



VIVARI
SPA

TREATMENT MENU



VIVARI SPA

At Vivari Spa, we believe that true well-being comes from a holistic approach that encompasses both physical and mental health. Our team of highly skilled therapists and medical professionals are dedicated to providing a personalized experience that caters to your unique needs and desires.

Our spa menu is designed to offer a wide range of treatments and therapies that address various aspects of well-being. Whether you're looking for a soothing massage to release tension and promote relaxation, a rejuvenating facial to enhance your natural beauty, or a comprehensive body treatment to detoxify and revitalize, we have something for everyone.

In addition to our spa services, we also offer specialized pre- and post-surgery treatments that are tailored to assist in the healing process and optimize the results of certain procedures. Our therapists work closely with your medical team to ensure a seamless and integrated approach to your care.

Our spa menu features a selection of Vivari Signature Journeys, which are designed to provide you with a completely unique and transformative experience. These signature rituals are centered around the practice of meditation, allowing you to explore the deep interconnection between your mind and body.

Please note all treatments include a Visia skin analysis and a body fat composition assessment.

VIVARI SIGNATURE TREATMENTS

TASTE OF VIVARI

The Taste of Vivari begins with a hand ritual, followed by a 30-minute back, neck, and shoulder massage. Clients can choose between Swedish, aromatherapy, or deep tissue massage, which incorporates our unique hot copper cup technique. After the massage, there is a 30-minute hydration boost express facial. The treatment concludes with our signature marble stone face drainage, which targets pressure points on the face and leaves the skin invigorated.

60min // R1 600

YIN

Our highly effective treatment starts with a comprehensive coconut rose sea salt exfoliation for the entire body. After that, you have the option to select a full body wrap that specifically addresses your body's needs. To conclude the treatment, our top-tier nourishing body butter is skillfully applied, ensuring optimal results.

75min // R2 000

YANG

Yang begins with an introductory hand ritual, followed by your choice of a unique signature journey technique. The relaxing treatment ends with our signature marble stone face drainage, which targets pressure points on the face and leaves the skin invigorated.

90min // R2 200

SHANTI

A nurturing ritual to induce deep relaxation and nourish the skin for pregnant and nursing mothers. The treatment ends with a full-body relaxing massage using nourishing oil and a soothing scalp massage.

90min // R2 200

ANANDA

Ananda starts with an introductory hand ritual, followed by the option to choose between Swedish, aromatherapy, or deep tissue massage. These massages incorporate our unique hot copper cup technique. The soothing treatment concludes with our signature marble stone face drainage, which focuses on pressure points on the face and leaves the skin refreshed.

120min // R2 800

FULL BODY

BACK, NECK & SHOULDER

Restore calm to the mind and body with this renowned 'hero' treatment. Loved by all, this relaxing and deeply effective experience delivers triple results by focusing on three key areas, making it the ideal treatment for anyone.

30min, 60min // R1 000, R1 400

SWEDISH MASSAGE

The Swedish massage incorporates techniques that provide a sublime experience that is deeply effective, soothing, and relaxing. It uses a light or medium pressure on the muscles, depending on the preference of the guest, used to increase blood flow, ease tension, and improve flexibility.

60min, 90min // R1 400, R2 000

AROMATHERAPY

A deeply relaxing massage that combines personalized aromatherapy oils and targets pressure points. It applies medium or firm pressure to the muscles, based on the guest's preference, to enhance blood flow, relieve tension, and enhance flexibility.

60min, 90min // R1 500, R2 100

DEEP TISSUE MASSAGE

A powerful massage designed to alleviate deep-seated tension and muscular stress. It uses firm to deep pressure, including acupressure and deep movements using the therapist's forearms and elbows.

60min, 90min // R1 500, R2 100

INDIAN HEAD MASSAGE

Experience the soothing benefits of an Indian Head Massage, designed to relieve tension, reduce stress, and improve overall well-being. This traditional massage technique focuses on the scalp, neck, and shoulders, promoting relaxation and rejuvenation while enhancing blood circulation and easing headaches.

45min // R1 100

PREGNANCY MASSAGE

Tailored for expectant mothers, the Pregnancy Massage offers gentle and nurturing relief. It alleviates discomfort, reduces swelling, and promotes relaxation for both mother and baby. This specialized treatment is a safe and soothing way to support the body during pregnancy.

