



L'AQUILA

Hydro & Day Spa



Spa Facilities

Welcome to the L'Aquila Hydro & Day Spa—here time stands still.

Our highly skilled therapists are well trained, and attending to your needs are their priority.

At L'Aquila relaxation and rejuvenation awaits you. When walking through the spa, you will experience a feeling of peace and tranquility. The breathtaking scene of the indoor swimming pool, surrounded by private cubicles, is only the start of a session filled with many possibilities.

Our facilities include:

- Hair Salon
- Manicure & Pedicure-Lounge
- Barber Room
- Sensation Shower (included)
- Steam Room (included)
- Sauna (included)
- Infra-red
- Sense room (Razul)
- Slipper Bath
- Microdermabrasion
- Ozone Machine
- In-door heated pool (included)
- In-door pool (included)
- Cold plunge pool (included)
- Private relaxation cubicles (included)
- Dining lounge
- Relaxation lounges
- Roof-top jacuzzi and cocktail area
- Complimentary refreshments
- Restrooms (locker facilities, showers, private dressing cubicles)
- Double and single treatment rooms
- Each equipped with ensuite shower and outdoor relaxation area

Please note:

To make use of our Spa facilities (Hydro Therapy Pool, Infra-red Sauna, Sauna, Sensation Shower and Steam Room)

Extra R150.00 p/p

OR

Spa Packages / Bookings of 3 or more treatments includes the use of our spa facilities (Hydro Therapy Pool, Infra-red Sauna, Sauna, Sensation Shower and Steam Room)

Special Request facilities:

Paraplegic treatment room and facilities
Mommy - to - be treatment chair

Something to eat

Breakfast: R95
Health Breakfast: R55
Lunch: R115
Light lunch: R70
Picnic for 2: R200

FOR BOOKINGS CONTACT US ON:

www.laquila.co.za

spainfo@laquila.co.za

012 802 0996/7

*P*ackages

Combine your own package with your favourite selection of treatments.

Choose from any of the following treatments:

30min Treatments

Scalp & Hair Treatment
Foot Ritual
Back Facial
L'Aquila Shave
Indian Head Massage
Back, Neck and Shoulder Massage
Pressure Point Foot Massage
Body Exfoliation
Soak
Jacuzzi 30min
Ozone Pod

60min Treatments

Classic Facial
Signature Lavender Linen Massage
Swedish Full Body Massage
Aroma Oil Massage
Hot Stone Massage
Mother to be Massage
Body wrap
Fresh Lavender Manicure
Fresh Lavender Pedicure
Jacuzzi 60min with canapés

How long do you want to be pampered:

2 hour combo.....R700.00
3 hour combo.....R1050.00
4 hour combo.....R1400.00
5 hour combo.....R1750.00

Use of the following facilities included:

- Heated Pool
- Indoor Pool
- Cold Plunge Pool
- Infrared Sauna
- Steam Room
- Sauna
- Sensation Shower

Remember to book your breakfast, lunch or private picnic!

**PLEASE ENQUIRE ABOUT OUR BRIDAL ,CORPORATE AND MONTHLY SPA
PACKAGES**

S Signature Spa Treatment

L'Aquila Journey

Unique to L'Aquila this signature treatment offers a great introduction to our Spa.

The L'Aquila Journey offers total escapism from the outside world, a cocoon of pure luxury and exquisite treatments, a day of self discovery to rebalance the mind and rejuvenate the body.

Make full use of the spa facilities throughout the day including heat experiences, cold pools and private relaxation areas. **Journey includes breakfast OR lunch.**

Start your journey with a welcome drink and full lifestyle consultation. While in your private poolside cubicle enjoy a Foot Ritual consisting of a Lavender Foot Soak, Scrub and Massage.

Enter your private Treatment room to enjoy a Back, Neck & Shoulder Lavender Salt Scrub & Wrap.

Warm Lavender Oil will be massaged into your delicate skin with our signature full body Lavender Linen Massage.

A Scalp & Hair Treatment follows with heated aromatherapy oils and a nourishing hair mask.

4 hours
R850.00 per person

F Facial Menu

We have chosen skin care lines that reflect the uniqueness of L'Aquila and which are supported by a myriad of forward thinking scientific experts. Our aesthetic treatments focus on effectiveness, sophistication and simplicity and include an element of artistic creativity.

