

ELLERMAN HOUSE SPA



THE ELLERMAN HOUSE SPA

The Ellerman House Spa is a natural extension of the property's commitment to quality and personalised service. Situated on the ground floor of Villa One, it is approached through an indigenous garden with tranquil water features.

A small, highly experienced team of therapists offers a carefully considered menu of skin-care therapy and body treatments designed to soothe the senses while the body and mind are coaxed into balance.

With three single treatment rooms and one double treatment room. The spa specialises in cutting-edge massage techniques of different cultures from around the world.

A sauna, polar plunge room and sensation shower is available as a complimentary service.

The Spa stocks a choice of award winning South African and international skin care products for facials and, the highest quality products for massages, body treatments, hand and foot therapies.

SPA TREATMENT TIMES

Monday to Friday

08:00 – 19:00

Saturdays, Sundays and Public Holidays

10:00 – 19:00

BOOKING ENQUIRIES

Tel: +27 (0)21 430 3200

E-mail: spa@ellerman.co.za



SPA ETIQUETTE

RESERVATIONS

Advance booking to secure your date, time and treatment is essential for us to prepare your treatment room. Please dial 3210 for a booking or request to speak to a therapist in the Spa.

ARRIVAL

We recommend that you arrive 15 minutes prior to your treatment. Please bear in mind that if you are delayed, your treatment time will be limited as a courtesy to the next guest. Full treatment price will be charged.

SPA FACILITIES

Our polar plunge (cryotherapy pool), sauna, and sensation shower are complimentary facilities available during Spa operating hours. This is a unisex area, and swimsuits are required.

SPA ATTIRE

You are welcome to change in the privacy of your hotel room and arrive at the Spa in your robe. Modesty will be respected at all times. Disposable underwear is available if desired.

VALUABLES

Please may we request your assistance in leaving your valuables in your room safe as there are no locker facilities at the Spa.

MOBILE PHONES

As a courtesy to other guests, please switch off your mobile phones or use silent mode at all times while in the Spa.

GRATUITY

Please add at your own discretion as gratuity is not included in your treatment price.

Ellerman House

SIGNATURE TREATMENTS

ELLERMAN HOUSE CBDA MASSAGE & CBDA TEA RITUAL 120min | R4800

A deeply restorative experience using nature's most potent botanical compounds. Indulge in a holistic wellness journey with our CBDA Massage – a therapeutic bodywork session enhanced with CBDA-infused massage oil, designed to soothe inflammation, ease muscular tension, and promote deep relaxation.

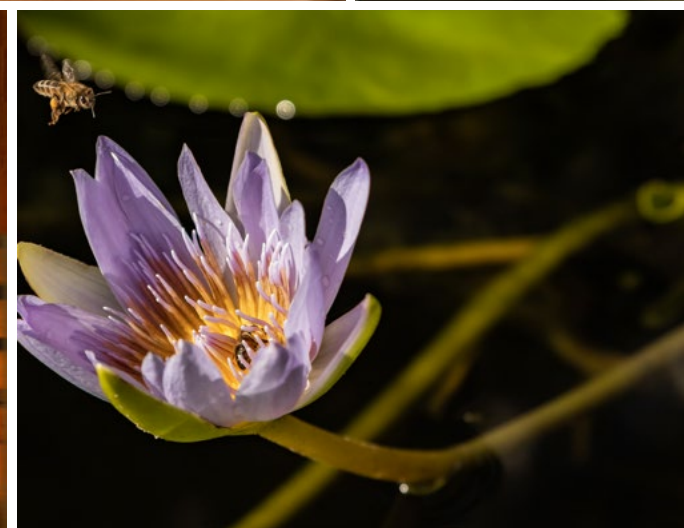
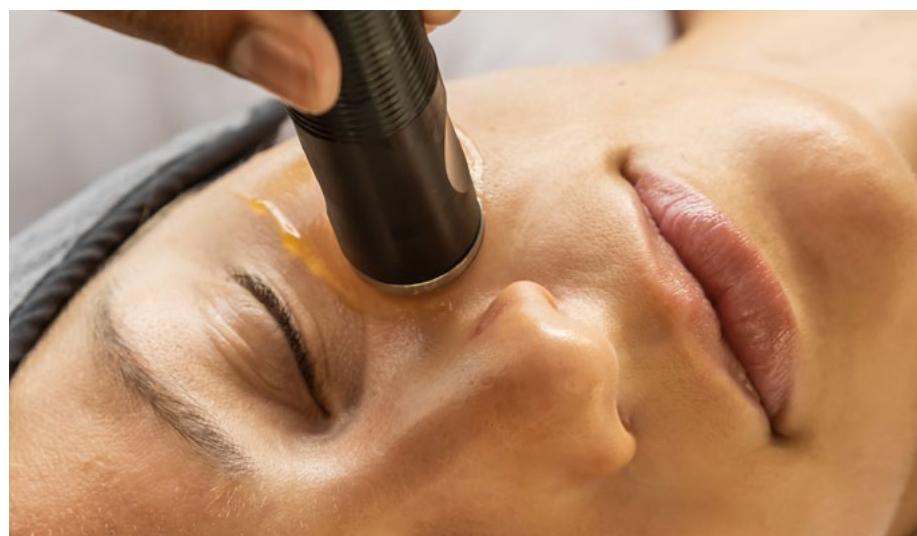
Your session begins with a calming cup of warm CBDA tea, crafted from organically grown hemp to gently ground your senses and prepare your body for the treatment ahead. As you enjoy your tea, your therapist will consult with you to tailor the massage to your specific needs – whether you're seeking recovery, stress relief, or simply a moment to reset.