60min // R1 500

SPECIALISED MASSAGE TREATMENTS

CHAKRA BALANCING CANDLE MASSAGE - *NEW*

An aromatic full-body massage incorporating Tibetan sound therapy is offered. The soy-based candles release aromatherapy scents, followed by a soothing massage with the oil chosen from our candle.

90min, 120min // R1 900, R2 400

SOUND THERAPY - *NEW*

Sound therapy is a comprehensive approach that focuses on your emotional, mental, psychological, and spiritual well-being. By utilizing music, tones, frequencies, and vibrations, we heal both your mind and body. Our treatment involves the use of soothing sound instruments, which guarantee a sense of rejuvenation after each session. Experience the healing of your mind, body, and soul through our sound therapy services.

60min // R1 600

BELABACCI FULL BODY MASSAGE

A modern treatment based on ancient cupping therapy achieves amazing medical and therapeutic results, including reducing cellulite, improving blood circulation, and safely releasing toxins and inflammation from the body.

60min, 90min // R1 800, R2 100

** excludes the face and stomach*

HOT STONE MASSAGE

This therapeutic full body massage uses aromatherapy oils and heated volcanic stones to relieve deep muscle tension with a firm to deep pressure.

75min, 90min // R1 900, R2 100

REFLEXOLOGY

The long-standing tradition of pressure point stimulation, Reflexology, is the massage of the feet. Thorough stimulation of all reflex areas of the feet reduces stress and tension and creates a space in the recipient's body for healing to take place.

45min // R1 300

LYMPH DRAINAGE MASSAGE

Lymphatic drainage massage is a gentle form of massage that promotes the movement of lymph fluids throughout the body. The goal of lymphatic drainage massage is to support proper blood circulation, maintain body fluid balance, and enhance immune functions.

60min, 90min // R1 600, R2 000

BODY RITUALS

VIVARI SIGNATURE EXFOLIATION

30min // R900

THALGO MICRONIZED MARINE ALGUE WRAP

30min // R1 500

VIVARI SIGNATURE WRAP

30min // R1 000

ADD-ON BODY TREATMENTS

30min Foot Massage // R800

30min Tibetan Sound Therapy - *NEW* // R800

30min Hyperbaric Oxygen Therapy - *NEW* // R600

Bellabaci Cups (face or body) // R300

Hot Stones) // R300

Soy- based Candle) // R300

BIOLOGIQUE RECHERCHE BODY TREATMENTS

Our bespoke treatments for the body are tailored to target specific areas. Our Biologique Recherche practitioner can carry out a comprehensive personalized evaluation of how to treat specific areas of your body.

P50 CORPS /GOMMAGE CORPS EXFOLIATING

Achieve softer, more hydrated, and uniform-looking skin with this exfoliating and regenerating body treatment.

45min // R1 600

SOIN MINCEUR AUX ALGUES

(Detoxing Your Body)

A purifying and detoxifying wrap treatment helps eliminate toxins and improves microcirculation.

60min // R1 500

REHARMONIZING AND DRAINING

A treatment that begins with deep stomach and body massages, guaranteed to restore your balance and well-being.

60min // R1 800

LIFT C.V.S CORPS

A firming and toning treatment that leaves you with refined skin texture and a sculpted body.

75min // R2 000

ANTI- C TREATMENTS

This treatment is used to treat cellulite and for draining and shaping. It delivers intense skin-firming results, improves firmness, and creates a slimming effect on the figure.

75min // R2 000

FACE TREATMENTS

VISIA® SKIN ANALYSIS

Our complimentary VISIA® Skin Complexion Analysis provides an expert evaluation of our patients' skin health. The comprehensive photo-assessment allows us to develop an individualized treatment plan to address each patient's unique skin needs.

15min

BIOLOGIQUE RECHERCHE FACIALS

Biologique Recherche adopts an innovative, clinical approach to personalized skin care, using complex formulas that are rich in active ingredients, and free from parabens, SLS, silicones, and artificial fragrances. The products are formulated with pure, concentrated, raw ingredients sourced from botanical, marine, and biological actives, to maximize their effectiveness.

