

Special Packages

AFRICAN FUSION COUPLES DELUXE

A special relaxing treat for two including a Theranaka™ full body exfoliation followed by a full body massage with one of our famous Theranaka™ African fusion massage oils. Choose one of our five different oils to indulge your senses and address your every need.



90 min



R 1500

PERFECT PARADISE (FOR HER)

Enjoy the freedom of choosing your favourite scent from our selection of luxurious herb-infused avo and shea massage butters for a relaxing back, neck and shoulder massage, finished off with a warm paraffin manicure and pedicure to leave your hands and feet feeling rejuvenated.



120 min



R 950

ROCKY ROADS (FOR HIM)

Enjoy the freedom of choosing your favourite scent from our selection of marula-herb infused fusion body oils to address your every need whilst restoring balance for a relaxing back, neck and shoulder massage, and end it off with a paraffin pedicure to leave your feet feeling rejuvenated and relaxed.



90 min



R 690

CRYSTAL
SPRINGS
MOUNTAIN LODGE

Le Fera Beauty Spa



General Information:

- To book, visit/call Le Fera Spa & Wellness Centre Reception.
- Your treatment time will only be confirmed upon completion of payment.
- Treatment times on this menu are only guidelines, every treatment time depends from person to person.
- Every treatment will end five minutes before, to prepare the room for the next treatment.
- Please shower before a massage treatment.
- Please arrive ten minutes before your treatment.

Cancellation Policy:

Cancellations must be done no later than four hours before your appointment. Failure to do so, will result in guest being liable for full payment.

Contra-indications for Massage:

High / Low Blood Pressure
Cancer
Epilepsy
Osteoporosis
Slipped Discs
Varicose Veins (Full Body)
Fever / Infections or Disease
Recent Operations Affecting the Treatment Area
Pregnancy

Contra-indications for Manicures & Pedicures:

Nail Fungus / Black Nails
Foot/Hand Sores (open) / Foot Fungus
Rheumatism Arthritis

Make a Reservation:

013 768 5014 | clubhouse@crystalsprings.co.za

Speak to your Therapist:

083 551 6984 | leferaspa@crystalsprings.co.za

Body Exfoliations

A CLEANSING RITUAL THAT SYMBOLISES THE RENEWAL OF THE BODY.

Our cleansing preparatory body scrubs are made with a 100% natural blend of plant botanicals to gently and effectively eliminate dead skin cells and moisturise the skin, leaving it silky soft to the touch. Feel invigorated and revitalised as a message of new life and renewal will be weaved.

Choose between the following:

TheraNaka™ APRICOT KERNEL BODY CREAM SCRUB	40 min	R 320
TheraNaka™ GERANIUM AND PINE SUGAR SCRUB	40 min	R 320
TheraNaka™ MARULA AND SANDALWOOD SUGAR BUFF	40 min	R 320

Body Wraps

TO COMMENCE THIS SENSORY JOURNEY YOU WILL RECEIVE A FULL BODY EXFOLIATION, FOLLOWED BY A HERBAL FUSION OIL APPLICATION.

Let your mind drift off whilst you are cocooned in a comforting envelopment of fragrant oils and African wraps from our therapeutic range.

Choose the wrap that will treat, renew or invigorate the skin and drift away during a relaxing scalp massage. Bringing this journey to a close is the healing touch of your therapist applying a nourishing baobab lotion. An experience out of Africa!

Choose between the following:

TheraNaka™ RELAXING ALOE FEROX GEL WRAP	60 min	R 630
TheraNaka™ REVITALISING GEL WRAP	60 min	R 630



For the Teens

UNDER 16'S ONLY.

TEEN MANICURE

Hand soak, hand scrub, cuticle and nail work, rounded off neatly with a colour of your choice for your beautiful new look.

TEEN PEDICURE

Foot soak, foot file, foot scrub, cuticle and nail work, finished off with a colour of your choice for your gorgeous new look.

TEEN FACIAL

Cleanser, exfoliator, toner, mask and day cream. If needed extractions will be done.

TEEN MANICURE	30 min	R 190
TEEN PEDICURE	30 min	R 200
TEEN FACIAL	45 min	R 270

The Essentials

TURN ESSENTIAL BEAUTY TREATMENTS INTO A BIT OF ME-TIME!

TINTING

Brighten and enhance the appearance of your eyes. This can be added onto any facial treatment or be done as a separate treatment.

EYELASH TINTING	R 90
EYEBROW TINTING	R 80

WAXING

Get rid of stubborn hair and prolong the period before hair growth returns.

EYEBROWS	R 60
LIP	R 60
CHIN	R 60
UNDERARM	R 80
HALF LEGS	R 150
FULL LEGS	R 200
BIKINI LINE	R 150

Hand and Foot Treatments

TheraNaka™

Indulge in an African inspired TheraNaka™ manicure; treating your hands and forearms to a gentle exfoliation followed by an African earth fusion hand massage, whilst including nail and cuticle attention, followed by a nail colour of your choice for rejuvenated younger-looking hands and nails.

Pamper tired feet and legs during a soothing TheraNaka™ pedicure, focusing on exfoliation of rough skin, a customised nourishing African shea butter dumbbell massage, including nail and cuticle attention. Choose a dazzling nail colour for your gorgeous new feet.

