



fresh wellness

Breathing In New Life

Fresh Wellness Spa Group

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The Cellars-Hohenort Hotel

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The Fresh Wellness Spa Group welcomes you to our three beautiful Fresh Wellness Spas perfectly located at two award winning hotels, The Cellars-Hohenort Hotel in Constantia, Cape Town, and The Plettenberg Hotel in Plettenberg Bay.

Nestled away in the heart of this magnificent property, passing a romantic rose garden, at the foot of Table Mountain, you will easily become swept away and escape into another world. We strive 'to breathe in new life' by encapsulating our guests during their spa experience, incorporating our natural surroundings, and making use of the finest plant and marine-infused skin and body care products for the ultimate result. Whether you enjoy a couple's treatment with a loved one, a spa party with a group or friends or some well-deserved time out, the option is yours.

Be sure to relish all that we have to offer by taking a stroll in our world-renowned garden, lounging at our heated pool under the trees, sipping cocktails at the Martini Bar or dining at one of our fabulous restaurant, making beautiful memories along the way.

skin treatments

ph formula

Advanced Skin Resurfacing Treatment

R1 100 | 60 min

An advanced chemical peel for skins presenting with signs of ageing, pigmentation, acne & scarring

Skin Resurfacing Treatment

R850 | 45 min

A mild but effective resurfacing treatment that can be customized to suit various skin conditions

Deep Cleanse Treatment

R720 | 30 min

A deep cleansing flash treatment to gently clean&refresh dull, congested skin

Add on Areas / Treatments

R270 | 15 min

Décolleté / Hand Resurfacing / Vit. C Booster Layer / T.D.S. Firming Booster

theravine

Signature Fresh Facial

R1 300 | 90 min

Our Signature Facial is designed for extreme relaxation. An introductory neck & shoulder massage is followed by an advance hydrating facial with visible results lasting up to 3 weeks

Advanced Facial Massage Add On

R270 | 15 min

Using a combination of ancient Chinese Gua Sha facial massage techniques, lymphatic drainage and friction movements to increase blood circulation to the epidermis, resulting in radiant and lowing sin

Charcoal Glycolic Acid Peel

R750 | 60 min

Assisting with cellular turnover to refresh & improve dull and congested skin with signs of post acne scarring

Lactic Acid Peel

R600 | 45 min

Using 20-30% Lactic Acid to gently target premature ageing, uneven skin tone & improve texture

skin micro needling

Skin Needling & ph Formula Peel Combo

R1 900 | 90 min

Experience one of the most advanced resurfacing treatments combined with the latest in collagen induction therapy with this powerful combo. Delivering amazing results on pigmentation, signs of ageing, skin firming & post acne scarring. Downtime and skin preparation required

Skin Needling Treatment

R1 300 | 75 min

Fight and reverse the signs of ageing by inducing the skins' own collagen production resulting in improved rejuvenation of fine lines & wrinkles, pigmentation, enlarged pores, acne as well as scars & stretch marks

Nano Needle Treatment

R950 | 45 min

A non-invasive skin treatment designed to rejuvenate the skin, lack of tone, uneven texture, pigmentation & loss of elasticity

Skin Needling Course

R3 900 | 75 min

Purchase a course of 3 Skin Needling Treatments & receive 1 for free

dermaplane

Dermaplane Skin Treatment

R900 | 45 min

An exfoliating treatment that removes dead skin cells and vellus facial hair, increasing the cellular turnover in the skin

Advanced Tri-Active Skin Treatment

R2 500 | 90 min

Experience the ultimate skin treatment with the powerful combination of 3 of the most progressive anti-ageing and skin resurfacing techniques. Starting off with a chemical peel followed by a dermaplane treatment & then ending off with micro-needling using a collagen serum. This treatment is the absolute ultimate in delivering results

qms medicosmetics

Epigen Anti-Stress Treatment

R1 800 | 75 min

Supporting the body's own detox system by activating the lymph, this treatment combines manual and QMS formulated products to stimulate and help the skin recover from the effect of cortisol, our stress hormone, on the skin. The treatment leaves the client feeling refreshed and renewed from the daily aspects that can cause the skin to become dull and tired

Sensitive Rebalancing Treatment

R1 500 | 60 min

The most advanced QMS facial aimed to combat damaged, exhausted and dull skin through micro-circulation

Neo-Tissuedermie Treatment

R1 600 | 75 min

An advanced firming, lifting, and toning treatment stimulating the production of collagen III to reverse deep wrinkles and tighten the skin

Collagen Regeneration Treatment

R1 500 | 90 min

Instantly effective nourishing and lifting treatment for mature and extreme dry skin conditions