SOIN HYDRECLAT

Radiant Skin Treatment

This hydrating and complexion-enhancing treatment moisturizes and brightens the skin on your face, neck, and chest, leaving it glowing with a firmer texture. Perfect before a big day!

60min // R2 700

SOIN BIOSENSIBLE

For Sensitive Skin

Stabilize particularly sensitive and fragile skin with a delicate treatment that has a soothing effect on your face, neck, and chest, giving it an extra glow. Great for sensitive skin.

60min // R2 700

SOIN BOOSTER LOTION MC 110

For Dull Skin

A treatment designed for lackluster skin which reduces wrinkles and fine lines. It leaves the skin on your face, neck, and décolleté toned and redefined.

75min // R3 300

SOIN BOOSTER PEELING AUX ACIDES DE FRUITS

For Rough Skin Texture

An exfoliating and regenerating treatment for lined, lackluster, and thick skin. It leaves the skin smooth and with a finer texture.

75min // R3 000

SOIN BOOSTER VIP O2

For Uneven Skin Tone

A treatment to detoxify and stimulate the epidermis and reoxygenate skin tissue, for dull skin affected by urban pollution. Your complexion is revitalized, and your skin appears more luminous and radiant.

75min // R3 300

SOIN BOOSTER RESTRUCTURANT ET LISSANT

For Dehydrated Skin

A skin reconditioning and plumping treatment suitable for all skin. Your face, neck, and décolleté will be hydrated, smoothed, and regenerated.

75min // R3 300

SOIN BOOSTER LIFT C.V.S.

For Skin Laxity

An exfoliating and firming treatment combined with a unique manual technique designed to treat skin that's thick or lacking tone. The skin is revitalized and more toned, as if it has had a face-lift.

75min // R3 300

SOIN BOOSTER MASQUE EXFOLIANT P50 VISAGE

For Oily Skin

An exfoliating and regenerating treatment for keratinized and uneven skin. It evens out skin tone, leaving your face smooth and glowing.

75min // R3 300

ADD-ON BR FACIAL TREATMENTS

MODULE CONTOUR DES YEUX

For A Fresher Appearance Around The Eyes

A targeted treatment specifically designed to address dark under-eye circles, bags, and wrinkles. It effectively reduces puffiness, lightens dark circles, and smooths fine lines and wrinkles, resulting in a brighter eye area.

30min // R1 100

MODULE MENTONNIÈRE

Redefine The Jawline And Neck

Chin straps help remodel the face and throat with their powerful smoothing and toning action, providing an immediate and lasting lifting effect on the jawline and facial contours.

30min // R1 500

EXUVIANCE® FACIALS

Exuviance® skin care has been clinically proven to reduce lines and wrinkles, increase firmness, smooth texture, and even skin tone. It utilizes a patented bionic blend of highly evolved polyhydroxy and alpha hydroxy acids. Discover dermatologist-developed skin care that has perfected the science of skin transformation.

EXUVIANCE EXPRESS FACIAL

This unique ritual is ideal for any skin type that desires a more youthful and radiant appearance.

30min // R700

SKINSPIRATION RADIANCE RECOVERY FACIAL

This unique ritual is ideal for any skin type that desires a more youthful and radiant appearance. It is designed with high-performance ingredients that are known to exfoliate, hydrate, and target the skin's natural collagen.

60min // R1 100

SKINDULGENCE REVITALIZING HYDRATION FACIAL

A restorative ritual ideal for dry, dull, devitalized skin, as well as any skin type in need of extra hydration. This treatment is perfect for moisturizing and targeting the skin's hydrating matrix.

60min // R1 100

SKINDCREDIBLE TOTAL CORRECT ANTIAGING FACIAL

This dynamic ritual is ideal for mature, photodamaged skin. This treatment utilizes our most powerful ingredients to address all visible signs of aging, including those related to advanced photodamage.

60min // R1 100

SKINTEGRITY BALANCING FACIAL

This harmonizing ritual is ideal for skin prone to oiliness or breakouts, regardless of age. By combining three powerful AHA exfoliants with antioxidants, anti-aging, and firming agents, this treatment targets the restoration of balance and an even tone to the skin.

60min // R1 100

SKINTENSIVE RETINOL REVEAL FACIAL

This intensive ritual is ideal for mature, photodamaged skin, as well as any skin type in need of a fresh reveal. This treatment focuses on the power of retinol, Neo Glucosamine, and PHAs to peel, firm, and exfoliate the skin.

