



THE GINKGO SELECTION

TOUCH, SPA BODY & SKIN CARE THERAPIES

OUR PHILOSOPHY

Our spa takes an uncompromising approach to your health, wellbeing and beauty. This goes beyond the appearance to treat, touch, scent and surround every part of you. All the therapies being offered in our Spa have been carefully chosen to create the perfect environment in combating stress, pollution and discomforts coursed by urban life. With our commitment to holistic health we have selected ingredients that are as close to nature as possible. Our dedicated and professional staff will help to advise you on the variety of personalised face and body treatments that will make your stay with us a memorable one.

Join us on a journey that captures the healing energy emanating from a unique destination, the Arniston Hotel & Spa - a balance of nature.

Come, walk with us.....





THE PERFECT SPA EXPERIENCE

Treatment therapies are carefully chosen to create the perfect environment to combat the effects of stress & pollution as well as the discomforts caused by a hectic urban lifestyle. The spa's comprehensive directory of treatments represents a blend of traditional and global accents. As the selection of treatments is intended to serve as a guideline, all treatments commence after an initial consultation and are adapted to meet client's specific needs.

Arrival time

Please arrive 15 minutes prior to your first appointment.

Late arrivals will not receive an extension of scheduled treatments as this inconveniences other spa guests.

Spa Attire

You will be given a Robe, Slippers & disposable underwear to change into before your treatment. Your therapist will only expose the portion of your body that is being treated at the time.

Disclosure of health concerns and conditions

We encourage you to disclose any health conditions that may affect your spa experience.

Cancellation Policy

We ask that you notify the spa a minimum of 8 hours in advance should you wish to cancel or reschedule your appointment to avoid a 50% charge for the service. All no-show appointments will be charged for in full.

Cell Phone Policy

To maintain the desired atmosphere of relaxation, all cell phones are to be turned off in the spa.

Personal valuables

Please leave your jewellery and other valuables at home or in the lockers provided at the spa.

Spa Facilities

Treatment Rooms

The spacious treatment rooms at the Spa at Arniston comprise of two dedicated massage treatment rooms, one multi-purpose treatment room with single rain shower and jet bath and one twin treatment room ideal for couples, also comprising of two plinths, double shower and a jet bath.

Rasul

The Rasul is a traditional Arabic ritual, a heat/steam and mud based cleansing treatment that takes place in an exotically deep blue tiled steam chamber.

Steam Room

Clients are encouraged to enjoy a steam session prior to their touch and body care treatments.



Hydrotherapy

A blend of Aromepathic Complexes is used to re-hydrate, tone and detoxify the body and skin while enjoying the massaging action of air and water jets of the hot spa bath.

Relaxation Room

Clients are encouraged to relax in our relaxation lounge after treatments. An assortment of herbal teas is available to ensure that clients can enjoy a peaceful ending to a memorable spa experience.

TOUCH SPA BODY & SKIN CARE THERAPIES

Rasul

The Rasul is an excellent medium to prepare your body for a massage.

1st Person	45 min	300	225
2nd Person	45 min	260	220
3rd or 4th Person	45 min	210	180

Sauna

Sauna is complimentary prior to and in conjunction with any booked Touch & Spa Body Treatments

30 minutes	100	75
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Ginkgo "Elixir"© Signature Massage

This personalised signature Treatment incorporates a selection of massage techniques unique to your individual requirements

60 minutes	490	380
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Ginkgo "Ataraxia"© Massage

Gentle three stage rhythmic massage transforming you into a state of tranquillity free from anxiety and emotional disturbance

90 minutes	680	550
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Ginkgo Hot Stone Massage

Heated black basalt stones are used to massage the body, releasing deep seated tension.

60 minutes	480	380
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Ginkgo Golfer's Specialised Signature Massage

Intensive muscle release massage concentrating especially on muscles that affect the "swing!"

30 minutes	280	220
60 minutes	500	400
90 minutes	690	550

Back and Neck Massage

Rapid tension release Massage.

30 minutes	230	180
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Traditional Swedish Massage

Reduces tension and relieves the negative effects of everyday stress.

