

Specialised Summerfield Body Treatments

Sabie Valley Coffee Exfoliation

A gently invigorating coffee scrub exfoliation experience, leaving the skin soft, rinsed off with warm water of the Vichy shower. A macadamia nut, pressure point, heat compress, Swedish massage will complete the treatment, leaving the body relaxed, smooth, yet invigorated
2.5hrs R950

Body Exfoliation With Soap Scrub

(Recommended for summer and warmer winter days)

Start this treatment with a 20 minute Rose Quartz steam session to open pores and soften the skin, an innovative and invigorating body exfoliation with glove follows. A soap massage begins, an energising and fun treatment which will "wash away your worries" to leave your dry skin soft, smooth and stimulated. You will be rinsed off with the gentle warm showers of the Vichy shower and your entire body will be gently massaged with our unique rose body butter.
1.5 hrs R1100

Summerfield's Soothing Relief

Feel the relief of the cooling effect of our cucumber wrap on your sensitive skin, followed by a re-nourishing ritual with body butter. This treatment is also suitable for sunburned skin.
60min R550

SPA PACKAGES

Include a main course lunch only Filter coffee, Five Roses/Rooibos tea and water to be enjoyed in between treatments. All alcoholic beverages, juice, speciality coffees and bottled water will be at an additional charge.

Summerfield's Journey for Winter -suitable for singles or couples

Start this treatment with a 20-30min Rose Quartz steam session, where you will receive a mixture of macadamia nut brittle and oil to exfoliate your whole body. After the exfoliation experience, you will be enveloped in a macadamia oil and rose petal wrap to smooth and hydrate the skin. While luxuriating in your wrap, you will enjoy a Summerfields Natural Signature Facial. Finished off with combination Swedish and warm macadamia and herb compress massage.
4.5hrs R1650 pp

Summerfield's Journey for Summer - suitable for singles or couples

This treatment starts with a fun hydro walk through different volumes of water, followed by a body treatment. This begins with a macadamia exfoliation that will leave your body soft and smooth. After the exfoliation experience, you will be cocooned in a rose petal and macadamia oil wrap to smooth and hydrate the skin. While enveloped in your wrap, you will enjoy Summerfields' Natural Signature Facial. Finish off with a relaxing macadamia oil Swedish massage
4.5hrs R1650 pp

A Touch of Nature

Allow mother nature to show you the path to inner healing. Your treatment begins with a refreshing rose cocktail. After being exfoliated with papaya pulp, your body will be wrapped in natural oils and rose petals or banana leaves. A Summerfields Natural Signature Facial with fresh herbs and pure natural ingredients according to your skin type, followed by an aromatherapy body massage. The final touches of a Fiesta manicure and A Florentine pedicure will be the perfect end to a perfect day.
5.5hrs R2200pp

Eden Romantica Couple's Package

Whether it's a special occasion or merely a celebration of love, we guarantee total relaxation and harmony in our Rose Spa double treatment room. Begin your seductive journey with a deeply relaxing hot stone massage/Swedish massage in your treatment room adorned with rose petals and candlelight. Then enjoy our signature hydrotherapy experience. The hydro walk, overlooking the beautiful Sabie river. Experience this reflexology walk under the trees to arrive at our hydro bath. Here you will be welcomed with a fruit platter and sparkling wine to enjoy together in privacy. Don't forget to pick up a bunch of roses which will be waiting for you on departure at the Spa reception.
3.5hrs
R2500/couple



FACIAL TREATMENTS

Summerfield's Natural Signature Facial

Indulge in the unique Summerfields facial with only pure, natural ingredients. The treatment begins with a relaxing 30 min rose/macadamia oil back massage. Your facial then commences with a steam and deep cleansing procedure. Treatment and products used will depend on your skin type; dry, sensitive, oily or combination and is to be discussed and confirmed at booking. This facial finishes off with an aromatherapy application which will moisturize and balance your skin.

90min R650

SPA ESSENTIALS

| | | |
|--------------------------------------------------------------------|--------|------|
| Florentine Pedicure (French technique an additional R50) | 60 min | R350 |
| Fiesta Manicure | 60min | R300 |
| Add a paraffin wax | 15min | R80 |
| Revarnish | 15min | R120 |
| French Manicure Paint | 15min | R150 |
| French Pedicure Paint | 15min | R150 |
| Brow shaping/Tint | | |
| Lash & Brow Tint | 30min | R150 |
| Brow Shaping | 15min | R50 |

WAXING

| | |
|----------------------------|------|
| Full leg, including bikini | R200 |
| ¾ leg | R165 |
| ½ leg | R155 |
| Underarm | R90 |
| Standard bikini | R100 |
| G-string | R180 |
| Brazilian | R250 |
| Hollywood | R350 |
| Full back | R200 |
| ½ back | R95 |
| Full arm | R155 |
| ½ arm | R95 |
| Lip & Chin | R100 |
| Full Chest | R200 |
| ½ Chest | R155 |

BODY TREATMENTS AND MASSAGES

Aromatherapy Massage

A therapeutic massage using a blend of pure essential oils

60min R480

Swedish Massage

Swedish massage promotes relaxation, eases muscle tension. It can be slow and gentle or vigorous and bracing, depending on requirements

60min R450

90min R650

Foot Reflexology massage

45min R350

Back, Neck & Shoulder massage

30min R350

45min R400

60min R500

Hot Stone full body massage

A stimulating massage using our heated, black volcanic rocks, which help to soothe and deeply relax tight muscles

60 min R500

Hot Stone back, neck & shoulder massage

30min R400

60min R430

Deep tissue massage

60min R500

Summerfield's Scalp Treatment

Consists of only pure natural ingredients, with the option of a hot oil hair mask or an aromatherapy scalp treatment (according to your hair type).

Followed by a scalp massage

60min R350

Scalp Massage

30min R250

Executive Stress Relief

Back, neck & shoulder massage followed by a scalp massage.

Finish off with a hand and foot treatment.

90min R700

*Specialised massages depend on the availability of qualified massage therapist



Summerfields

Rose Retreat & Spa

R536 Hazyview - Sabie Road

Hazyview Mpumalanga South Africa

Tel: +27 (0)13 737 6500

Fax: +27 (0)866 325 598

P.O. Box 2340, Hazyview 1242

Email: reservations@summerfields.co.za

www.summerfields.co.za