The massage incorporates slow, intentional techniques to encourage lymphatic flow and nervous system regulation, allowing the CBDA to penetrate deeply and amplify therapeutic effects. You'll leave feeling balanced, refreshed, and renewed – body and mind aligned through the healing power of hemp. Includes the 30ml CBDA massage oil that was used in your treatment.

ELLERMAN HOUSE RELAXING JOURNEY

120min | R4800

Indulge in the ultimate head-to-toe experience designed to deeply relax, restore and rejuvenate. Your journey begins with a relaxing Back & Neck massage with hot stones and a stress release balm. Next a personalised facial, tailored to your skin type including collagen serums and a specialised hyaluronic acid and marine collagen mask will leave your skin glowing and hydrated.





FACIALS

Give your skin the love it deserves.

ENVIRON®

Award-winning skincare backed by science, using pioneering Ionzyme® DF Technology, combines pulsed Iontophoresis with low frequency Sonophoresis. This dual electro-sonic technology deliver essential nutrients up to 40 times more to where they are needed most. Let us customise a facial to your specific need.

"Trust the science to get the results" Dr Des Fernandes.

*Essential Treatments with
pioneering electro-sonic technology*

ESSENTIAL YOUTH RESET

90min | R2800

Help soften the appearance of fine lines, sun-damage and sagging skin with this peptide and vitamin-packed treatment for a more youthful appearance.

ESSENTIAL MOISTURE BOOST

90min | R2800

Help reduce the appearance of fine lines caused by dehydration and promote a more moisturised glow with this intensive treatment featuring hyaluronic acid as the key ingredient.

ESSENTIAL COMFORT CALM

90min | R2800

Help soothe and comfort sensitive and irritated skin with this treatment which combines powerful ingredients to leave the skin feeling restored with a healthy-looking radiance.

ESSENTIAL RADIANCE REVEAL

90min | R2800

Help target the signs of sun damage and pigmentation with this treatment, which boost the skin with the correct combination of ingredients, for an even-toned, radiant-looking appearance.

ESSENTIAL VITAMIN TOUCH (NON DF MACHINE)

90min | R2500

This treatment is recommended for anyone contra-indicated to Electro-Sonic current. Enjoy the relaxing power of touch that delivers essential vitamins to where skin needs them most, customised for your concern for healthy-looking beautiful skin. This includes a hand and foot treatment.

Cool Peel® Treatments

MOISTURE BOOST COOL PEEL®

90min | R2750

Designed to gently peel the skins surface and revitalise dry, tired-looking skin to a healthy glow. Suitable to do all year round with no visible peeling or downtime.

YOUTH RENEW COOL PEEL®

90min | R2750

This cool peel® treatment assists to reduce the appearance of premature ageing, fine lines, sun-damage and an uneven skin complexion.

VIBRANT-C MICRO PEEL

90min | R2750

A concentrated vitamin C infused peel, that is freshly mixed before application to ensure optimal freshness and efficacy. Proven to deliver a healthy-looking, evenly toned appearance as well as improved skin texture. An excellent choice for sun-damaged, pigmented and ageing concerns.

