



### MATIS FACIAL THERAPY

- |  |              |                |
|--|--------------|----------------|
|  | <b>60min</b> | <b>R250.00</b> |
| • <b>Deep Cleanse</b>  |              |                |
| • <b>Revitalising Facial Treatment:</b> a booster treatment for dull, stressed and tired skin.                       |              |                |
|  | <b>60min</b> | <b>R350.00</b> |
| • <b>Face Print Mask Treatment</b>   |              |                |
| Energising and revitalising treatment for dehydrated tired skin.   |              |                |
|  | <b>90min</b> | <b>R520.00</b> |
| Soothing and decongesting treatment for dry sensitive skin.  |              |                |
|  | <b>90min</b> | <b>R520.00</b> |
| Purifying and balancing treatment for oily problem skin.   |              |                |
|  | <b>90min</b> | <b>R520.00</b> |
| • <b>Acne Facial Treatment:</b> targeted treatment to purify and improve the appearance of a problem skin.           | <b>90min</b> | <b>R450.00</b> |
| • <b>Delicate and Soothing Treatment:</b> a skincare treatment that calms even the most delicate and sensitive skin. | <b>90min</b> | <b>R450.00</b> |
| • <b>Superior Whitening Treatment:</b> targeted treatment to help reduce the appearance of pigmentation.             | <b>90min</b> | <b>R700.00</b> |
| • <b>Youth Response Treatment:</b> a treatment to target the appearance of fine lines and wrinkles.                  | <b>90min</b> | <b>R700.00</b> |
| • <b>Gent's Facial Treatment:</b> an ultimate treatment in male grooming.  |              |                |
| Detoxifying: recommended for dull complexions, smokers and highly stressed businessman.                              | <b>90min</b> | <b>R450.00</b> |
| Purifying: balances oil secretion and refines pores.   | <b>90min</b> | <b>R450.00</b> |
| • <b>Purifying Back Treatment:</b> a specialized "deep cleanse" for the back.  | <b>75min</b> | <b>R360.00</b> |
| • <b>Eye Contour Treatment add on:</b> especially designed to restore the eye area and diminish the signs of ageing. | <b>30min</b> | <b>R295.00</b> |

### MATISPA BODY WRAPS

- |  |              |                |
|--|--------------|----------------|
| • <b>Sheer Delight Treatment:</b> A feast for the senses, utter well being for the body. | <b>90min</b> | <b>R515.00</b> |
| • <b>"Sauna" Treatment:</b> Intensely relaxing, a cocoon of sheer warmth.                | <b>90min</b> | <b>R515.00</b> |
| • <b>Vitamin Treatment:</b> Help eliminate toxins with added toning benefits of orange.  | <b>90min</b> | <b>R515.00</b> |
| • <b>Rebalancing Treatment:</b> To recharge your batteries                               | <b>90min</b> | <b>R515.00</b> |
| • <b>Ice Cold Slimming Treatment:</b> Helps eliminate bloatedness and water retention.   | <b>90min</b> | <b>R515.00</b> |

### MATISPA BODY EXFOLIATORS/SCRUBS

Intensely exfoliate the epidermis, leaving it beautifully soft.

- Crystal Exfoliator with Flower Petals: Medium exfoliation. **30min R210.00**
- Aromatic Hydrobath **30min R180.00**

### MASSAGE THERAPY

- Back Neck and Shoulder: a relaxing massage to relieve tension zones.
  - 30minutes R200.00**
  - 45minutes R240.00**
- Swedish Massage: a full body, medium pressure European massage to ease tense muscles.
  - 60minutes R330.00**
  - 90minutes R405.00**
- Aromatherapy Massage: a blend of essential oils for a healing massage.
  - 60minutes R350.00**
  - 90minutes R430.00**
- Hotstone massage: a massage with the use of basalt stones to create harmony in the body
  - 90minutes R480.00**
- Kahuna Massage: a Hawaiian style massage for increased circulation and relaxation
  - 90minutes R480.00**
- Aroma Reflex Massage: a combination of aromatherapy massage and reflexology, the complete relaxation experience.
  - 120minutes R580.00**
- Indian Head Massage: a traditional healing massage to relieve emotional stress.
  - 20minutes R150.00**
  - 30minutes R200.00**
- Reflexology: a traditional healing massage by working on the body reflex points on the feet, a perfect way to relaxation.
  - 45minutes R280.00**

### SPA PACKAGES

- **De-stress and Rejuvenate Package:** hydro-bath, 45minute back neck and shoulder an Indian head massage. **1hr30minutes R395.00**
- **Unwind Spa Day:** hydro-bath, body exfoliation, Swedish massage, deep cleanse. **3hrs R795.00**
- **Heaven for a Day:** hydro-bath, full body scrub, hot stone massage, face print mask treatment plus eye contour treatment, hand and foot treatment. **5hrs R1590.00**
- **Sanctuary Day Spa:** hydro-bath, relaxing body wrap, aromatherapy massage, revitalising facial treatment, paraffin manicure and paraffin pedicure. **6hrs R1590.00**
- **Bridal Day Spa:** body scrub, hot stone massage, face print mask treatment, French manicure and French pedicure. **5hrs30minutes R1590.00**
- **Golfers Retreat:** golfers back massage, Indian head massage, leg treatment. **1hr30minutes R395.00**

### OPI HANDS AND FEET

- **Pedicure and paint 1hr R250.00**
- **French pedicure 1hr15minutes R280.00**
- **Manicure and paint 1hr R200.00**
- **French manicure 1hr15minutes R230.00**
- **Foot treatment 45minutes R190.00**
- **Re-varnish 30minutes R75.00**
- **French re-varnish 30minutes R90.00**
- **Paraffin wax ADD ON R65.00**
- **French pedicure & French Manicure 2hrs R450.00**

- Manicure and Pedicure 1hr45min R380.00

### WAXING

- Brows or Lip or Chin or Sides R35.00
- Underarms R50.00
- Bikini or Forearms R70.00
- Full Bikini R140.00
- Full leg or Back or Chest R150.00
- Half Leg R120.00
- 3/4leg or Top of leg R130.00
- Full Face R150.00

### THREADING

- Brow or Chin or Lip or Sides R30.00
- Full Face R125.00

### TINTING

- Eyelash R60.00
- Eyebrow R50.00
- Eyelash and Eyebrow R95.00

### CANCELLATION POLICY

- Please check in 15minutes prior to your treatment(s).
- Reserved appointments require four hour advance notice for rescheduling or cancellation , after which full price of the treatment(s) will be charged. Cancellation must be made directly with the Spa.
- Late arrivals will finish their treatments within the scheduled time while the fee will remain unchanged.
- Treatments and times are subject to availability.
- Prices are subject to change without prior notice.
- Business hours are between 8H00-19H00 Monday to Saturday and 8H00-17H00 on Sunday according to bookings.

### Contact Details

Selborne Hotel, Spa and Golf Estate

P.O. Box 2, Pennington, 4184, Kwa-Zulu Natal

Phone : +27 (0) 39 688 1800 (Switchboard)  
+27 (0) 39 688 1885 (Direct Line)

Email: [spa@selborne.com](mailto:spa@selborne.com)

Website: [www.selborne.com](http://www.selborne.com)