



SHAMBALA

W E L L N E S S S P A

*Premier spas for him and her*



*Place of Peace, Tranquillity & Happiness*



SPA MENU

[www.shambala.co.za](http://www.shambala.co.za)



# WELLNESS

*Shambala means a Place of Peace, Tranquillity and Happiness.*

*In Tibetan Buddhist lore, Shambala is a mystical land, hidden in the snowy peaks of the Himalayas, a society where people labor constantly for the good of humanity.*

*At Shambala, we too strive to create a piece of paradise on earth for your upliftment and enjoyment.*





*is a delicate balance...*

## SHAMBALA SPA PACKAGES

### *The Ultimate Shambala Retreat*

R2 390

360 minutes

An unforgettable gift for yourself or for someone special. This full day treat is a combination of a **Balinese Lulur Body Polish** and a **Rasul Steam Chamber Body Mask**, complete with a **Bersantai Massage** and **Customised Facial**. After a refreshing **Spa Lunch**, sit back and enjoy a **Deluxe Manicure & Pedicure**.

### *Paradise Found*

R1 690

270 minutes

Escape and surrender your body to a tension releasing **Full Body Massage** followed by a **Replenishing Facial**. After a healthy **Spa Lunch** enjoy a **Deluxe Manicure & Pedicure**.

### *Shambala Designer*

R1 280

180 minutes

Indulge with a combination of 4 luxurious treats. Look and feel wonderfully refreshed with a **Back Massage**, **Teaser Facial**, **Express Manicure & Pedicure**. Enjoy a healthy **Spa Lunch**.

### *Soul Revival*

R1 020

120 minutes

Discover head-to-toe rejuvenation with this specially designed package for those with a busy lifestyle. Relax and unwind with a **Full Body Massage** and **Customised Facial**.





## FACE TREATMENTS

<i>Aromatic Facial</i>	30 min	R360	60 min	R600
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A facial that leaves skin feeling rejuvenated and revitalised. A deep exfoliation, followed by aromatic complexes, facial massage and appropriate mask is applied to hydrate skin.

<i>Advanced Facial</i>	90 min	R685
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Specialised skin care treatment combining essential oils and plant extracts to offer the ultimate in skin radiance and Including skin boosters, specific masks and herbal extracts.

<i>Vitaderm Peel</i>	45 min	R630
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Highly effective as an exfoliation and skin boosting treatment with natural-occurring fruit or lactic acid which has the ability to revitalize your complexion.



**R**  
**RégimA**  
SKIN TREATMENTS



## FACIAL PEELS

<i>RegimA Zone 'POWER PEELS' - Peel &amp; Heal Treatments</i>		
30% : R600	50% : R630	30 min

The new 'Power Peel' absorbs quicker, deeper, and is more easily tolerated. Focuses not just on the exfoliative benefits, but also on the aspect of repair and regeneration.

<i>RegimA Acne Attack Treatment</i>	30 min	R560
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Apply up to the minute technology and ingredients in the application of this treatment. Incorporating salicylic peel to target problematic and congested skins, results are in clarity, smoothness and inflammation control.

<i>RegimA Initiation Peel</i>	30 min	R550
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Helps introduce the skin to peels. Created for individuals who have not undergone skin peels previously, or may have a very sensitive / damaged skin and may be nervous about the experience

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## TREATMENTS

**Optiphi Active Skin Rejuvenation Peel** 30 min : R500 60 min : R660

Glycolic Acid peel is a superficial peel supported by a large body of clinical data. Leaves your skin feeling radiant and smooth.

**Optiphi Active Hands Treatment** 30 min R475

Glycolic acid peeling treatment specific to the hands and arms- improves skin tone & texture, targets roughness, hyper pigmentation, and premature aging promoting true skin rejuvenation.

**Classic indulgent facial treatment** 60 min : R780 85 min : R870

An indulgent facial, targeting and treating a multitude of skin concerns. It is a customizable treatment, which is a luxurious and sensorial experience delivering results.

### Micro - Needling

Micro-needling is a minimally invasive, non-surgical and non-ablative procedure for face and body rejuvenation. This breakthrough remedy stimulates the body's natural wound healing ability, resulting in increased cell turnover and increased collagen and elastin production, therefore reversing the signs of aging, reducing pigmentation, scarring and stretch marks.