All our facials includes a complimentary Eye brow Shape & Lip Wax with a hand/foot and scalp massage

Classic Facials

After your skin is optimally prepared, a professional skin analysis will determine the specific treatment for your skin type.

Introductory Facial

An excellent introduction to our Skincare system.
Cleanse, Exfoliate, Mask with scalp massage and hydrate

45min R275.00

Vita Balance facial:

A treatment for dry skin.
Quenches parched skin and supplies it with sufficient moisture.

60 min R350.00

Perfect combination:

A treatment for a combination skin.
Regulates the skin's lipid levels and visibly refines the appearance of the skin.

60 min R350.00

Calming sensitive:

A treatment for a sensitive skin.
This gentle treatment calms and improve the skin's natural resistance.

60 min R350.00

Gentleman's Time Out Face Treatment:

This modern treatment is perfect for the practical man.
A pressure point massage is incorporated to release tension instantly while strengthening ingredients increase the performance of the skin and leaves a pleasant feeling of freshness and well-being.

60min R350.00

Advanced Facials

Keep up with the times, and try these exciting treatments for all skin types.

Complex C treatment:

This vitamin cocktail strengthens a tired and stressed skin.
This treatment is especially ideal to help the skin adjust to the changing season.

90 min R450.00

Moist Intense Treatments:

This intensity hydrating treatment supplies valuable moisture to a dehydrated skin and locks it in to protect the skin from further moisture loss.

90 min R450.00



Advanced Anti Ageing Facials

If you are looking for something extra special
Like a short vacation, this treatment offers you the ultimate in relaxation and leaves your skin looking more youthful and full of vitality. The highlight of this treatment is the unique anti-ageing massage.

Advanced Biogen:


A treatment for a skin in need of regeneration.
Regenerates and activates the natural skin functions,
leaving the skin feeling firmer and smoother.

90 min R550.00

Mimical Control + Q10 treatment:

This treatment will combat expression lines and reduce
age- induced wrinkles, leaving the skin firmer and fresh looking.

90 min R650.00



Enhance your facial

Add any of the below treatments to your facial to enhance the experience or book it on
it's own

Ampoule/Serum Treatment

Let your therapist choose the best ampoule with
concentrated actives

R75.00

Foot Ritual / Hand Ritual

Enjoy our signature Foot/Hand Ritual with a Lavender Soak, Salt Scrub
and massage

30 min R160.00

Microdermabrasion exfoliation

This is a controlled exfoliation using crystals—delivering instant results
From the 1st treatment. Excellent for smoothing lines, post acne scarring
Dull complexions and anti ageing *(must be booked with facial)*

90 min R220.00

Skin Rejuvenation with Soft Laser

Photo rejuvenation is a process using low energy light to rejuvenate the epidermis. Targets melanin and haemoglobin which are destroyed by the heat of the waves. Pigmentation is reduced, thread veins disappear and collagen stimulated

Face only during any facial

R650.00

Back Facial

Allow your therapist to start your facial on the back area. Scrub, Massage
And mask included.

30min R150.00

L'Aquila Shave

Two step Shave in our exclusive Barber Chair added to your facial . Warm compresses
Softens skin and allows for a clean shave

60 min R150.00



Massage has been used through the ages to improve health and wellness and is an important part of your spa experience. In this age of technical and impersonal medicine, we offer a traditional, authentic approach to massage. Benefits of massage include stress reduction, increased circulation and a general sense of well-being.

Signature Lavender Linen Massage

Lavender picked from our private garden is placed in a linen pouch, this contains a mixture of lavender flowerets and sea salt. We first preheat it in a steam bath and then apply the pouches gently to the muscles. Warm Lavender Oil is used for this full body massage. Lavender has particular calming effects and its flavour induces an intensive relaxation of the whole body, mind and soul.

60min R380.00

Indian Head Massage

Alternating slow and vigorous massage movements are applied to the head and are combined with a pressure point massage to the scalp, head and shoulders to relieve stress.

30min R200.00

Indian Head Massage with a Scalp & Hair Treatment

A totally indulgent experience from beginning to end. Warm Hair oil is massaged into the skin after which a soothing, Hydrating Hair Mask is applied

30min R250.00

Back, Neck & Shoulder

This massage focuses purely on the back and shoulder area to relieve tension of these commonly over stressed muscles.

