



*TheraVine™ facials provide the perfect skin maintenance to hydrate, rebalance, nourishes and stop time in its tracks while its aroma & texture provides for a multi-sensory experience. Each of our treatments is further enhanced with eye, hand, foot or scalp treatments for ultimate Indulgence therapy*

### **THERAVINE™ Basic Facials**

#### **THERAVINE™ APPETIZER FACIAL**

**40min**

*Experience an express Vine therapy facial boost customized to your specific skin concerns*

#### **THERAVINE™ BALANCING FACIAL**

**60min**

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

#### **THERAVINE™ HYDRATING FACIAL**

**60min**

*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™ MATURE FACIAL**

**60min**

*A facial performed to firm and visibly tone the skin whilst smoothing out wrinkles. Your skin is left looking serene and the complexion more radiant and uniform.*



### **THERAVINE™ Specialised Facials**

#### **THERAVINE™ DELUXE ANTI-AGEING FACIAL**

**90min**

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

#### **HYDRAVINE™ FACIAL**

**90min**

*The perfect treatment for very dry, sensitive skin needing intense hydration and a vitamin boost. This facial helps restore the skin's hydro-lipidic film, by deeply hydrating skin with a revolutionary cloth mask containing Hyaluronic Acid which intensely moisturises and 'locks in' active ingredients for up to 3 weeks.*

#### **MICRODERMABRASION (with Theravine™ Appetizer Facial)**

**60min**

*Microdermabrasion is a quick procedure that renews the skin by lifting dead cells off the surface of your skin with a gentle polishing with crystals. With a series of microdermabrasion procedures you can quickly achieve substantial improvement in the appearance of superficial lines and uneven pigmentation, while making your skin look and feel softer, smoother and more radiant. Acne scars and enlarged pores may become less noticeable and acne breakouts may be reduced.*

#### **ULTRAVINE™ ADVANCE CELLULAR GOLD FACIAL**

**90min**

*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 24K 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.*

**dermalogica®**  
a skin care system researched and developed by The International Dermal Institute

*DERMALOGICA® - your ultimate results driven facial. The various stages of this treatment will be personalised according to the changing needs of your skin and will include a cleansing ritual, steam, exfoliation, massage and a mask. Ask your therapist about our specialised face mapping procedure*

#### **DERMALOGICA® Standard Facial**

**60min**



*NIMUE® is a new generation derma-cosmeceutical, being active skin treatment products with pharmaceutical-like benefits that are able to affect the structure and biological functioning of the skin, resulting in a healthier, optimally functioning skin with visible results.*

*Nimue® Professional treatment range has been developed for treating environmentally damaged, problematic, hyperpigmented and interactive skin classifications.*

### **NIMUE® Support Treatments**

#### **DEEP CLEANSE Treatment**

**60min**

*This deep cleanse treatment provides effective results incorporating cleansing, steam, extractions and treatment mask. Indicated for all skin classifications, especially problematic skin.*

#### **THERAPEUTIC Treatment**

**60min**

*This is a result orientated treatment customized to the clients specific skin needs with all the essentials including: Cleanse, exfoliate, gentle steam, massage and masks to deliver excellent results. Designed to treat environmentally damaged, hyperpigmented, problematic and interactive skin classifications as a monthly “pamper” or maintenance treatment.*

### **NIMUE® Rejuvenation Treatments**

#### **ACTIVE REJUVENATION Treatment**

**60min**

*A standard active skin rejuvenation treatment. Indicated for environmentally damaged, hyperpigmented and problematic skin classifications. It is a potent, yet gentle and safe active treatment delivering powerful results, culminating in refined texture, pore size, elasticity, radiance and vitality.*

#### **NIMUE® Advanced Treatment**

##### **35% GLYCOLIC Treatment**

**60min**

*An active skin rejuvenation treatment. Indicated for environmentally damaged, hyperpigmented and problematic skin. The Glycolic deep exfoliation provides controlled and predictable removal of skin cells, to improve the texture and appearance of the skin. Recommended in courses of 6 to 12 treatments.*

##### **7, 5% TCA Treatment**

**60min**

*An Active skin rejuvenation treatment. Indicated for environmentally damaged, hyperpigmented and problematic skin. The Bio-active complex in combination with 7, 5% TCA is applied to the skin for a superficial peeling effect resulting in a radiant, smoother texture and lightening of pigmentation. Specifically suited for problematic skin. Recommended in courses of 6 to 12 treatments.*



### **Hand and Foot Care**

**MILK SOLUTIONS HEEL PEEL** **90min**

**LUXURY SPA PEDICURE** **90min**

*A Hydrating Spa Pedicure where the feet are wrapped into a thermal paraffin mask that emits a warm and radiant sensation, relaxing and moisturising the feet. Includes heel, nail and cuticle care.*

