



seasons
golf • leisure • spa

Your Relaxation Destination

APPETIZERS

Stress Relief foot massage

Pressure Relief Hand massage

Sensational Scalp Massage

Pamper Facial

Luxurious body Polish

Monday - Friday

Saturday - Sunday

30 min - R280

30 min - R360

30 min - R280

30 min - R360

30 min - R250

30 min - R320

30 min - R390

30 min - R440

30 min - R370

30 min - R420



TheraVine™ Hydrating Facial

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™ Balancing Facial

A deep-cleansing facial to gently remove surface impurities using a customised purifying mask while specially selected aromatic botanicals restore balance to the skin.

TheraVine™ Mature Facial

Firm and visibly tone the skin whilst smoothing out wrinkles. Skin is left looking more radiant and uniform.

MelanoVine™ Pro-brilliance Brightening Facial

Diminish uneven skin tone while minimizing the appearance of fine lines and wrinkles. Targeting hyperpigmentation with scientifically advanced actives and natural lightening plant extracts, this treatment will leave your skin looking luminous and feeling radiant.

UltraVine™ Advance Cellular Gold Facial

Using TheraVine™'s breakthrough anti-oxidant technology, this anti-ageing concept along with the revolutionary soft 24K gold and diamond dust collagen film mask, 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.

Monday - Friday	Saturday - Sunday
60 min - R520	60 min - R560
60 min - R520	60 min - R560
60 min - R520	60 min - R560
60 min - R655	60 min - R690
90 min - R720	90 min - R780

Ask your therapist for a free skin consultation when having your treatment

Six Heavenly Journey

A fantastic express treatment for all skins.

Six Timeless skin Journey 60min

A deep-cleansing facial to gently remove surface impurities using a customised purifying mask while specially selected aromatic botanicals restore balance to the skin.

Sensational Super Hydrating Facial 90min

Firm and visibly tone the skin whilst smoothing out wrinkles. Skin is left looking more radiant and uniform.

Sensational Caviar Skin Treatment 90min

Diminish uneven skin tone while minimizing the appearance of fine lines and wrinkles. Targeting hyperpigmentation with scientifically advanced actives and natural lightening plant extracts, this treatment will leave your skin looking luminous and feeling radiant.

Anti-pollution Skin Journey 90min

Using TheraVine™'s breakthrough anti-oxidant technology, this anti-ageing concept along with the revolutionary soft 24K gold and diamond dust collagen film mask, 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.

New Skin Reveal

A facial including an alpha hydroxy acid peel that still delivers the unique SIX sensorial experience with our relaxing warming and lifting massage. Instant results with refined pores, smoothed lines, clearer and more even complexion and super glowing and radiant skin.

Men's Skin Journey

The classic men's facial for the man looking for a more radiant & smooth completion.

Men's Advanced Facial

Deep cleansing facial designed for men to gently remove impurities and restores balance to the skin.

Monday - Friday	Saturday - Sunday
45 min - R485	45 min - R530
60 min - R645	60 min - R690
60 min - R520	60 min - R560
90 min - R720	90 min - R780
90 min - R720	90 min - R780
90 min - R720	90 min - R780
60 min - R645	60 min - R690
90 min - R720	90 min - R780

MASSAGES

Back & Neck
 Back & Neck
 Swedish
 Swedish
 Deep Tissue
 Deep Tissue
 Aromatherapy
 Aromatherapy

Add - On:

Hot Stone
 Paraffin wax
 Foot Peel
 Back Scrub
 Foot Mask
 Hand Mask

Monday - Friday	Saturday - Sunday
30 min - R435	30 min - R470
45 min - R540	45 min - R580
60 min - R645	60 min - R680
90 min - R810	90 min - R860
60 min - R650	60 min - R690
90 min - R850	90 min - R890
60 min - R650	60 min - R690
90 min - R850	90 min - R890

Monday - Friday	Saturday - Sunday
R100	R115
R115	R125
R215	R225
R135	R145
R115	R125
R115	R125