30min R200.00

Swedish Full Body Massage

A Relaxing, medium pressure treatment using relaxing strokes to increase circulation, remove lactic acid and relax the body.

60min R380.00

Aroma Oil Massage

By using the best in Aromatherapy your therapist can tailor-make a massage to target your main concern areas and address any problems you might have. (suitable for expecting mothers)

60 min R420.00

Hot Stone Massage

The latest in therapeutic massages. Heated Basalt stones are used to relieve tension, stress, and pain. The heat of the stone helps oil to penetrate to the core of the muscle to create a lasting experience of complete relaxation and well-being.

60min R420.00

Pressure Point Foot Massage

A relaxing foot massage for tired, aching feet

30min R200.00

Mother-to-be Massage

An especially relaxing massage to nurture both mother and child. Extra care and attention are given to the mother's comfort and stage of pregnancy

60min R400.00

B Body Treatments

Body Exfoliation

Feel invigorated and revitalized as your body is polished to glowing perfection leaving the skin soft & supple.

30min R180.00

Body Wraps

All Body Wraps include a full Body Exfoliation & Scalp Massage

60min R400.00

Signature Lavender & Honey Wrap

Cleanse, soften and nourish your skin with local honey and lavender grown on our property. While in the wrap you receive a hot oil scalp treatment. Your experience is completed with an application of deeply moisturising oil/lotion. Great for stressed individuals with dry skins.

Detoxifying Wrap

The ultimate treatment to remove toxins from the body, this treatment is ideal for people who are exposed to high levels of environmental pollution and experience low energy level, and also those who have been on anti-biotics or cortisone.

Uplifting Wrap

The ultimate immune stimulator – if you suffer from low energy levels, high stress levels, poor circulation, and fluid retention this treatment is a must.

S Soak

The ritual of soaking and bathing in water has been a long recognised practise since the days of Cleopatra. The Greeks used to take to the waters for healing and preserving life and energy! We continue the powerful natural form of healing and combine any treatment you're having at the spa with an invigorating bath experience of your choice:

Relaxing
Energizing
Balancing

30min R180.00

S Sense Room

This truly unique room experience is a ceremonial interpretation of beauty from ancient orient. The basis of the treatment is a integration of different element: water, fire, earth, light and scented air and so we combine to provide an unforgettable sensation. Special mud applied on the body to stimulate the body's metabolism, supply moisture and firm the skin while a hydrating milk pack is prepared for the face.

R200 per person

J Jacuzzi

Private Roof top Jacuzzi

60min R150.00 p/p
120min R300.00 p/p

*R500 per hour (3 - 5 people) (incl Canapè Platter)

(120min incl Canapè Platter)

Ozone Pod

A SAFE AND EFFECTIVE 3-WAY THERAPEUTIC TREATMENT UTILISING Ozone, Resonance & far infrared to enhance the body's healing powers through oxygenation and detoxification.

R120.00 per session

R1000.00 for course of 10 sessions

Hand & Foot Experiences

Fresh Lavender Manicure

Relaxing & aromatic lavender freshly picked from our Spa garden is mixed with a healing blend of therapeutic mineral salts to exfoliate and hydrate the hands. (incl Exfoliation, Cuticle Care, Massage & Varnish)

60min R180.00

Fresh Lavender Pedicure

Relaxing & aromatic lavender freshly picked from our Spa garden is mixed with a healing blend of therapeutic mineral salts to exfoliate and hydrate the feet. (incl Exfoliation, Cuticle Care, File, Massage & Varnish)

60min R220.00

Spa OPI Manicure

Younger-looking hands are possible with OPI. OPI brings facial-quality care to hands, in a system of products that exfoliate, revitalizes, renews and protects. (incl Soak, Exfoliation, Cuticle Care, Mask, Massage & Varnish)

90min R210.00

Spa OPI Pedicure

A system of professional products formulated with nature's most soothing and effective botanicals, Pedicure by OPI renews and restores feet to silky smoothness. (incl Soak, Exfoliation, Cuticle Care, File, Mask, Massage & Varnish)

90min R250.00

Luxury Paraffin Treatment for Hands & Feet

Add a warming and deeply hydrating therapeutic paraffin treatment to any of our signature manicures or pedicures.

