

# Inzolo

w e l l n e s s s u i t e

AT

*Hout Bay Manor*

## BODY MESSAGES

WE OFFER A CHOICE OF 4 DIFFERENT MASSAGE MEDIUMS:

STANDARD OIL – COCONUT OIL  
FREEBODY - ANTI-INFLAMMATORY & MUSCLE RECOVERY CREAM  
AFRICOLOGY OIL – THERAPEUTIC AROMA OIL  
AFRICOLOGY BODY BUTTER – LUXURIOUS AROMA OIL BALM

### STANDARD COCONUT OIL

30 MINUTES R300  
45 MINUTES R350  
60 MINUTES R450  
90 MINUTES R580

### FREEBODY SPORTSV

30 MINUTES R400  
45 MINUTES R450  
60 MINUTES R550  
90 MINUTES R650

### AFRICOLOGY OIL

ENERGISER – RESTORES ENERGY LEVELS, RELIEVES EXHAUSTION & DEPRESSION.  
RELAXING – EASES STRESS, ANXIETY & INSOMNIA  
MUSCLE RELAXANT – EASES TENSION IN SORE, STIFF MUSCLES

### AFRICOLOGY BESPOKE BODY BUTTER

EXOTIC - FRANGIPANI SCENTED  
UPLIFTING - LEMONGRASS SCENTED  
WARMING - GINGER AND CINNAMON SCENTED  
REPAIR - NEROLI SCENTED  
30 MINUTES R350  
45 MINUTES R400  
60 MINUTES R500  
90 MINUTES R600

HOT STONE APPLICATION TO ANY MASSAGE R50  
ACUPRESSURE, HEAD, NECK, SHOULDERS FOR 20 MINUTES R200

### HAND & FOOT MASSAGE

20 MINUTE HAND R200  
20 MINUTE FOOT R200

### THE GLOW

GENTLE BODY EXFOLIATION AND MASSAGE APPLICATION OF SKIN RENEWAL BODY GLOW BUTTER, FOR SMOOTH VELVETY, SHIMMERING SKIN FOR THAT SPECIAL OCCASION 60 MINUTES R650



## DERMALOGICA FACIALS

### CLASSIC R500 – 60 MINS

TAILOR MADE TO YOUR SKIN TYPE. CLEANSE, STEAM, EXTRACTION, EXFOLIATION, MASQUE & MASSAGE.

### AGE SMART R650 – 60 MINS

THIS ELITE FACIAL DEEPLY EXFOLIATES WITH THE USE OF A UNIQUE POWER EXFOLIANT IMPROVING SKIN ELASTICITY AND REDUCING FINE LINES. IMPROVES TONE, TEXTURE & HYDRATION. OUR POWER RECOVERY MASQUE WILL CALM, SOOTHE AND NOURISH LEAVING YOUR SKIN VISIBLY YOUNGER.

### ULTRA CALMING R600 – 60 MINS

SENSITIVE SKIN WILL BE SOOTHED AND NOURISHED WITH THE USE OF OUR ULTRA-COMPLEXED AND RESEARCHED INGREDIENTS. REPAIRS BARRIER FUNCTION & COUNTERACTS VISIBLE REDNESS.

### MEDI-BAC CLEARING R600 – 60-75 MINS

A DEEP CLEANSING FACIAL THAT TARGETS OILY & ACNEIC SKINS, INFLAMMATION IS ADDRESSED AND THE SKIN IS DECONGESTED. HEALING CURRENT APPLIED TO CALM AND HEAL & COMPLETED WITH A CLAY SEBUM CLEARING MASQUE.

### CHROMA WHITE R600 – 60 MINS

TREATS PIGMENTATION AND UNEVEN SKIN TONE WITH SCIENTIFICALLY RESEARCHED INGREDIENTS. LEAVES THE SKIN REFRESHED AND BRIGHTENED BY STIMULATING CELL RENEWAL THROUGH SPECIALIZED EXFOLIATIONS AND SERUMS.