QMS MEDICOSMETICS

This elite medical skin care range is based on research led, collagen enhancing technology to create a bespoke regenerative skin-care system.

COLLAGEN RESTORE FACIAL

90min | R4500

A luxurious facial treatment with an intensive collagen stem cell mask that moisturises and revitalises your skin. Experience the rejuvenating effect of our sculpt and define massage, developed with the utmost precision to optimise facial contours and reveal a more youthful appearance. Including oxygen.

COLLAGEN REPAIR FACIAL

90min | R3850

Treatment to accelerate the natural detoxification process and promote epidermal repair. The result promises rejuvenated, radiant, and healthier skin. Including oxygen.

COLLAGEN CONTOUR FACIAL

90min | R2450

Regenerates and revitalises your skin, while increasing your moisture levels with the use of collagen and hyaluronic acid masks. This results in visibly firmer skin with more volume, fewer wrinkles and an overall improved texture.

COLLAGEN REVIVE FACIAL

90min | R2450

An application releases facial muscle tension, which is a cause of fine lines and wrinkles. By specifically relaxing facial muscles with our signature lifting massage, we promote blood circulations in the skin. The result is visibly more vital and silky-smooth skin.





COLLAGEN RESET

90min | R2450

An application that regenerates, trains, and restructures your skin. It rebalances your skin, replenish moisture reserves, and supplies it with valuable nutrients.

Treatment add ons:

OXYGEN BOOST	R500
COLLAGEN & STEM CELL BOOST	R650
LED LIGHT TREATMENT	R650
EYE REVIVER	R350



DISCLAIMER NOTICE FOR
POLAR PLUNGE, SAUNA &
SENSATION SHOWER

By using the Polar Plunge, Sauna, and Sensation Shower, you acknowledge that you are participating in a recreational activity that may involve physical exertion and exposure to extreme temperatures. You understand that there are risks associated with these activities, including but not limited to dehydration, heatstroke, hypothermia, and other health-related issues. You agree to use common sense and listen to the instructions of the staff. You release the facility from any liability for injuries or damages that may occur while participating in these activities. If you have any medical conditions or concerns, please consult with your doctor before participating.





MASSAGE THERAPY

Restore your body and invigorate your mind.

CBD MASSAGE

60min | R2800 90min | R3300

This massage uses a high quality CBD infused coconut oil with wintergreen, arnica, lavender, rosemary to name a few. This product will help with sleep, muscle aches, stress and anxiety.

SOS SPORTS REPAIR MASSAGE

60min | R2800 90min | R3300

This specialised oil is designed to facilitate with any injuries and muscle strains you might have. It reduces inflammation instantly. This massage focus on your specific problem areas.

SOS SPORTS REPAIR BACK & NECK MASSAGE

60min | R2800

This massage focusses only on the back, neck and shoulder area.

DEEP TISSUE MASSAGE

60min | R2600 90min | R3100

A full body stress and tension releasing massage.

BELLABACI MASSAGE

60min | R2600 90min | R3100

One of the best deep tissue massages available. A wonderful ancient technique has found its place in the modern world of healing.

SWEDISH MASSAGE

60min | R2600 90min | R3100

A full body massage based on classic European massage techniques using long, smooth strokes to relieve stress and tension. This is not a deep pressure massage but rather medium pressure. Emerge with a feeling of total wellbeing.

AROMASTONE MASSAGE

60min | R2600 90min | R3100

This relaxing massage includes the use of hot stones and traditional massage techniques. Perfect after a long flight for relaxing aching muscles.

AROMATHERAPY MASSAGE

60min | R2600 90min | R3100

Gentle soothing massage strokes are used together with a combination of essential oils to relax, revitalise, rebalance or purify the body. The benefits linger long after the massage is over.

MANUAL LYMPH DRAINAGE

60min | R2600 90min | R3100

Enjoy this specialised light pressure massage that will help with water retention and aid in removing toxins and waste products from the body.

MENO-FREE MASSAGE (FEMALES ONLY)

60min | R2600 90min | R3100

A full body massage with a specialised formula designed to help with the symptoms of menopause. This massage will leave you calm, cool and rejuvenated.