TheraNaka™ MANICURE	45 min	R 220
TheraNaka™ PEDICURE	60 min	R 320
TheraNaka™ FOOT MASSAGE	25 min	R 130

PARAFFIN TREATMENTS

After soaking and treating your hands, your hands are gently cocooned in a warm paraffin wax for total restoration and deep rehydration. Your choice of colour polish.

Feel like you are walking on clouds after a nourishing paraffin pedicure. Feet are soaked, treated and then cocooned in a warm paraffin wax. Your choice of colour polish.

PARAFFIN MANICURE	60 min	R 270
PARAFFIN PEDICURE	75 min	R 370

Facial Treatments

TheraVine™ facial treatments provide the perfect skin maintenance to hydrate, rebalance, nourish and stop time in its tracks while its aroma and texture provides for a multi-sensory experience.

THERAVINE™ BALANCING FACIAL

A deep-cleansing facial customised to gently remove surface impurities followed by a personalised mask, while utilising specially selected aromatic botanicals for restoring balance to the skin, leaving your skin soft and rejuvenated.

THERAVINE™ HYDRATING FACIAL

A facial designed for extreme relaxation with the aromatic scent of essential oils designed to deeply hydrate your skin, leaving you with a radiant complexion.

THERAVINE™ DELUXE ANTI-AGING FACIAL

The infinite replenishing treatment, assists in reducing fine lines and wrinkles by implementing specialised boosters and serums to combat the signs of ageing. Active peptides help regenerate skin's collagen and elastin. A plasticising paradox mask is applied to further enhance the actions of the active ingredients - a true time interceptor.

ULTRAVINE™ ADVANCE CELLULAR GOLD FACIAL

The embodiment of science and opulence. Based on TheraVine™ breakthrough anti-oxidant technology, the UltraVine™ advance anti-ageing concept promotes the skin's DNA repair system while luxuriously soft and delicately scented creams, serums and balms transport your skin to an advanced state of renewal and serenity. Our anti-ageing jewel, a collagen film mask imbedded with pure, soft 24-carat gold and sparkling diamond dust coupled with a concentrated serum infused with super-charged actives, will visibly tone, polish and brighten the skin leaving it glowing with illumination.



THE BEST FOUNDATION YOU CAN WEAR IS A GLOWING COMPLEXION.

THERAVINE™ BALANCING FACIAL	60 min	R 480
THERAVINE™ HYDRATING FACIAL	60 min	R 480
THERAVINE™ DELUXE ANTI-AGING FACIAL	60 min	R 530
ULTRAVINE™ ADVANCE CELLULAR GOLD FACIAL	90 min	R 630



Massages

TheraNaka™ AFRICAN FUSION BODY MASSAGE

Enjoy the freedom of choosing your favourite scent from our selection of marula-herb infused fusion body oils to address your every need whilst restoring balance.

- TheraNaka™ AFRICAN PEACE - Relaxing
- TheraNaka™ AFRICAN RECHARGE - Uplifting
- TheraNaka™ AFRICAN STORM - Detoxifying
- TheraNaka™ AFRICAN EARTH - Safe and soothing
- TheraNaka™ AFRICAN VIGOUR – Invigorating

Back, Neck and Shoulders	30 min	R 380
Full Body	60 min	R 480

TheraNaka™ AVO AND SHEA BODY BUTTER MASSAGE

Enjoy the freedom of choosing your favourite scent from our selection of luxurious herb-infused avocado and shea massage butters.

- TheraNaka™ AFRICAN SUNSET - Relaxing
- TheraNaka™ AFRICAN DAYBREAK - Uplifting
- TheraNaka™ AFRICAN STORM - Detoxifying
- TheraNaka™ AFRICAN EARTH - Safe and soothing

Back, Neck and Shoulders	30 min	R 380
Full Body	60 min	R 480

TheraNaka™ AFRICAN VIGOUR BACK MASSAGE

A warm aroma blend infused with circulatory-boosting essential oils 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. A hot stone massage alternative is available.

Back	45 min	R 480
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TheraNaka™ AFRICAN WOOD MASSAGE

Mimicking the rhythmical patterns of an African dance, the TheraNaka™ African wood signature massage blends light stretching techniques and specially designed body and facial wooden implements to relax and restore your body. Drizzles of warm olive and shea-butter ointment will nourish and heal dry skin whilst you experience blissful relaxation and rejuvenation.

Full Body	90 min	R 680
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TheraNaka™ TRI-SCENTED SHEA BODY NUGGET MASSAGE

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 which will aid circulation and relax the body. Experience the soothing warmth as the butter melts underneath your health Therapist's hands, leaving you utterly relaxed and your skin nourished, hydrated and glowing.

Full Body	90 min	R 630
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PLEASE NOTE THAT MASSAGE AND BODY TREATMENTS MAY INCLUDE SHOWER TIMES WHERE NEEDED.

Add-Ons

TheraVine™ Hair and Scalp Treatment	25 min	R 260
UltraVine™ Advance Retinol Eye Treatment	25 min	R 160

(Please note that Add-On treatment times may vary)