**LUXURY SPA MANICURE** **75min**

*A Hydrating Spa Manicure where the hands are wrapped into a thermal paraffin mask that emits a warm and radiant sensation, relaxing and moisturising the hands. Includes nail and cuticle care.*

**RIVER SPA PEDICURE** **60min**

**RIVER SPA MANICURE** **60min**

**SHELLAC FINISH (includes Spa Manicure)** **60min**

*Shellac is a Power Polish nail treatment which allows your nails to breathe underneath, with the finish of a traditional polish but the long-lasting results of a gel treatment.*

**RESHAPE & VARNISH** **20min**

**FRENCH FINNISH** **20min**



***River Spa Ultimate Touch Therapy includes a Steam Session in preparation for your treatment.  
It supports the relaxation and suppleness of muscles, as well as leaving you with a feeling of wellbeing.***

### **SWEDISH MASSAGE**

*A perfect massage to release any stress and relax your whole body, offering relief from muscle aches and pains. It also strengthens the immune system, increase mental clarity and helps to detoxify your system.*

*Full Body Massage*

**60min**

*Back, Neck & Shoulder Massage*

**30min**

### **HEATED HERBAL STONE MASSAGE**

*Combining the heat from the basalt stones with long soothing massage techniques provides a deeply warming and nurturing treatment. This massage eases muscular aches and pains, increases circulation and aids the body's natural healing ability.*

*Full Body Massage*

**60min**

*Back, Neck & Shoulder*

**30min**

### **THERANAKA™ AFRICAN FUSION 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.*

*Peace (Relaxing) – Recharge (Uplifting) – Storm (Detoxifying) – Earth (Soothing) – Vigour (Invigorating)*

*Full Body Massage*

**75min**

*Back, Neck & Shoulder*

**45min**

### **THERANAKA™ AFRICAN WOOD MASSAGE**

**90 min**

*Mimicking the rhythmical patterns of an African dance, the TheraNaka™ signature massage blends light stretching techniques and specially designed body and facial wooden implements to relax and restore your weary body. Being drizzled with a warm Olive and Shea butter ointment will nourish and heal dry skin whilst experiencing blissful relaxation and rejuvenation.*

### **COUPLES ULTIMATE SPA MASSAGE**

*Indulge with someone special in one of our Couple's rooms. First enjoy a River Spa Rasul session where you will have the fun of giving each other a full body scrub and a full body mud treatment. Therapist will then end your journey with a relaxing massage.*

*Full Body Massage*

**90min**

*Back, Neck & Shoulder*

**60min**

### **BALANCING SCALP & FOOT MASSAGE**

**45min**

*A traditionally relaxing and healing massage working on reflexology points of the feet to restore balance to the body and pressure on the scalp to send you into a state of relaxation. This treatment leaves you in total harmony with nature*

### **REFLEXOLOGY BLISS**

**45min**

*A blissful exfoliation massage with a specific thumb and finger techniques that are applied to precise reflex point on the feet and is created to nurture the entire body systems, improving circulation and restore balances.*



*TheraNaka™ means “Beauty of Africa”. Since the earliest time, Africa's original inhabitants lived in harmony with nature. Our unique treatments and rituals were inspired by, designed and based on Africa's rich heritage and created to celebrate mother earth and her connection with life.*

### **THERANAKA™ BODY BUFF**

**40min**

*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, moisturise and leave the skin soft to the touch. Feel invigorated and revitalised as a message of new life and renewal will be weaved.*

### **THERANAKA™ BODY WRAP**

**60min**

*To commence this sensory journey you will receive a full body exfoliation. 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 nourishing Baobab lotion. An experience out of Africa!*

### **RIVER SPA STEAM RASUL EXPERIENCE**

**45min**

*Treatment starts with the application of scrub, followed by the applications of specialized clay based mud. Sit back, relax and inhale the Essential oils and clear the mind. After 20minutes of steam, rinse away the mud and cleanse the soul. To optimize the experience we would recommend enjoying it as a couple or great fun in a group.*



## **River Spa Parys Signature Treatments**

### ***The Ultimate Spa Facial***

#### **WHAT IT PROMISES**

**120min**

*A facial like no other! Feel luxuriously pampered whilst enjoying a relaxing back, neck, shoulder and scalp massage before Muscle Relaxant ampoules are lavishly applied to your face in a specialised massage routine targeting the superficial and deeper facial muscles to assist in reversing time-ravaged skin, resulting in the reduction of fine lines, wrinkles and expression lines, leaving you feeling rejuvenated and restored. Your hand and feet will also be pampered with a relaxing hand and foot ritual.*

