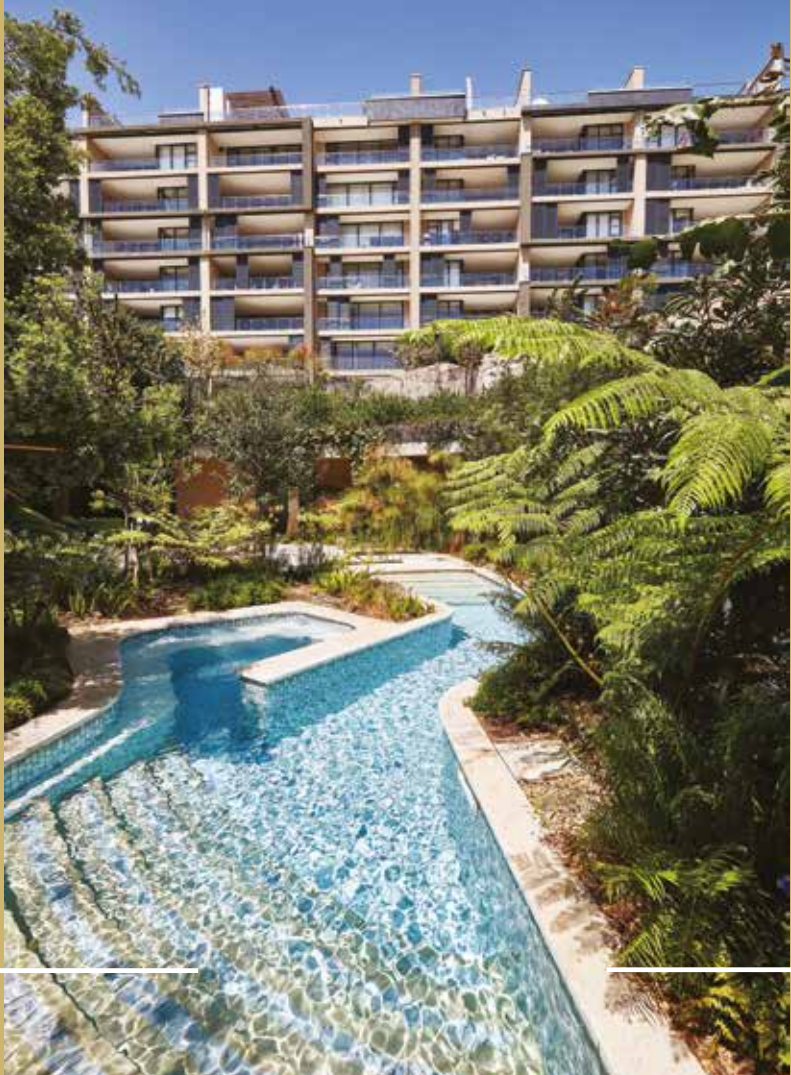
**SAFETY REGULATIONS:** We recommend that you do not wear any jewellery during your visit, and that you keep all valuables (including cell phones) safe in your locker. You will be provided with a locker for the duration of your spa visit for your personal use. Your locker key should be kept with you, personally, at all times.

**PAYMENT:** We accept cash, debit cards, all credit cards and room charges for payment. A prepayment may be required to secure your booking.

**PRODUCT REFUND POLICY:** Products may be returned within 48 hours of purchase, provided the product has been unopened, unused and is in the same condition in which it was purchased. A refund will be provided in the form of a Houghton Hotel Spa gift voucher for the value of the original product purchase price.

**DRESS CODE:** The spa has a strict no-nudity policy. At the Houghton Hotel Spa we pride ourselves in offering a professional service to our guest, we will not tolerate any indecent behaviour and should we feel this is not adhered to we will take measures that are punishable by law.

**CANCELLATION POLICY:** A booking cancellation fee of 50% will be charged on all bookings that are cancelled within 8 hours or less of the appointment time; in the case of a "no-show", the full cost will be charged.



**GIFT VOUCHERS:** GIFT VOUCHERS are available FROM THE SPA. VOUCHERS can be ISSUED FOR SPECIFIC TREATMENTS OR FOR A SPECIFIC VALUE. THE ORIGINAL GIFT VOUCHER MUST BE PRESENTED AT THE APPOINTMENT TO BE HONOURED. GIFT VOUCHERS may NOT BE REDEEMED FOR CASH. ALL VOUCHERS are VALID FOR 3 years FROM DATE OF ISSUE UNLESS OTHERWISE STATED ON THE VOUCHER.

**DISCOUNT VOUCHERS:** May ONLY be used FOR SPA TREATMENTS and may NOT be used FOR retail PURCHASES, SPECIAL OFFERS, PROMOTIONS or IN CONJUNCTION WITH LOYALTY PROGRAMMES.

**DISCLAIMER:** Every PERSON ENTERING THE SPA FACILITIES OR UTILIZING THE FACILITIES AND EQUIPMENT ON THESE PREMISES DOES SO ENTIRELY AT THEIR OWN RISK AND AGREES THAT THE HOUGHTON HOTEL SPA, ITS management OR THERAPISTS AND/OR THE HOTEL SHALL NOT BE HELD LIABLE OR RESPONSIBLE, WHETHER JOINTLY OR SEVERALLY, FOR any LOSS, INJURY OR DEATH, DAMAGES, CLAIM AND/OR COMPENSATION OF WHATSOEVER NATURE. SUCH PERSON BY THEIR ENTRY TO THESE PREMISES, FOR any reason WHATSOEVER, WAIVES any AND ALL CLAIMS AGAINST THE AFOREMENTIONED.



HOUSE OF



*The Houghton*

CHANGING THE STATUS QUO

Email: [reception@THEHOUGHTONHOTELSPA.COM](mailto:reception@THEHOUGHTONHOTELSPA.COM)

WEBSITE: [WWW.THEHOUGHTONHOTELSPA.COM](http://WWW.THEHOUGHTONHOTELSPA.COM)

TEL: 011 032 5555