PREGNANCY MASSAGE

60min | R2600 90min | R3100

A complete relaxing full body massage using oils safe and effective for pre-natal treatment.



BODY TREATMENTS

Reconnect with the mind, body and soul.

BELLABACI

Bellabaci uses the latest in technology, science and eastern medicine to create superior quality products for luxury Spas and health-conscious consumers. Keren Trabelsi is the originator of the Bellabaci Body and Facial Cupping Massage Therapy Systems and CEO of Bellabaci International, a South African company located in Cape Town.

Body Wraps

PURIFYING & SLIMMING BODY TREATMENT

120min | R3600

Enzymatic exfoliant fluid application followed by a full body wrap. Whilst the wrap is on the body, a pressure point and cupping draining massage is done on the face.

A 60 min cupping treatment will be done in areas of concern for client. This experience is designed to give the client an overall detoxification, boosting their metabolism as well as addressing concerns such as cellulite and tightening and firming up the body.

STRESS & MUSCLE RELIEF TREATMENT

120min | R3600

Enzymatic exfoliant fluid application followed by a full body wrap. Whilst the wrap is on the body a pressure point and cupping draining massage is done on the face.

A 60 min deep tissue massage will be done by adding the Bellabaci cups to the area of concern.

The treatment is designed to rid the body of aches and pains, to reduce inflammation in the body as well as to enhance optimal blood flow to muscles and to breakdown lactic acid build-up.

RENEW AND REVIVE BODY RITUAL

90min | R3200

Enzymatic exfoliant fluid application followed by a full body wrap. Whilst the wrap is on the body a pressure point and cupping draining massage is done on the face.

Skin get a life coconut oil application will be done after the wrap is removed.

Intensive skin recovery, soothes and refines skin. Improves the appearance of scars and stretch marks and enhances the skins elasticity.

BODY SCRUB & MASSAGE

90min | R3100

A full body scrub to remove all dead skin cells followed by a relaxing moisturising massage.

BODY GUA SHA

90min | R3100

The Bellabaci ceramic tool combines traditional Gua Sha techniques that can be used hot or cold. The process involves using a specialised tool to scrape or glide over the skin, promoting blood circulation and lymphatic drainage, while the thermal aspect adds soothing heat to enhance relaxation, relieve muscle and fascia tension, while cold reduce inflammation. This combination aims to improve overall skin health, improves cellulite, ease soreness, and boost energy flow, providing a holistic approach to body wellness.

MIND RETREAT

Making your soul smile.