### ***Signature Body Treatment***

#### **BEST OF THE BEST**

**240min**

*Start your journey with a full body exfoliation to aid in removal of dead skin cells. You will then prepare the body with a steam session to warm up the muscles. Let your mind wonder off during a luxurious 90 minute full body massage, created to encompass our connection with nature and celebrating life. Small blocks of aroma-infused Shea Butter are placed on different areas of your body to stimulate circulation, relax and clear areas of congestion. Experience smoothing warmth as the butter melts under your therapist's hands, leaving you utterly relaxed and skin nourished and hydrated. To round off your treatment in ultimate relaxation enjoy a relaxing hand ritual and revitalising foot ritual.*



***Get pampered from head to toe, take your time to let go and replenish and start again with new energy. Everyone dreams: 2 hours, 3 hours, all day... just for you.***

### **GRAPEVINE HAMMAM**

**90min**

*Experience our unique Hammam Treatment in the Free State. An ancient ritual of cleansing consisting of a stimulating scrub, soap wash and lymph drainage massage. Experience the body scrub with an exfoliation textured sponge embedded with a concoction of red grape skin extract, redbush extract and vegetable soap—totally unique! Your massage will be done with the beautiful rich lather of the soap, as done in a Hammam.*

### **RIVER FLOW**

**150min**

*Flow into total relaxation with a mind blowing African Fusion Full Body massage and a Balancing Scalp and Foot pressure point massage. End this journey with a facial massage of aromatic serums that will be applied to the face for total hydration and relaxation.*

### **RIVER SPA HALF DAY**

*Start your day with a light and fruity breakfast, after you have been welcomed with our signature foot ceremony-preparing you for the wonderful journey. After breakfast you will receive a full body exfoliation and then be whisked off to the aromatherapy steam room where you will be cleansed mind body and soul. Your therapist will then guide you to a treatment room where you will receive an African Fusion Full Body Massage; letting your intuition guide you on a blissful sensory experience. An Appetizer Facial will follow and while your mask do its powerful work you will end of with a hand and foot ritual.*

### **RIVER SPA FULL DAY**

*Start your day with a light and fruity breakfast, after you have been welcomed with our signature foot ceremony-preparing you for the wonderful journey. After breakfast you will receive a full body exfoliation and then take a shower to cleanse yourself. Your therapist will then guide you to your treatment room where you will receive an African Fusion Full Body massage followed by a Full body mud wrap. You will be whisked off to the aromatherapy steam room. Letting your intuition guide you on a blissful sensory experience. Indulge in a tasty lunch with refreshments in a serene and peaceful garden. Total Hydrating facial will follow and you will finish your journey by blessing your hands and feet with a spa manicure and a spa pedicure for total cleansing, repairing and revitalising.*

*We also have other packages available for corporate groups, little miss parties, pre-wedding treatment, ect.*



***Enjoy snacks and beverages with any package or treatment***

### ***PICNIC***

*Leave the hustle and bustle of your life and enjoy a picnic with a difference at River Spa. Our picnic baskets will be sure to spoil you with snacks and beverages! Also includes picnic blanket and pillows for you to relax with a view of the Vaal River. End off your picnic by simply catching a snooze whilst listening to birdsong in one of our many relaxation areas in our beautiful garden!*

### ***LUNCH***

*We offer a variety lunches on our menu to choose from*

### ***BREAKFAST***

*Start your day with a light and fruity breakfast*

### ***CAKE & TEA***

*Melt away with a piece of chocolate cake and choose one of our variety teas to end off your journey*

### ***HOMEMADE ICED TEA***

*Specially made for our clients with love*



### ***Spa etiquette***

*Welcome to the River Spa Parys.*

*We are looking forward to pampering you. Please feel free to communicate any needs before, during or after your treatment to ensure you are comfortable and receive the service you deserve.*

*Please arrive 10-15 minutes prior to your booking to enable us to complete all administrative requirements and ensure you are well briefed and ready for your relaxation session.*

*Please respect our policy and fellow guests by switching off your mobile phone.*

*Adjust to the atmosphere of calm and relaxation by talking softly, so as not to disturb fellow guests already in treatment.*

*Avoid eating a heavy meal prior to your massage or de-stress / detox treatments.*

*River Spa requires 24 hour notice for any cancellation. We kindly request that you make sure that you are available at the time of your booking. The full rate will be charged failing adequate notice of cancellation.*

*This is a professional therapeutic spa and no lewd or in-appropriate behaviour will be tolerated.*

*As a courtesy to our guests, we do not add any service charge or tip to our bill as it is not obligatory or expected. You are welcome to offer a tip directly to your therapist as an expression of your appreciation.*

*River Spa Parys is looking forward to pampering and spoiling you and we hope to exceed your expectation in the quality of our service. Please offer us your honest feedback to enable us to improve our client service to you.*

*We have shower facilities, please keep in mind that your treatment time is pre-booked and should you wish to shower before as recommended, or after a treatment, this must be taken into consideration in planning your arrival and departure times.*

*River Spa Parys Team*