Urban Repair Treatment

R1 100 | 60 min

This advanced detoxifying facial targets the damaging environmental effects on the skin and helps repair & restore it at cellular level

Purifying Facial for Men

R980 | 60 min

Refines the pores, eliminates impurities and hydrates the skin with its combination of advanced products and circulating boosting techniques

Activator Treatment

R980 | 45 min

Energizing treatment that provides instant vitality for jet-lagged and tired skin using active ingredients such as marine collagen & hyaluronic acid

Epigen De-puff Eye Treatment

R300 | 20 min

This eye treatments uses a supercharged serum combined by a ceramic tool to help reduce the appearance of puffiness and dark circles, while defending the skin around the eyes from pollutants and external aggressors



hydro therapy

Rasul

R750 | 45 min

An ancient Middle Eastern bathing ritual designed for two guests at a time to detoxify & cleanse with the application of an exfoliator and mineral rich mud

Steam therapy

R200 | 20 min

To be enjoyed as a treat or offered as complimentary when used in combination with a touch therapy to create the perfect start to a treatment

body exfoliation

(Treatments includes a facial exfoliation)

Age-Defying AHA Body Peel

R750 | 45 min

Rapidly resurfaces the skin while stimulating collagen production, improving firmness, skin elasticity & tone, leaving the body feeling soft & looking youthful

Apricot Kernel Body Buff

R590 | 30 min

A gentle all over body exfoliation, using crushed apricot kernels in a botanical rich body cleansing cream. Feel invigorated and revitalized as your body is polished to glowing perfection before receiving a hot oil application

Dry Body Brush

R470 | 30 min

Buff away dead skin cells through this extremely relaxing experience. A Shea Body Butter application with essential oils leaves the skin smooth and radiant

group bookings

Celebrate any Special Occasion or Corporate Event at Fresh Wellness

Please enquire at reception as we customize each group package to suit your specific need

Fresh Wellness will charge an additional set-up fee for all Group Bookings / Requested In-room or Outside treatments



body wraps

(Treatments includes a facial mask application & scalp massage)

Detoxifying Mud Wrap

R650 | 45 min

Relish in the moment cocooned in a comforting African mud wrap of fragrant essential oils targeted to relieve the body of toxic build-ups, ending off with a luxurious Shea body butter application of your choice

Hydrating Milk Wrap

R600 | 45 min

Enjoy the sensation of warm, rich hydrating milk being poured over your entire body before being wrapped in warm blankets for the ultimate in relaxation and hydration, leaving your skin glowingly soft

specialised treatments

Rejuvenating Face & Body Glow

R1 100 | 75 min

A marriage of symphonies with this spa experience starting off with a Body Scrub & Facial Exfoliation, followed by a Steam session. The body is cocooned in a heated Aloe Body Wrap followed by a facial pressure point & scalp massage & facial mask application. This journey comes to a perfect end with a Shea Body Butter application

Luxury Scalp & Foot Ritual

R750 | 60 min

Treat the most stressed areas of the body by starting off with a foot peel treatment, followed by a Hot Stone Reflexology foot & calf massage. Whilst the feet are wrapped in a cooling mask all tension melts away with a pressure point scalp massage

Hair & Scalp Treatment

R650 | 45 min

Experience this unique scalp treatment starting with a stimulating application of a scalp tonic, followed by a scalp massage & ending off with a hair mask

touch therapies

5 Senses Signature Massage

R1 350 | 90 min

Breathe in a breath of fresh air as our signature massage embodies the refreshing power of selected Avo-Shea body butter, volcanic stones, tropical bamboo sticks & unique massage techniques with special focus on pressure points throughout the body

Hot Stone Full Body Massage

R1 200 | 75 min

Using warm volcanic stones to rid of tension through thermo-therapy. Customize the treatment with essential oils to treat specific conditions

Aromatherapy Full Body Massage

R1 200 | 90 min

A medium pressured massage using superior aromatherapy essential oils with special emphasis placed on lymphatic drainage movements to help rid the body of toxin build up

Deep Tissue Full Body Sports Massage

R1 150 | 60 min

R1 400 | 90 min

For the stressed individual, this massage places emphasis on the back of the body. Deep pressure, reflex pressure points and an aromatherapy muscle release oil works in synergy to ease muscular strain. Ending this journey includes the application of a cooling gel to balance & awaken the body

Meno-free Massage

R1 050 | 60 min

Uplifting menopausal women with a calming wild-crafted essential massage oil that addresses symptoms including sensitivity, discomfort & hot flashes to calm and nature