45min | R2500

SOUND BATH WITH TIBETAN SINGING BOWLS & MONOCHORD

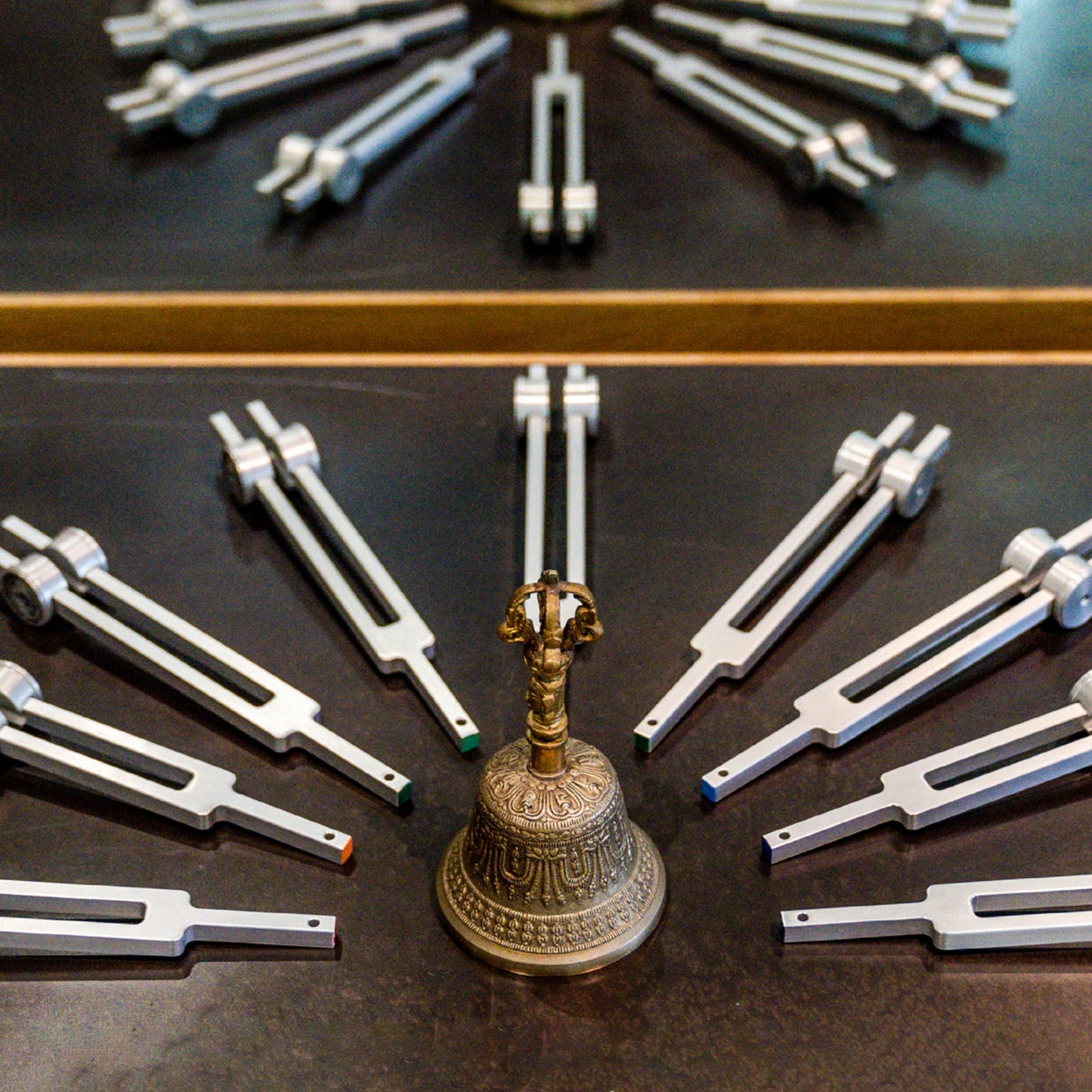
This is a deeply immersive meditative experience where you are “bathed” in layers of harmonious sound vibrations. Together, the singing bowls and monochord create a cocoon of sound that support emotional release, mental clarity and a deepened connection to the present moment.

THE POWER OF SOUND

45min | R2500

A ritual with tuning forks to work and balance all your chakras, soothes and reconnect your mind and body through sound vibration.

Tuning Fork Therapy is based on the principle that everything in the Universe is made of vibration. Sound Healing is possible because our human bodies are not solid. Our bodies are rhythmic and harmonic.





ENHANCEMENTS

Elevate your experience.

LASH & BROW TINT

45min | R550

LASH TINT

30min | R350

BROW TINT

20min | R300

BROW SHAPE

20min | R250

HAND AND FOOT THERAPIES

FOOT REFLEXOLOGY

60min | R2200

An ancient art of pressure point massage on the feet. Restores a sense of balance by targeting specific pressure points to improve circulation, relieve stress and tension. Inducing a wonderful sense of relaxation.

MANICURE

60min | R700

This classic manicure will get nails and cuticles in shape. Hands are softened with a gentle exfoliation followed by a relaxing moisturising massage. Finish with your choice of nail colour.

GELISH MANICURE

90min | R800

A long lasting LED cured gel polish with your normal classic manicure.

PEDICURE

60min | R900

A traditional pedicure, an exfoliating scrub and invigorating massage energises your feet and soothes the skin. Finish with your choice of nail colour.

GELISH PEDICURE

90min | R980

A long lasting LED cured gel polish with your traditional pedicure.



WAXING

For our clean up treatments we use hot wax (soft wax) for face, under arm and bikini. Cold wax (strip wax) for legs.

FULL LEG WAX	60min R660
HALF LEG WAX (ABOVE KNEE)	45min R550
BIKINI WAX (HOLLYWOOD, BRAZILIAN) – FEMALES ONLY	45min R660
UNDER ARM WAX	30min R420
LIP WAX	30min R385
CHIN WAX	30min R400
ARM WAX	45min R550
EAR WAX	30min R310
NOSE WAX	30min R310
BROW WAX	20min R280
BACK WAX	45min R660



ELLERMAN HOUSE

www.ellerman.co.za



RELAIS &
CHATEAUX