**Face, Neck and Décolleté – R 1 380**

**Course of 6 treatments – R 5 900**



## BODY TREATMENTS

**Warm Muscle Pack** 135 min R780

This embracing body treatment is designed to release tension and combat tight muscles. After an aromatic infused **Full Body Scrub** and muscle relaxing **Body Mask** in our Rasul Steam Chamber, lie back during a muscle melting 90 minute **Full Body Massage**.

**BNS Scrub with Mask** 60 min R560

Rejuvenate and energize yourself with an amazing 35min Back, neck and shoulder massage, 25min back scrub and mask which will leave you wanting more.

**Body Polish** 30 min R330

Remineralize and stimulate your skin during a zesty **Full Body Exfoliation**. Pure essential oils and mineralizing sea salt slough off dead skin cells to reveal radiant skin.

**Body Curve Treatment** R550

This professional body treatment targets the 7 signs of aging, focusing on cellular restructuring, strengthening and re-energizing of the skin, while intensely hydrating and restoring the barrier function, preventing moisture loss. The skin will look and feel smoother, invigorated and radiant.

## SPA MASSAGES

Enjoy a moment of tranquillity and allow your therapist to assist you in choosing from our therapeutic massage techniques

<i>Shambala Bersantai Massage Journey</i>	90 min	R850
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The ultimate journey... a **Bersantai Body Scrub**, soothing **Body Massage**, and a combination **Namakhoshi Shiatsu Pressure Point**, and **Stress-relief Pressure Point Facial & Scalp Massage**, all melded together with a unique blend of homeopathic ingredients and aromatherapy essential oils.

<i>Reflexology</i>	45 min	R450
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Go beyond the ordinary foot rub to the core of your well-being during this precision pressure point on-sole massage.

<i>Indian Head Massage</i>	30 min	R350
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Your therapist will restore harmony and balance with pressure point and deeply relaxing massage techniques on the scalp, neck and decollate.

<i>Aromatherapy Massage</i>	60 min	R640
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A massage incorporating essential oils, using pressure point techniques.

<i>Mother to be Massage</i>	60 min	R700
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A comfortable, stress reducing massage for both mother & child.

### *Swedish Massage*

Incorporating invigorating and relaxing massage techniques to promote overall relaxation.

<i>Sports Massage</i>	60 min	R670
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### BACK, NECK & SHOULDER MASSAGE

30 minutes	R390
45 minutes	R510

### FULL BODY MASSAGE

60 minutes	R620
90 minutes	R720
Add additional hot stones for	R80

## COUPLES PACKAGES

<i>Couples Delight [per couple]</i>	90 min	R1 245
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Enjoy a spa experience together. Delight in sharing a **Rasul Treatment** under a starlit sky together before relaxing into a 45 **Back, Neck & Shoulder Massage** in our couples suite.

<i>Couples Bespoke [per couple]</i>	105 min	R1 490
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Share a starlight **Rasul Steam Chamber Treatment** with **Body Mask** followed by a 60 minute **Full Body Massage** in our couples suite.

<i>Couples Retreat [per couple]</i>	150 min	R1 630
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**Rasul** Experience with steam, sensual **Body Mask** and tropical rain. Enjoy a **90 minute Full Body Massage** side by side.

<i>Couples Connection [per couple]</i>	240 min	R2 600
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Enjoy a **Full Body Massage** and an **Express Facial** side by side in the couples suite. Share a light **Spa Lunch** before continuing the experience with a **Pedicure & Manicure** in your private suite.

*Place of Peace, Tranquillity & Happiness*



## EXCLUSIVELY MALE

Deep Cleansing Facial	60 min	R600
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### HANDS & FEET

Executive Manicure	45 min	R280
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Executive Pedicure	60 min	R320
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Express Manicure	30 min	R195
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Express Pedicure	45 min	R230
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### WAXING

Back / Chest	R210	Arms	R160
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Legs	R300	Brow	R65
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### Male Maintenance

75 min	R720
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For the stressed-out man with limited time. Enjoy a tension releasing Back Massage, followed by a Deep Cleansing Express Facial.

### Kings Care

240 min	R1 600
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A complete pampering package for men. A 60 minute Full Body Hot Stone Massage, Men's Facial, and a Hand & Foot Treatment. Spa Lunch included.