Extra R50.00

French Paint (with manicure/pedicure)

Extra R40.00

Paint and File

R80.00

Fresh Lavender Manicure & Pedicure Combo

Enjoy a Manicure & Pedicure for less

120min R340.00

Teen Treatment Menu

L'Aquila Spa is an adult spa, but we understand that

You want to spend some quality time together. Children from 14 to 16 years of age are allowed to use the facility with parental supervision.

Certain facilities are not suitable for younger children

Teen Facial

Take the first step to a healthy skin care regimen. Experience a three-step mini facial, skin assessment and get some great advice from our aesthetician team for a lifetime of natural beauty.

45min R250.00

Show Me How Make-up Lesson

Polish your appearance with a makeup specialist. Learn hands-on, how to select and apply age appropriate makeup.

45min R200.00

Teen Mani/Pedi Combo

Choose our Fresh Lavender Manicure and Pedicure combination and receive a complimentary nail art for a finger or a toe.



HAIR REMOVAL

We have taken away the long lists and simplified the process of getting rid of unwanted hair.

Waxing

Waxing is a method of semi-permanent hair removal which removes the hair from the root. New hairs will not grow back in the previously waxed area for two to eight weeks

15min	R70.00	(Under arm, Bikini, Lip, Chin, Brow, 1/2 Arm)
30min	R110.00	(Upper Leg, Half Leg, 3/4 Leg, G-String, Chest, Full Arm, Face, Tummy)
45min	R150.00	(Full Leg, Back, Brazilian)

Sugaring

Ancient Egyptian art of Body Sugaring is a natural method of hair removal. Perfect for sensitive skins.

15min	R100.00	(Under arm, Bikini, Lip, Chin, Brow, 1/2 Arm)
30min	R150.00	(Upper Leg, Half Leg, 3/4 Leg, G-String, Chest, Full Arm, Face, Tummy)
45min	R200.00	(Full Leg, Back, Brazilian)

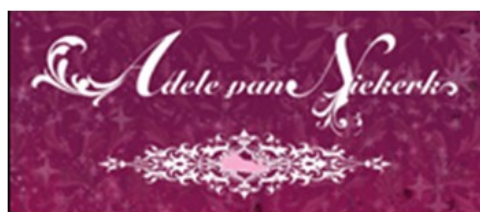
TINTING & SHAPING

Eye Lash Tint	30min	R45.00
Eye Brow Tint	15min	R40.00
Lash & Brow Tint	45min	R75.00

NAIL ENHANCEMENTS

Acrylic OR Gel

Overlay—Colour	R200.00	French overlay on toes	R190.00
Overlay—French	R220.00	Overlay on toes	R170.00
Full Set—French tips	R300.00	Soak Off	R 80.00
Full Set—Natural tips	R350.00	Repair per nail	R 35.00
2 week fill	R150.00	Nail art per nail	R 6.00



If you want to make use of Hair and Make-up by Adelle van Niekerk (Hair and makeup Guru from Glam Guru) & Team please request pricelist.

PERFECT MAKE-UP

Day Make-Up	R300.00	Bridal Combo (Trail & Day)	R700.00
Evening Make-Up	R350.00		

Hair and Makeup Combo (Trails and day) R1500.00

HAIR SALON

Up styles

Half Up Style	R 420.00
Full Up Style	R 540.00

Bridal

Hair Combo (Trail & Day)	R 960.00
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Blow Wave Only

Short	R 120.00
Medium	R 180.00
Long	R 240.00
Gents	R 90.00

Cut & Blow Combo

Short	R 200.00
Medium	R 280.00
Long	R 350.00

Tints - Colour - Colour Shampoo

Short	R 300.00
Medium	R 420.00
Long	R 550.00
Roots	R 336.00

**Additional cost for extra 20 ml*

Hi/Low Lights - Foils

Short	R 460.00
Medium	R 580.00
Long	R 690.00
Per foil	R 48.00

Perms

Normal: Short	R 420.00
Normal: Medium	R 540.00
Normal: Long	R 660.00
Extra lotion	R 108.00
Volume / Sponge Perm:	

