



Services

Welcome to the **Isa Carstens® Wellness Sanctuary** – an extension of our world-renowned training institute. We pride ourselves on facilitating therapy under supervision in a unique environment. All services are provided by students in training and therefore may be interrupted for guidance. We hope that your experience will be truly memorable.

isa carstens®
WELLNESS SANCTUARY

Member of the Isa Carstens Group of Companies

Live your life beautifully

Since 1978

Facial Treatments

All facial treatments include a skin analysis to determine an individualised treatment plan and choice of treatment.

Environ

Deep Cleanse

Cleanse, exfoliation, gentle steam, extractions and a mask

Purifying Back Treatment

A back treatment including cleanse, exfoliation, gentle steam, extractions and a mask

Prescriptive Facial

A tailor-made facial specific to skin needs. Including cleanse, exfoliation, gentle steam, extractions, massage and a mask

Specialised Facial (Includes Alginate mask)

An intensive facial treatment including cleanse, exfoliation, gentle steam, extractions, massage and a specialised mask. Tailor-made to specific skin needs with long-lasting results

Clinical Skin Care

Clinical Skin Care is performed by Spa Management Students on Mondays and Tuesdays only.

Nimue

Deep Cleanse

Instant results with a power cleanse, steam, extractions, healing treatment and mask

Prescriptive Facial

A treatment customised to individual skin needs with all the essentials including cleanse, exfoliation, gentle steam, massage and mask

Advanced Treatment Peel

This advanced rejuvenating treatment is recommended for environmentally damaged, pigmented and problematic skin types. It works by lifting keratinised cells from the surface of the skin and stimulating cell metabolism from deep within

Course of six Advanced Treatment Peels

With a series of TCA peels you can rapidly achieve substantial improvement in the appearance of superficial lines and uneven pigmentation, while making the skin feel softer, smoother and look more radiant

Environ

Environ Peels

Course of six Advanced Treatment Peels

Optional Add-On Services

Collagen Eye Film

Used to revive the delicate eye area & reduce the appearance of lines & wrinkles

Collagen Face Film Mask

Hyaluronic Acid Gel

Alginate Mask

RegimA

Deep Cleanse

This treatment provides instant results with a power cleanse, steam, extractions, healing treatment and mask

Prescriptive Facial

A treatment customised to individual skin needs with all the essentials including cleanse, exfoliation, gentle steam, massage and mask

Advanced Treatment Peel (20% peel only)

Incorporates natural hydroxy acids (AHA's & BHA's) which promote deep cleansing and cell

regeneration for a healthy, radiant looking skin. Beneficial for all skin types including mature, sensitive & problematic skins

Course of six Advanced Treatment Peels (20% peels only)

Additional charge per upgrade to 40% peel.

Additional Treatments

Waxing, Tinting & Bleaching

Lash Tint

Facial Bleach

Brow Shape

Underarm Wax

Bikini Wax

Brow Tint

½ Leg Wax

¾ Leg Wax

Full Leg Wax including Bikini

Lip / Chin Wax

Make – Up Application

Day Make – Up

Evening Make – Up / Special Occasion

Hands & Feet

Manicure

French Manicure

Spa Manicure

Pedicure

French Pedicure

Spa Pedicure

Spa Jet Therapy

Experience five treatments in one – Full Body Scrub & Wrap, Infra-Red, Water Jets, Steam, Colour Lights, Aromatherapy & Vibration.

Wellness Packages

Wellness Indulgence

Facial, Manicure, Pedicure, Swedish Full Body Massage

Gentleman's Escape

Facial, Hot Stones Full Body Massage, Pedicure

Stress Break

Body Scrub, Sculp Massage, Pedicure, Swedish Massage

Hand, Foot & Scalp Massage

Treatment Courses

These treatments are performed by Spa Management students on Mondays & Tuesdays only.

Head Massage Course of 5

Head Massage Course of 10

Deep Tissue Course of 5

Deep Tissue Course of 10

Aromatherapy Course of 5

Aromatherapy Course of 10

Reflexology Course of 5

Reflexology Course of 10

Manual Lymph Drainage Course of 5

Manual Lymph Drainage Course of 10

Hydrotherapy Slimming Course of 8

Body Treatments

Massage

Swedish Massage – Light to Medium Pressure

This massage technique calms the body and mind using relaxing flowing movements

- *Back, Neck & Shoulder Massage*
- *Full Body Massage*

Swedish Massage – Firm Pressure

This massage technique relieves tense, tired muscles through deep tissue manipulation

- *Back, Neck & Shoulder Massage*
- *Full Body Massage*

Hot Stone Massage

Hot and cold river stones are used to restore balance and energy. A more revitalising experience than traditional massage

- *Back, Neck & Shoulder Massage*
- *Full Body Massage*

Foot and Ankle Massage

A relaxing massage for tired, aching feet. Excellent for mothers-to-be or long distance travellers

Aromatherapy

Aromatherapy enhances deep relaxation of mind, body & spirit. Blended Eve Taylor essential oils are used together with light stroking massage movements

Reflexology

An ancient therapy working on energy meridians of the body. Pressure is applied to key areas on the feet to release blocked energy & promote relaxation

Manual Lymph Drainage

Manual lymphatic drainage involves slow, delicate movements on the lymphatic system of the body. Beneficial for detoxification, cellulite, lethargy and water retention

Head Massage

It is a relaxing and calming massage of the head that helps to relieve headaches and migraines. The gentle massage nourishes hair by stimulating blood flow; it relaxes the mind and calms the nervous system

Optional Add-On Services

Theravine Hair & Scalp Treatment
Theravine Full Body Exfoliation

Body Wraps

All Body Wraps include a full body exfoliation & full body wrap followed by a 30min massage on the relevant areas of the body

Theravine Purifying Clay Wrap

Detoxification of the body through elimination of impurities. The clay has remineralising properties to restore balance to the body

Theravine Relaxation Body Cream Wrap

Promoting total relaxation, this wrap provides a destressing treatment for mind body & spirit

Theravine Recharging Body Cream Wrap

A cleansing, stimulating, hydrating and invigorating wrap, leaving the body energised & recharged



Salon Etiquette

- Booking in advance is recommended; all treatments are subject to availability
- Please arrive 15 minutes prior to scheduled appointment time
- Late arrival will result in a reduction of treatment time; full fee will apply
- Mobile phones switched off
- Smoking not permitted
- You will be required to fill in a consultation form; this will enable us to provide you with the best possible service
- Please remove all contact lenses, personal effects & jewellery prior to treatment
- Management will not be held liable for loss of personal possessions
- 24 hours notice is required to change or cancel any appointments
- Prices will be reviewed annually; all current prices apply
- Please advise us if you are pregnant, have a medical condition, or serious injury
- Minors (16 years of age and younger) need to be accompanied by an adult for supervision
- Please feel free to share your feedback with the Lecturer or Manager

Contact Information:

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Opening Hours: Weekdays 8am – 5pm
Saturdays 8am – 1pm