## RASUL STEAM CHAMBER

Single	30 min	R370
Couple		R490

Enjoy the privacy of your own steam chamber including a DIY body mask whilst enjoying the starlit sky and a tropical rain shower.



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## VPL: VARIABLE PULSED LIGHT

The VPL is the most advanced HAIR REMOVAL & SKIN REJUVENATING unit available. Utilizing state of the art variable pulsed light technology, the VPL provides the optimal parameters for each individual, ensuring safe, fast and effective treatment for virtually all skin types.

A safe, non surgical treatment for many skin conditions brought by age or over-exposure to the sun. It is also effective in reducing and controlling active acne and associated problematic skins.

### SKIN REJUVENATION : ANTI-AGING

The light from VPL stimulates cells in our body to produce more collagen. The new collagen moves outwards to the skin's surface resulting in a smoother texture and reduced fine lines and wrinkles.

### PIGMENTATION REDUCTION

Dark pigments in the skin that cause pigmentation, absorb the light from the VPL and heat up quickly. The heat is the dark pigments breaking up into smaller particles, which are removed by the body's natural waste process, leaving the skin clear and smooth.

### THREAD VEIN REMOVAL

Light energy is absorbed by the blood vessel that makes up the imperfection. This absorption process breaks down the vessel walls. The VPL treatments then allows the body to recognise these broken vessels as waste and removes them naturally.

### ACNE TREATMENT

VPL improves both active acne and acne scarring by destroying the bacteria that causes irritation.

*Please Note: The number of treatments required may vary per individual. All prices shown below are per treatment.*

### HAIR REMOVAL

Upper lip	R275	Chin	R350
Underarms	R490	Umbilical Line	R370
Bikini	R440	Hollywood	R550
Lower Legs (incl. foot and toes)	R1 800	Full Legs (incl. foot and toes)	R2 900
Half Back (incl. shoulders)	R1 500	Full Back (incl. shoulders)	R2 600
Chest	R1 900	Brazilian	R500

### SKIN REJUVENATION

### PIGMENTATION

### THREAD VEINS

### ACNE

**R300 PLUS**  
R10 per shot for each treatment



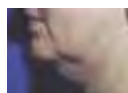
BEFORE



BEFORE



BEFORE



BEFORE



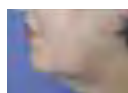
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AFTER



AFTER



AFTER

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## APOLLO ANTI-AGING & CELLULITE REDUCTION

*Immediate and long lasting results with advanced third generation radio frequency (RF) technology.*

*Apollo Treatments targets Facial Contouring, Body Sculpting, Skin Tightening and Cellulite Reduction. By creating heat within the tissues, Apollo improves the appearance of cellulite and reduces adipose tissue.*

*Apollo assists in shortening of the collagen fibres within the skin resulting in improved appearance of wrinkles, tighter skin and more even complexion.*

Visit one of our qualified therapists for a free consultation.

PER TREATMENT - <i>body</i>	R370
PER TREATMENT - <i>face</i>	R420
COURSE OF 6 TREATMENTS - <i>body</i>	R2100
COURSE OF 6 TREATMENTS - <i>face</i>	R2400



BEFORE



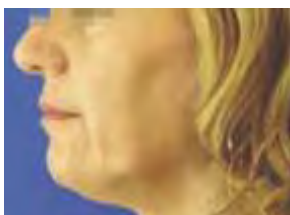
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**elim**  
SPA PRODUCTS UK

## HAND & FOOT CARE

*With Elim Medi heel and Medi hand*

<i>Deluxe Manicure</i>	45 min	R300
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Exfoliate, Revitalize and Renew... Transform your hands. File, cuticle work, buff / shine or add a splash of colour to complete the journey.

<i>Deluxe Pedicure</i>	60 min	R370
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Foot soak, AHA scrub exfoliation, botanical infused foot massage and medi heel peel for refreshed and relaxed feet. Cuticles tidied, nails filled and nail polish for total perfection.

