



Treatment Menu



THERAVINE™ Facials

TheraVine™ facials provide the perfect skin maintenance to hydrate, re-balance, nourishes and stops 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 the ultimate indulgence therapy.



THERAVINE™ APPETIZER FACIAL

40 min

Experience an express Vine Therapy facial boost customised to your specific skin concerns

THERAVINE™ BALANCING FACIAL

60 min

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 restored

THERAVINE™ HYDRATING FACIAL

60 min

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

60 min

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.

C/o Grewar Ave 4 & Vos Street, Parys, South Africa Tel: + 27 56 811 2663 OR +27 84 513 1425 E-mail: info@riverspaparys.co.za



THERAVINE™ Specialised Facials

THERAVINE™ DELUXE ANTI-AGEING FACIAL

90 min

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

90 min

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.

NUTRIVINE THERAPACK FACIAL

90 min

An anti-oxidant, nutrient rich facial that nourishes and revitalises dull, fatigued skin types. The facial incorporates a specialised, warm multi-active grape- and linseed face pack which stimulates and enhances the action of the products applied during the treatment. Skin is left feeling smooth, soft and radiant.

DE-POLLUTING RADIANCE REPAIR FACIAL

60 MIN

Symptoms such as irritations dehydrating increased sensitivity and premature aging are a direct result of the skin's weakened barrier. With the ongoing need to neutralize this invisible war against the health of our skin, De-Polluting Radiance Repair Facial is a triple phase 60 min treatment aimed at addressing the detrimental assault of daily exposure to both urban and digital Pollution while expertly heling detoxify any Skin Type



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® Support Treatments

DEEP CLEANSE Treatment

60 min

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

THERAPEUTIC Treatment

60 min

This is a result orientated treatment customise to the clients specific skin needs with all the essentials including: cleans, 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.

60 min

ACTIVE REJUVENATION Treatment

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



Hand and Foot Care

MIS HEEL PEEL PEDICURE **90 min**

LUXURY SPA PEDICURE **90 min**

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. *Please take note: No colour painting.*

LUXURY SPA MANICURE **75 min**

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. *Please take note: No colour painting*

RIVER SPA PEDICURE *Please take note: No colour painting* **60 min**

RIVER SPA MANICURE *Please take note: No colour painting* **60 min**

EVO Gel MANICURE FINISH (includes Spa Manicure) **60 min**

EVO Gel PEDICURE FINISH (Includes Spa Pedicure) **60 min**

RESHAPE & VARNISH **20 min**



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	60 min
Back, Neck & Shoulder Massage	30 min

HEATED HERBAL STONE MASSAGE

A must during the cold winter months. 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	60 min
Back, Neck & Shoulder	30 min

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	75 min
Back, Neck & Shoulder	45 min



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.

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

Indulges 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

60 min

Back, Neck & Shoulder Massage

30 min

BALANCING SCALP & FOOT MASSAGE

45 min

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



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 15 minutes 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 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 with a mask doing its powerful work. Your relaxation journey will end of with a hand and foot ritual.

RIVER SPA FULL DAY

Enjoy health breakfast to start your day. Your full-day spa journey kicks-off with our signature foot ceremony followed by a full body exfoliation and then a shower to cleanse yourself. Your therapist will 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 to allow your imagination to enjoy a blissful sensory experience. Indulge in a tasty lunch with refreshments in the serene settings of our peaceful garden with a rviverview. The afternoon session includes a total hydrating facial. Your journey ends 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, etc.

C/o Grewar Ave 4 & Vos Street, Parys, South Africa Tel: + 27 56 811 2663 OR +27 84 513 1425 E-mail: info@riverspaparys.co.za



*You can enjoy snacks or meals with selected treatments.
Please take note: We do not have a formal restaurant, all meals need to be pre-booked.*

PICNIC

Leave the hustle and bustle of your life and enjoy a picnic with a difference at River Spa. Spoil yourselves with our picnic baskets filled with scrumptious snacks and beverages. Our picnic baskets also include a picnic blanket and pillows for you to relax in our lushes garden with a view of the Vaal River. Conclude your picnic snoozing off with birdsong in the background in our beautiful garden!

LUNCH

We offer delicious lunches planned around what is in season.

BREAKFAST

Start your day with a light and fruity breakfast

CAKE & TEA

Decadent chocolate cake and choose one of our variety teas to end off your journey

HOMEMADE ICED TEA

Specially made for our clients with love