Spiral: Medium	R 780.00
Spiral: Long	R 1020.00
Root perm	R 300.00
Per Roller	R 24.00
Medium	R 540.00
Long	R 780.00

Treatment and Massage

With blow wave	R 300.00
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Aesthetic Treatments

IPL - this laser technology is one type widely used for both skin rejuvenation & laser hair removal. IPL stands for Intense Pulsed Light. IPL treatments are often referred to as photo rejuvenation, Photofacial or IPL Photofacial due to its use of "selective photothermolysis" during treatment. Photothermolysis is the process by which IPL lasers convert light energy to heat energy and treat unwanted hair and skin pigments. IPL lasers can use photothermolysis to remove unwanted hair, or to correct skin hyperpigmentation, rosacea, age spots and the appearance of sun damage.

Hair Removal

Lip/Chin/	R250.00	Bikini Sides	R450.00
Lip & Chin	R450.00	Full Bikini	R650.00
Mid Eye	R100.00	Chest	R1000.00
Nose/Ears	R250.00	Half Leg	R1200.00
Moustache (men)	R250.00	Full Leg	R1800.00
Beard (men)	R650.00	Half Back	R1000.00
Neck	R350.00	Full Back	R1500.00
Underarm	R380.00	Umbilical Line	R250.00
Half Arm	R600.00	Hands	R250.00
Full Arm	R1200.00	Feet	R250.00
Buttocks	R800.00		

*Packages of 10 treatments or more qualifies for a 15% discount
Treat two or more areas at once and receive 15% discount*

OR

Skin Rejuvenation & Acne Treatment

Full Face	R950.00
Neck	R650.00
Décolleté	R650.00
Hands	R350.00

*Packages of 10 treatments or more qualifies for a 15% discount
Treat two or more areas at once and receive 15% discount*

OR

MICRODERMABRASION

Microderm abrasion is a simple, straight forward, non-invasive procedure that revitalizes dull skin, reduces large pores, erases fine lines and wrinkles, acne scars, reduces mild pigment irregularities stretch marks and age spots.

Single Treatment	R220.00
Package of 10 treatments	R165.00 per treatment



To make the most of your spa experience and support the benefits of your treatment, we recommend you arrive 30 minutes prior to your scheduled time to enjoy our inviting wet areas comprised of hot and cold plunge pools, steam rooms and saunas. **Swimwear is required.**

If ever your time would be limited before your treatment, **please be informed that a late arrival will deprive you of your treatment time.** As a courtesy to the next guest, your appointment will end as originally scheduled should you arrive late.

As your treatment continues to benefit both body and mind, we invite you to rest and recuperate in our comfortable loungers. Lay down to relax and embody your experience. Stay for as long or as little as you like.

For your convenience a robe, towels and slippers will be provided. During all treatments you will be properly draped for ensured privacy.

While the spa provides lockers, it is recommended that you leave valuables at home. The spa does not assume liability for any valuables.

The spa environment is one of tranquillity and relaxation. Please respect the quiet and privacy of other guests by speaking in a soft voice or simply enjoying the silence.

We kindly request that you refrain from using your mobile phone and camera while enjoying the spa.

Smoking is prohibited throughout the spa.

Pregnancy

We have specially designed treatments for expectant mothers. Please allow us to assist you in selecting suitable services for this special time. We recommend that you check with your physician before booking any spa service. Certain treatments and techniques may not be available during the first trimester.

Health Conditions

Please advise us of any health conditions, allergies or injuries that could affect your treatments or use of the spa facilities.

Reservations

We recommend making reservations in advance, particularly if you choose to enjoy multiple bookings. The spa provides walk-in bookings based on availability. We welcome spa guests from the age of 16 for all treatments and use of the spa and fitness facilities.

We invite you to advise us of any special preferences, concerns, or focus areas to make the most out of your experience when making your reservation and during your treatment.

Gift Certificates

Our gift certificates make a wonderful gift for any special occasion.

Hours of Operation

Spa is open from 8am to 5pm daily. Closed on Sundays

Cancellation and Change Policy

We kindly ask our guests to give a minimum of 24 hours notice for changes or cancellations. **With fewer than 24 hours notice or no arrival you will be charged for 100% of your treatment.** Your credit card number or pre payment will be necessary to secure a booking.