<i>Express Manicure</i>	30 min	R230
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<i>Express Pedicure</i>	45 min	R310
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OPTIONAL ADD-ONS:

Foot Massage	R120
Gel Overlay	R220
Gel Soak Off	R120
Foot Peel	R170

## GEL

<i>Deluxe Manicure with Gel Overlay</i>	75min	R420
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Exfoliate, revitalize and renew to transform your hands from practical to beautiful. Deluxe soak, sugar scrub exfoliation, cuticle work, buff and file before completing the journey with your choice of Gel Colour or French Overlay.

<i>Deluxe Pedicure with Gel Overlay</i>	75min	R470
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Foot soak, AHA scrub exfoliation, botanical infused foot massage and foot peel to reveal youthful, refreshed and relaxed feet. Cuticles tidied, nails filled and Gel overlay for complete perfection.

<i>Express Manicure with Gel Overlay</i>	45min	R340
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<i>Express Pedicure with Gel Overlay</i>	60min	R420
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## BEAUTY TREATMENTS

*Cirepil: The leading provider of gentle low-temperature waxes and high quality waxing accessories.*

WAXING			
Half Leg	R210	Full Leg	R250
¾ Leg	R230	Bikini	R140
Full Leg (incl Bikini)	R 290	Underarm	R140
Hollywood	R300	Brazillian	R250
Lip / Chin / Brow (each)	R80		

TINTING			
Eye Brow	R70	Eye Lash	R140
Eye Lash & Brow	R180		

## MOM & DAUGHTER PACKAGES

The love between mother and daughter is forever.

Pure relaxation for mom and daughter with unique alone time. *(daughters from 10 - 16 years)*

<b>FULL PACKAGE</b>	<b>1h45min</b>	<b>R1200</b>
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*Full Body massage for 45min  
Manicure & Pedicure*

<b>BACK &amp; FOOT MASSAGE WITH PAINT</b>	<b>45min</b>	<b>R870</b>
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*Enjoy a relaxing 25min back massage with a 35min foot massage and paint*

<b>INDIAN HEAD MASSAGE &amp; FOOT MASSAGE</b>	<b>30min</b>	<b>R650</b>
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*Relax body, mind and soul together with a 20min IHM & 10min foot massage*

<b>BACK, NECK &amp; SHOULDER MASSAGE</b>	<b>45min</b>	<b>R850</b>
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## BRIDAL PACKAGE

<b>BRIDESMAID PACKAGE</b>	<b>R550</b>
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*Deluxe Mani's & Deluxe Pedi's  
4-6 pax*



## PAMPER PARTY

*Ideal for Hen Parties, Stork Teas, Birthdays etc.* R480 per person

Join us for a DIY Evening at the Spa! Book the spa for yourself and a group of friends and enjoy the privacy of all our spa facilities.

### YOUR EVENING WILL INCLUDE:

Full Body Exfoliation | Body Mask in the Rasul | Jacuzzi  
Mini-Facial Workshop | Snacks

*Terms and Conditions apply.*

## MEALS ON OFFER

*Breakfast*

R80

*Lunch*

R100

## EXCLUSIVELY CORPORATE

Treat your staff to some pampering @ SHAMBALA SPA with our 2018 Corporate packages

### SPA Package 1

- 30 Minute Treatment
- 60 Minute Treatment
- Light lunch
- Use of Spa facilities

**R980 per person**

### SPA Package 2

- 60 Minute Treatment
- Light lunch
- Use of Spa facilities

**R780 per person**

### SPA Package 3

- 30 Minute Treatment
- Light lunch
- Use of Spa facilities

**R580 per person**



## TREATMENT OPTIONS

### 30 Minute Treatments

- Indian Head Massage
- Back Neck & Shoulder Massage
- Express Manicure

### 60 Minute Treatments

- Vitaderm Aromatic Facial
- 60 Minute Massage
- Deluxe Manicure
- Deluxe Pedicure



# SPA ETIQUETTE

## RESERVATIONS

We are here for your well-being, and are here to guide you in choosing the ideal spa treatment(s) for your personalized experience and to achieve your desired results.

While making your reservation, please inform the spa reception of any medical conditions such as pregnancy, known allergies or special needs that require our attention so we can ensure your experience is a pleasant one. Please feel free to contact Shambala with any questions concerning the treatments you are interested in choosing for your visit.

## ARRIVAL

Please arrive at least 15 minutes prior to your scheduled spa treatment to change and relax in the lounge to prepare for your treatment. To ensure that all guests receive their full treatment, late arrivals cannot be guaranteed an extension of treatment time.