45 minutes	340	270
60 minutes	450	360



Deep Tissue Massage

Releases chronic patterns of muscular tension

60 minutes 520 420

Aroma or Foot Reflex Massage

Personalised massages to suite your needs

60 minutes 480 380

Pre-Natal Specialised Massage

For expectant mothers, a relaxing & unwinding therapy

60 minutes 480 380

Add-on to any Full Body Massage:

Body Exfoliation

30 minutes 230 190

Additional time

15 minutes 110 80

Babor ScenTao Hot Stone Body Treatment

Intensive Eastern Pressure Point Massage working along the body's energy pathways with warm stones and SCENTAO oil to effectively release tension

90 minutes 780 660

SPA BODY TREATMENTS

Babor Purifying Back Treatment

This back "facial" includes cleansing, exfoliation, massage and a mask

45 minutes 480 380

Full Body Exfoliation

Full body Scrub leaving your skin with a healthy natural glow

30 minutes 260 210

Full Body Exfoliation & Body Bronzing

A full body Scrub precedes application of the body bronzer

60 minutes 490 420

Body Bronzing Application "Touch-UP"

30 minutes 260 240

Ginkgo Body Wrap

Aromas combined with nourishing essences used in hydrating, relaxing or detoxifying the body

60 minutes 540 430

Add-on to Body Wraps:

Full Body Massage

60 minutes 340 270

Relaxing Hair & Scalp Treatment

Scalp therapy to stimulate blood circulation & healthy hair.

30 minutes 260 210



Hot Spa Bath	30 minutes	210	170
Relaxing hot spa bath with added essential oils			
Anti-Oxidant Hot Spa Bath Treatment	30 minutes	240	190
Relaxing toxin cleanser			

SKIN CARE TREATMENTS (includes personalised consultation & brow shape)

Babor Men's Exclusive Skincare Treatment	60 minutes	530	450
Energy boosting complex leaves the skin attractive and well groomed			
Babor Executive Anti-Stress Back Massage & Facial	90 minutes	660	560
Relaxation for body, mind and soul giving new vitality to stressed skin			
Babor Express Cleanse	45 minutes	420	360
Deep pore cleansing for a radiant clear skin			
Babor Classic Facial	75 minutes	600	510
Intensive facial care to balance the specific needs of your skin			
Babor High Skin Refiner Express Facial	60 minutes	760	650
Instantly minimizes traces of time and visibly tones the skin			
Babor High Skin Refiner Facial	120 minutes	1450	1230
Luxurious pampering facial that effectively lifts sagging tissue and leaves the skin youthful and radiant			
Babor Specialised Mask or Ampoule		220	210
Nimue Specialised Facial	60 minutes	410	350
This is a maintenance treatment customized to the client's specific skin needs and all the essentials including: cleanse, exfoliate, gentle steam, massage and masks to deliver excellent results.			
Nimue Alpha Lipoic Maintenance Facial	60 minutes	450	380
Designed to treat hyper pigmented and environmentally damaged skin classifications. Great as a follow up after a course of peels with the added benefits of the super anti-oxidation of the Alpha Lipoic Activator.			
Nimue TCA (7.5%) Advanced Rejuvenation		140	120
Add-on to any Facial:			
Hair & Scalp Treatment	30 minutes	190	170

MANICURES AND PEDICURES

Deluxe Spa Manicure with Paraffin Wax or Nail Colour	60 minutes	295	250
Deluxe Spa Pedicure with Paraffin Wax or Nail Colour	60 minutes	330	280
French Manicure	60 minutes	350	300
French Pedicure	60 minutes	380	320
Express Manicure	45 minutes	220	190
Express Pedicure	45 minutes	260	220
Waxing	per 15 minutes	110	95

As an ADD-ON to any Facial or Body Treatment

Deluxe Spa Manicure with Paraffin Wax or Nail Colour	60 minutes	250	225
Deluxe Spa Pedicure with Paraffin Wax or Nail Colour	60 minutes	280	255
French Manicure	60 minutes	300	270
French Pedicure	60 minutes	325	290
Express Manicure	45 minutes	190	170
Express Pedicure	45 minutes	220	200
Waxing	per 15 minutes	95	85

GINKGO LEAF COLLECTION

A Collection of Treatments especially designed for those indulgent and invigorating moments

1. The Ginkgo "De-Stress-Express"

De-stressing tune-up after a long day

Steam, Sauna or Aromatic Hot Spa Bath Treatment	1hr 30min	R530	R470
Relaxing Hair and Scalp Massage	(30min)		
Back and Neck Massage	(30min)		
Fresh Fruit Juice/ Glass of MCC Bubbly	(30min)		

2. The Ginkgo "Renaissance"

The focus is the body. As combination of treatments that offer a powerful rejuvenation package

Steam, Sauna or Aromatic Hot Spa Bath Treatment	2hrs 30min	R970	R860
Relaxing Full Body Wrap	(30min)		
Traditional Full Body Swedish Massage	(60min)		
Fresh Fruit Juice/ Glass of MCC Bubbly	(60min)		



3. Ginkgo "Time Out"

The few minutes of luxurious bliss!