GROOMING

Waxing

Eyebrow
 Upperlip
 Chin
 Cheek
 Underarm
 Half Arm
 Full Arm
 Chest
 Back
 Bikini
 Brazilian
 Full Bikini
 Half Leg
 Three Quarter Leg
 Full Leg Wax

Monday - Friday

R90
 R80
 R90
 R90
 R110
 R160
 R190
 R210
 R210
 R180
 R260
 R210
 R180
 R210
 R270

Saturday - Sunday

R95
 R85
 R95
 R95
 R115
 R165
 R198
 R215
 R215
 R185
 R265
 R215
 R185
 R215
 R275

Tinting

Eyelash Tint
 Eyebrow Tint
 Lash & Brow Tint

Mon - Fri

R100
 R100
 R185

Sat - Sun

R100
 R100
 R185



Hands & Feet

Express Manicure
 Express Pedicure
 Classic Manicure
 Classic Pedicure
 Deluxe Spa Manicure
 Deluxe Spa Pedicure
 Gel Polish Application
 (when having a manicure or pedicure)
 Gel Polish Application
 (without manicure or pedicure)
 Gel Soal Off

Monday - Friday

30 min - R220
 45 min - R290
 60 min - R350
 60 min - R350
 90 min - R400
 90 min - R400
 15 min - R80
 45 min - R250
 30 min - R120

Saturday - Sunday

30 min - R245
 45 min - R350
 60 min - R380
 60 min - R380
 90 min - R450
 90 min - R450
 15 min - R115
 45 min - R300
 30 min - R150



PACKAGES

Blissful

Back, neck & shoulder massage & Classic Pedicure.

Stress Relief

Back, neck & shoulder massage, Floatation therapy, Express Manicure & Express Pedicure.

The Seasons Escape - Per Person

Escape with Seasons. Enjoy our floatation Therapy, Rasul Chamber, Sparkling Wine & Lunch. Includes: Complimentary Spa Access.

The Seasons Escape - Per Couple

Escape with Seasons. Enjoy our floatation Therapy, Rasul Chamber, Sparkling Wine & Lunch. Includes: Complimentary Spa Access.

Half Day Package

A luxury Rasul Treatment, 60-minute Swedish massage, 60-minute facial. Includes: Lunch, smoothies, glass of sparkling wine & complimentary spa access.

Floatation Pool

The pool is heated to maintain the body's natural temperature. The body becomes almost weightless and a deep state of relaxation is achieved in 15-20min minutes. Equivalent to 4 hours of sleep

Rasul

Exfoliator & body mask is provided to exfoliate, refresh & renew the skin. Steam at intervals provides deep penetration of ingredients & leaves the skin soft & supple, finishing off with a rain shower.

Season's Ultimate Retreat

A luxury Rasul treatment with champagne and sparkling water, floatation pool, 60min Swedish full body massage, Six Advanced facial, Classic pedicure, classic manicure with lunch and complimentary spa access

Add R195 POD For Lunch during the week - Subject to availability

Corporate Packages

Option 1:

Back Exfoliation & 60-minute Swedish Massage.

Option 2:

Hydrating Facial, Floatation Pool & 60-minute Massage.

Option 3:

Hydrating Facial, Spa Pedicure, 60-minute Massage & Lunch.

Monday - Friday	Saturday - Sunday
1.15hrs - R670	1.15hrs - R720
2.15hrs - R1125	2.15hrs - R1300
4hrs - R715	Not available on weekends and public holidays
4hrs - R1350	
4hrs - R1520	
R260	R285
R380	R400
R1800	R2100

Monday - Friday	Saturday - Sunday
1.15hrs - R670	Not available on weekends and public holidays
2.15hrs - R1125	
4hrs - R1300	

OPERATING HOURS



Sunday - Thursday
(excluding public holidays)

09:00 - 19:00

Friday & Saturday

09:00 - 21:00

Spa Access

Hourly rate: R90 (Midweek) | R110 (Weekend)
Daily rate : R290 (Midweek) | R310 (Weekend)

Spa Etiquette

- Pensioners get a 30% discount on massages
- Spa age restriction 16 and above