Mother To Be Massage

R1 150 | 75 min

For the tired, expectant mother this massage supplies nurturing movements to unwind & calm the body. Available in the second and third trimester



Traditional Swedish Massage

R1 050 | 60 min

This traditional treatment combines medium pressure and long continuous strokes using essential oils for a personalised twist

Deep Tissue Back & Neck Massage

R750 | 45 min

An intensive massage using muscle reconditioning techniques to help relieve muscular tension on specific acupressure points, followed by the application of a refreshing circulatory gel

Hot Stone Back & Neck Massage

R720 | 45 min

Bring profound relief to sore, stiff muscles as heated volcanic stones glide along the body. Ending off with scalp massage, all tension will be melted away

Aromatherapy Back & Neck Massage

R690 | 45 min

Be the master or your own spa destiny by choosing between various essential oil blends, ending off with a soothing scalp massage using a specialised hair oil blend

Back, Neck & Shoulder Massage

R650 | 30 min

This classic massage focuses specifically on the most strained region of the body. Customized with specific blends of essential oil, whether it is to relax, ease muscular tension or detox

Scalp & Neck Massage

R650 | 30 min

Relieve tension build-up, headaches & neck spasms using aromatic oils on the most strained and tired area of the body

Reflex Foot & Calf Massage

R650 | 30 min

A reflex pressure point foot and calf massage aimed at releasing toxin build-up throughout the entire body ending with a cooling Circulavine gel application

Couple's Massage

(Time and Price relative to your choice)

Choose any one of the Touch Therapies whilst unwinding with a friend or partner in our Couple's Room

bellabaci cupping therapy

Cupping therapy is an ancient wellness method used for relief from many conditions such as muscular tension and pain, migraines, cellulite, and poor blood circulation. Working deep within the tissues this treatment enhances blood flow at cellular level with benefits lasting several weeks

Back, Neck & Shoulder

R750 | 45 min

Full Body Massage

R1 050 | 60 min

Full Body Massage

R1 100 | 75 min

Advanced Add On experiences for Touch Therapies

R270

Personalize & upgrade any touch therapy by adding one of the following advanced custom items to your experience

- *Body Bellabaci Cupping*
- *Hot Stones*
- *Bamboo Sticks*
- *CBD Massage Oil*
- *15 min Additional time to any Touch Therapy*



spa packages

FW Signature Package

R5 000 | 6 hrs

Body Peel

FW 5 Senses Signature Massage

FW Signature Deluxe Spa Manicure

FW Signature Deluxe Spa Pedicure

Hair & Scalp Treatment

Hydrating Milk Body Wrap

Advanced QMS Skin Treatment

Light Spa Lunch

Steam Therapy

Superior Pamper Package

R3 100 | 4 hrs

Bellabaci Full Body Massage

QMS Deep Cleanse Skin Treatment

Luxury Foot Ritual

Mini Manicure

Mini Pedicure

The Gathering Package

R1 200 pp | 90 min

Minimum of 4 guests can choose any 3 of the following treatment selections to create the perfect spa journey:-

- *Back, Neck & Shoulder Massage*
- *Scalp Massage*
- *Reflex Foot Massage*
- *Mini Manicure or Mini Pedicure*
- *Dry Body Brush*
- *Appetiser Facial*

Couples Delight Spa Experience

R3 500 | 2.5 hrs

Indulge in the ultimate romantic escape for two to enjoy, starting off with a glass of Sparkling Wine & chocolates on arrival. This is followed by the Rasul session, ending off with our famous FW 5 Senses Signature Full Body Massage

Craft Your Own Journey

R2 700 | 3 hrs

Be the master or your own spa destiny by creating your own spa package through choosing any 3 of the following treatments:-

- *Aroma Full Body Massage*
- *FW Signature Facial*
- *Apricot Kernel Body Buff*
- *African Mud Wrap*
- *Spa Manicure*
- *Spa Pedicure*
- *Luxury Foot & Scalp Ritual*

The Awakening Package

R2 500 | 2.5 hrs

Back Exfoliation

Deep Tissue Full Body Massage

Body Mud Wrap

Pressure Point Reflex Foot Massage

Scalp Massage with Scalp Tonic

Spa Teaser Package

R1 500 | 90 min

Back, Neck & Shoulder Massage

Appetiser Facial

Mini Manicure or Mini Pedicure



tips & toes

FW Signature Deluxe Spa Pedicure

R700 | 75 min

Our signature foot treatment designed to ultimately relax the most tired area of the body. Extra attention spent on callus removal, mask application and a reflex pressure point foot massage to end this treatment off perfectly