60min // R1 400

DERMAPEN FACIALS

Micro-needling, also known as collagen induction therapy, is a highly effective yet minimally invasive cosmetic procedure that treats skin concerns such as acne scars and stretch marks by stimulating collagen production.

Full Face Facial	60min // R3 100
Full Face, Neck and Décolleté Facial	75min // R4 300
Add-on Peel	30min // R600
Per Area (Body)	60min // R3 100

ESCAPE SPA DAY PACKAGES

Tailor-make your own personalized experience. We have also designed packages that relieve stress, detoxify, cleanse, purify, or simply rejuvenate, to return you to the outside world feeling and looking your best.

Please note that the packages below cannot be changed, and treatments cannot be substituted. If any of our current set packages do not suit your needs, please discuss your requirements, and a personalized package can be created for you.

Please ask our spa reception for the spa package weekday rate (valid Monday - Friday only, not available on public holidays).

SERENITY PACKAGES

SERENITY REVIVE

- Serenity welcome herbal tea on arrival
- 30min use of steam room, infra-red sauna, ice fountain and vitality pool.
- 30 min Vivari signature body exfoliation
- 60 min full body Swedish massage

2h00min // R2 200 per person

SERENITY REJUVENATE

- Serenity welcome herbal tea on arrival
- 30min use of steam room, infra-red sauna, ice fountain and vitality pool.
- 30 min Vivari signature body exfoliation
- 60 min full body Swedish massage
- 30 min skin health consultation with Dr Anushka Reddy with VISIA® analysis

2h30min // R3 900 per person

SERENITY HALF DAY INDULGENCE

- Serenity welcome herbal tea on arrival
- 30min use of steam room, infra-red sauna, ice fountain and vitality pool.
- 30 min Vivari signature exfoliation
- 60 min full body aroma-therapy massage
- 60 min Exuviance facial
- 2 course spa lunch experience

3h00min // R4 000 per person

SERENITY FULL DAY INDULGENCE

- Serenity welcome herbal tea on arrival
- 30min use of steam room, infra-red sauna, ice fountain and vitality pool.
- 90 min full body soy based candle /hot stones massage.
- 60 min BR Soin Hydreclat – hydrating facial
- 75 min Vivari lux pedicure
- 2 course spa lunch experience

4h25min // R6 400 per person

COUPLES ESCAPE PACKAGES

ESCAPE 1

- 60 min private use of steam room, infra-red sauna, ice fountain and vitality pool.
- 75min aromatherapy/deep tissue massage
- Snack platter and sparkling wine.

R5 500 // per couple

ESCAPE 2

- 60 min private use of steam room, infra-red sauna, ice fountain and vitality pool.
- 45min back, neck and shoulder massage
- 30min Exuviance express facial
- 45 min foot soak and massage.
- Snack platter and sparkling wine

R6 600 // per couple

ESCAPE 3

- 60 min private use of steam room, infra-red sauna, ice fountain and vitality pool.
- 120 min signature Ananda treatment
- Snack platter and sparkling wine.

R7 500 // per couple

ESCAPE 4

- An overnight stay in a Classic room inclusive of breakfast and a dinner to the value of R1000
- 60 min private use of steam room, infra-red sauna, ice fountain and vitality pool.
- 45min back, neck and shoulder massage
- 30min Exuviance express facial
- 45 min foot soak and massage.
- Snack platter and sparkling wine

R11 000 // per couple

MANICURE AND PEDICURE

Experience the luxury of Vivari's magnificent manicure and pedicure lounge, where your spa treatments can be completed with the highest standard of nail service.