## CONSIDERATIONS

To preserve our tranquil environment please silence your cell phone upon check-in so that it does not disturb others. While in the spa waiting area, please be aware that others are receiving treatments and keep all conversations at a low volume.

## GRATUITY

Our spa service prices do not include gratuities. Any gratuity given for your service provider is at your discretion.

## GUEST

Your only job is to relax as completely as possible. Remember to breathe deeply and regularly, allowing the body to become very heavy and sink into the experience. Allow the therapist to move your limbs into whatever position necessary. Don't try to be helpful. Simply receive. Please feel free to give feedback.

## NUDITY CONCERNS

During the treatment, only the area being treated will be uncovered. Our staff are highly trained in "draping," which is the careful practice of covering all parts of the body not being touched. Male clients should leave on their boxers or underwear, and female clients should remove their bras but leave on underwear also.

## SHAVING / WAXING

Do not shave or wax right before your session, it may cause irritation during a massage or any other treatment. For Some sessions, such as in a facial treatment, men may be asked to shave. In that case, shave at least 2-3 hours before your spa session.

## JEWELLERY AND OTHER VALUABLES

You are not supposed to wear any jewellery or accessory during the treatment. Shambala has a locker arrangement where you can keep your jewellery and other valuable items. However, it is best to leave all expensive items at home, as we cannot be held liable for any losses.

## YOUR COMFORT

Although we do our best to anticipate your needs, we appreciate that a spa is a very individual experience.

Please let your therapist know if there is any way that she can improve your treatment or comfort - for example, heavier or lighter massage pressure, an extra towel, sound or lighting levels, room temperature etc.

We appreciate your feedback. Kindly complete the Spa questionnaire which will be provided on your departure.

# SPA POLICY

- ▲ Bookings are essential and we require a 50% deposit, cell number and e-mail address for all bookings.
- ▲ 10% Student/Scholar discount on all treatments (Monday to Thursday) excluding any treatment on promotion and public holidays.
- ▲ Saturday and Public holiday bookings require full payment in advance.

## GIFT VOUCHERS

- ▲ Gift vouchers are only exchangeable for treatments/products and may not be redeemed for cash.
- ▲ Gift vouchers are valid for three years from date of issue.
- ▲ Please safeguard your gift voucher as it can not be replaced or any value thereon redeemed if lost or stolen.
- ▲ In order to redeem the voucher it must be **presented**.
- ▲ Gift vouchers purchased are non refundable.
- ▲ Gift vouchers are deemed to be redeemed at the time that confirmation of the booking is received.
- ▲ Shambala Wellness Spa reserves the right to charge a cancellation penalty which will be levied as follows: 24 hours or less prior to booking date – 50% of booking price.

These prices are inclusive of VAT and are subject to change without prior notice.

2018

*Place of Peace, Tranquillity & Happiness*

## GIFT VOUCHERS



*Gift Voucher*



**SHAMBALA**  
WELLNESS SPAS

*Premier spas for him and her*

*A perfect gift every time*

Gift vouchers are available online at

[www.shambala.co.za](http://www.shambala.co.za)

**FREE DELIVERY IN PORT ELIZABETH**

TERMS & CONDITIONS APPLY

STOCKISTS OF

**R**  
RégimA  
SKIN TREATMENTS

 **vitaderm**

  
**optiphi**

**elim**  
SPA PRODUCTS UK.

  
MEDINBEL

  
MEDIHAND

  
BODYSCIENCE



## OPERATING HOURS

Monday to Friday 08h00 to 19h00
Saturdays: 08h00 to 18h00
Public Holidays: 08h00 to 16h00



## PAYMENT OPTIONS



Redeem from: [www.healthspa.co.za](http://www.healthspa.co.za)

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**SHAMBALA**  
W E L L N E S S   S P A S

*Premier spas for him and her*

**36 6th Avenue  
Walmer  
Port Elizabeth**

**GPS CO-ORDINATES**

**Latitude: -33.9771940497**

**Longitude: 25.5938534546**

**Tel: 041 581 3663**

**Fax: 086 518 9021**

**info@shambala.co.za**

**www.facebook.com/ShambalaWellnessSpas**

**www.shambala.co.za**