Express Cleanse Facial	(45min)	
Spa Deluxe Manicure	(60min)	
Aroma Massage Treatment	(60min)	
Fresh Fruit Juice/ Glass of MCC Bubbly		

2hrs 45min **R1080 R950**

4. The Ginkgo "Debutante"

These Treatments are perfect for first-time Spa guests

Steam, Sauna or Aromatic Hot Spa Bath Treatment	(30min)	
Luxurious Full Body Exfoliation	(30min)	
Signature "Elixir" Full Body Tranquillity Massage	(60min)	
Classic Full Facial	(75min)	
Fresh Fruit Juice/ Glass of MCC Bubbly		

3hrs 15min **R1200 R1040**

5. Ginkgo "Executive Renewal"

A Selection of Treatments for the professional

Steam, Sauna or Aromatic Hot Spa Bath Treatment	(30min)	
Ginkgo Full Body Hot Stone Massage Treatment	(60min)	
Spa Deluxe Pedicure and Manicure	(120min)	
Classic Facial Refreshment Treatment	(75min)	
Spa Lunch	(60min)	

5hrs 45min **R1760 R1540**

6. Ginkgo "Tranquillity"

A wonderful day of extraordinary service and pampering

Steam, Sauna or Aromatic Hot Spa Bath Treatment	(30min)	
Full Body Wrap	(60min)	
Signature "Elixir" Full Body Massage	(90min)	
Ginkgo Spa Deluxe Pedicure	(60min)	
Ginkgo Spa Deluxe Manicure	(60min)	
Classic Facial Refreshment Treatment	(75min)	
Spa Lunch	(60min)	

7hrs 15min **R2110 R1850**

7. Ginkgo "Mother-to-be"

These are special treatments designed for expectant mothers. Treatments are combined to induce relaxation and rejuvenation of tired feet, body and mind. Not for woman beyond eight months pregnancy.

Full Body Exfoliation	(30min)	
Specialised Pre-Natal Massage	(30min)	
Hair and Scalp Massage	(30min)	
Babor High Skin Refiner Express Facial	(60min)	
Spa Deluxe Manicure with Paraffin Wax or Nail Colour	(60min)	
Spa Deluxe Pedicure with Paraffin Wax or Nail Colour	(60min)	
Spa Lunch	(60min)	

5hrs30min **R1450 R1270**



8. Ginkgo Spa Party (minimum 4 persons)

The ultimate Private Spa Party – the spa is yours to enjoy with only your friends! Price is quoted per person.

Glass of Sparkling MCC Bubbly

Steam, Sauna or Aromatic Hot Spa Bath Treatment

Hair and Scalp Massage

Signature “Elixir” Full Body Tranquillity Massage

Spa Health Refreshment

Sportsman’s or Babor High Skin Refiner Facial

Express Manicure

Express Pedicure

Spa Health Lunch

5hrs

R1800 R1600

(30min)

(30min)

(60min)

(60min)

(30min)

(30min)

(60min)

ADDITIONAL ESSENTIAL BEAUTY TREATMENTS

Waxing or Tinting will add the final touches to a perfect make-over

GINKGO WELLNESS MEMBERSHIP

The Ginkgo Wellness Membership Programme is aimed at the Spa aficionado. Rates and Privileges have been designed to meet the wishes of the most avid spa enthusiast. A Membership becomes active with the payment of a once off Membership Fee. Special Membership Rates (see enclosed rate sheet) have been formulated and apply to all treatments purchased during active membership. Memberships will remain active as long as the member purchases at least one Touch, Spa Body, Skin Care or Ginkgo Leaf Package per month. There are no further monthly or annual subscriptions during active membership. For more information please contact your nearest Ginkgo Spa.

GINKGO WELLNESS GIFT VOUCHERS

Spa Gift Vouchers are available for purchase at any of our Spas. These make ideal gifts for that special occasion, whether for an anniversary, a birthday gift, a congratulations or thank you gift. What better way to say “I care” with a gift from the Ginkgo Spa Group? *Vouchers are redeemable at any of our Spas.*

Cancellation Policy

We ask that you notify the spa a minimum of 8 office hours in advance should you wish to cancel or reschedule your appointment to avoid a 50% charge for the service. All no-show appointments will be charged for in full.

“RECAPTURING THE FORGOTTEN SENSE OF WELLBEING” ©