*Transformational foot care - a facial for your feet! **Footlogix®** is the world's first and only Pediceutical® foot care line offering innovative products that provide effective and transformational results. Get ready for baby-soft feet!*

Lux Manicure	60min // R800
Express Manicure	30min // R500
Lux Pedicure	75min // R800
Express Pedicure	30min // R500
Foot Logix Pedicure	90min // R900

NAIL APPLICATIONS

Gelish Hands/Feet // R400 | Soak Off // R300
Nail Art // R200 | Nail Fix // R200
Poly Gel Overlay // R800
Tip Build With Poly-Gel // R900
Add-On Pedi Paraffin Wax // R250

BEAUTY ESSENTIALS

WAXING

Lip/ Chin/Nose/Ear	R200
Half Leg	R400
Full Leg	R600
Arm	R400
Underarm	R300
Bikini	R400
Brazilian	R500
Hollywood	R600

LASH AND BROW

Lash Tint	R200
Brow Tint	R200

ALL THE IMPORTANT INFORMATION

At Vivari, our main focus is to provide our discerning guests with an extraordinary spa and hotel experience. We have compiled some valuable information to help you make the most of your stay at our hotel and spa.

HOTEL GUESTS

To book an appointment, kindly get in touch with Vivari Spa. Please have your room number ready when making the appointment. It's important to note that once your booking is confirmed, our standard cancellation policy will apply.

DAY VISITORS

When making a booking, we will require your gift voucher number, credit card details, or proof of pre-payment to secure your reservation.

SPA ETIQUETTE

To ensure a pleasant experience for all, we kindly request that visitors keep noise levels to a minimum. Children are not permitted in the spa unless they are receiving a treatment under the supervision of an adult. We ask that you respect the privacy of other guests by speaking softly and refraining from taking pictures of them. Kindly switch off your cell phones and electronic devices or set them to silent mode.

ARRIVAL

We kindly request that our guests arrive at least 30 minutes before their scheduled spa treatments. This will allow ample time for a smooth check-in process and a chance to start relaxing. Our hydrotherapy suite is available to our guests prior to their treatments, but it is essential to book in advance. Hotel guests may enjoy the Vivari Spa facilities at their own convenience. We kindly ask that our guests adhere to their appointment times and make advanced bookings. Late arrivals will result in shorter treatment times due to scheduling constraints.

PRE-TREATMENT

We highly recommend utilizing our spa facilities before your treatments begin. This will ensure that the products used during and after your treatment are absorbed effectively by your skin. Don't forget to bring a suitable swimsuit to enjoy our facilities. Please note that our hydro facilities are unisex and open to the public.

Start your spa journey with a relaxing 10-minute session in our heated indoor vitality pool (Jacuzzi), followed by 10 minutes in the steam room and/or infrared sauna. Return to the heated indoor Jacuzzi pool for the ultimate relaxation experience. Afterward, you can wait outside the changing rooms for your therapist, who will guide you to your treatment room.

POST-TREATMENT

Take some time to unwind and rejuvenate your mind and body in our refreshment area or garden for five minutes. Here, we will offer you our signature restoring tea, specially chosen to complement your treatment. You can also indulge in a meal from our Spa menu.

CANCELLATION

To avoid being charged the full-service amount, we kindly request that guests cancel their appointments at least 24 hours in advance.

LOCKERS

For your convenience, lockers are available. Please note that Vivari Spa cannot be held responsible for any lost or damaged items.

GRATUITY

Additional gratuities are at the discretion of our guests.

MEALS

Please refer to the spa menu available in the health food studio when ordering meals.

AGE REQUIREMENTS

To enjoy our treatments and facilities without supervision, Vivari Spa guests must be 12 years or older. Guests under the age of 12 must always be accompanied by an adult.

DRESS CODE

For a comfortable Vivari Spa experience, we recommend dressing casually. You will find comfortable slippers and a robe available in the spa.

MEDICAL CONCERNS

We deeply care about the well-being of our guests. If you have any medical conditions, we kindly request that you consult your physician before receiving any spa treatments. Pregnant guests must be past their thirteenth week of pregnancy to receive certain spa treatments.

GIFT CARDS

Gift cards for all Vivari Spa products, services, and spa packages are available for purchase at Vivari Spa. If you plan to use a gift card as payment for your treatment, please have the copy and number ready when making your booking. This will secure your reservation, and remember to present it during check-in. Please note that Vivari Spa prices and treatments are subject to change without prior notice.

HOURS OF OPERATION

Vivari Spa is open from Monday to Sunday, from 08:00 to 19:00.

RESERVATIONS

We highly recommend making reservations in advance.

To schedule your treatments, please call +27 (0)11 594 4100 or send us a WhatsApp message at 063 076 2464, or email us at bookings@vivarispa.co.za. Credit cards are accepted and required to secure your bookings.



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