Spa Pedicure

R500 | 60 min

A foot ritual consisting of a scrub, cuticle work, foot filing and/or callus remover, a luxurious foot massage, ending off with nail varnish application

FW Signature Deluxe Spa Manicure

R600 | 75 min

Our signature hand treatment includes a hand peel and mask

Spa Manicure

R480 | 60 min

A hand treatment consisting of a sugar scrub, cuticle work, nail shaping, a hand massage, ending off with a nail varnish application

Gents Pedicure

R450 | 45 min

Gents Manicure

R450 | 45 min

Mini Pedicure

R400 | 30 min

Includes shaping, cuticle work & nail varnish application

Mini Manicure

R400 | 30 min

Includes shaping, cuticle work & nail varnish application

File & Paint

R250 | 15 min

Foot Peel Add On

R250 | 15 min

UV Gel Application

R520 | 15 min

grooming

female waxing

<i>Lip/chin/Ear/Nose</i>	<i>R130</i>
<i>Cheeks</i>	<i>R160</i>
<i>Under Arm</i>	<i>R240</i>
<i>Half Arm</i>	<i>R220</i>
<i>Full Arm</i>	<i>R280</i>
<i>Bikini</i>	<i>R280</i>
<i>G-String</i>	<i>R320</i>
<i>Brazilian</i>	<i>R380</i>
<i>Hollywood</i>	<i>R420</i>
<i>Half Leg</i>	<i>R290</i>
<i>Full Leg</i>	<i>R370</i>

male waxing

<i>Chest</i>	<i>R270</i>
<i>Half Back</i>	<i>R280</i>
<i>Full Back</i>	<i>R370</i>
<i>Stomach</i>	<i>R260</i>
<i>Half Leg</i>	<i>R340</i>

eye care treatments

<i>Eyebrow Shaping</i>	<i>R140</i>
<i>Eyebrow Tint</i>	<i>R160</i>
<i>Eyelash Tint</i>	<i>R160</i>
<i>Eyelash & Brow Tint & Shape</i>	<i>R350</i>

eyelash enhancement by Lisa

Lashes done by our expert Lisa, please inquire at Reception

make up application

Qualified make-up artists will assist in making you look perfect for any occasion or teach you how to properly apply your day make-up

Special occasion Make-Up R 850 | 60 min

Bridal Make-Up (including trail) R1 500 | 60 min

spa etiquette & policies

Welcome at Fresh Wellness - we believe that your every journey with us will be a delightful one. For your comfort please read through the following information.

Please arrive 15 minutes prior to your scheduled appointment as this will ensure full treatment value.

We value punctuality and late arrivals may necessitate that your treatment session be shortened, with full treatment value being charged for. We kindly request that guests remain quiet whilst in the spa in order to reach a complete relaxed state and to ensure that other guests can also achieve this very same goal.

Cellphones should be switched on silent upon arrival at the spa.

operating hours

May until September:-

Monday to Saturday from 09:00 until 18:00

Sundays from 09:00 until 14:00

October until April:-

Monday to Saturday from 08:00 until 19:00

Sundays from 09:00 until 17:00

We are open on all Public Holidays except Christmas Day

Reservations:

We request that all spa treatments are booked in advance to avoid disappointment. A 50% deposit will be required upon making a group (4+ people) booking.

Consultation Cards:

Upon your arrival as a first time FW guest, you will be requested to fill in a consultation card. Please fill this in accurately, as Fresh Wellness cannot be held responsible for non-disclosure.

Attire:

Please arrive at the spa wearing comfortable, loose fitting clothing or a bath robe. Compulsory disposable under-garments will be provided for all body treatments.

Valuables:

It is advisable that no jewellery should be worn at the spa. The management and staff accept no responsibility for the loss of any valuables of any kind brought to the spa.

Breakfast or Lunch:

Please inform reception should you like to enjoy breakfast or lunch at the Conservatory Restaurant before or after your spa journey. High Tea or Canapés can also be served with prior arrangements.

Cancellations & Late Arrivals:

Be kindly request 24 hour notice in the event of a cancellation. Fresh Wellness reserve the right to charge in full for treatments not cancelled in this period of time or no arrivals. Should you arrive late for your booking, FW may have to shorten treatment time although the guest will still be held liable for full payment of the treatment booked.

Gift Vouchers:

Treat a friend or loved one by giving them an experience of a journey that they will never forget. Gift Vouchers are available for the amount of your choice. Please note that Gift Vouchers are not accepted for the purchasing of retail products, are non-refundable, non-transferable and must be presented at the time of treatment. The value of all Gift Vouchers are momentary and fixed on the date of purchase and will be honoured accordingly.