### CLEAR START TEEN FACIAL R300 – 60 MINS

THIS MEDICATED TREATMENT IS TOUGH ON BREAKOUTS AND GENTLE ON SKIN WITH THE USE OF ACTIVE INGREDIENTS AND GENTLE BOTANICALS. DELIVERS CLEARER & HEALTHIER SKIN.

### BIO SURFACE PEEL R700 – 60 MINS

THIS BIOLOGICALLY ACTIVE, BIOPHASIC PEEL DECREASES SURFACE ROUGHNESS, REDUCES FINE LINES AND FADES PIGMENTATION. PRODUCES EXCELLENT VISIBLE RESULTS WITH NO DOWNTIME.



## AFRICOLOGY FACIALS

### CALMING ROSE R500 – 60 MINS

DESIGNED TO CALM & RESTORE DRY, SENSITIVE & HORMONAL SKIN. THE POWERFUL AROMATHERAPEUTIC ROSE OIL TREATS DERMATITIS & BALANCES THE EMOTIONS.

### MARINE RENEWAL R500 – 60 MINS

DESIGNED TO TREAT STRESSED, DEHYDRATED & AGING SKIN. MARINE ALGAE IMPROVES MOISTURE, FIRMNESS & ELASTICITY.

### BALANCING & CLEARING R500 – 60 MINS

DESIGNED TO TREAT RE-ACTIVE, CONGESTED & ACNE SKIN. VIT B, LEMON & ROSEMARY SOOTHES, REFINES & CLEARS

### REJUVENATING ANTI-AGING R500 – 60 MINS

DESIGNED TO TREAT PIGMENTATION, DEHYDRATION & AGING. COENZYME Q10, VIT A & C STIMULATE COLLAGEN & TIGHTEN THE SKIN.

### HYDRATING MARULA R500 – 60 MINS

DESIGNED TO TREAT EXTREMELY DRY, SENSITIVE & INFLAMED SKIN. A COMBINATION OF AFRICAN MARULA & NOURISHING OILS STRENGTHEN THE SKIN.

### ALOE FIRMINING R500 – 60 MINS

DESIGNED TO CALM, LIFT & FIRM. HEALING HONEY, VIT A & C AND ALOE FEROX STIMULATE COLLAGEN AND ELASTIN.



## HANDS & FEET

### MANICURES

MANICURE NO PAINT R200  
MANICURE WITH PAINT R250  
MANICURE GELISH DIP R400  
MANICURE GELISH DIP WITH TIPS R500  
MANICURE GELISH R350  
SOAK OFF GELISH R100  
GELISH FILE & FILL R150  
MANICURE PRINCESS FOR KIDDIES R 70  
PAMPER MANICURE INCLUDES PARAFFIN DIP & 10-MINUTE NECK MASSAGE R350  
PARAFFIN DIP ON HANDS R 80  
(CREATES THERMOTHERAPY WHICH SOOTHES ARTHRITIS & FIBROMYALGIA)

### PEDICURES

PEDICURE NO PAINT R200  
PEDICURE WITH PAINT R250  
PEDICURE GELISH R350  
SOAK OFF GELISH R100  
PEDICURE PRINCESS FOR KIDDIES R 70  
PAMPER PEDICURE INCLUDES PARAFFIN DIP & 10-MINUTE NECK MASSAGE R350  
PARAFFIN DIP ON FEET R100



## GROOMING

### EYES

LASH TINT R80  
BROW TINT R70  
BROW SHAPE R50

### FACE WAXING

LIP WAX R50  
BROW WAX R70  
CHIN WAX R60



## PRODUCTS



COMMITTED TO BLENDING PURE, NATURAL INGREDIENTS WITH LOVE AND DIVINE INTENTION. TO HARM NONE BY BEING CONSCIOUS OF OUR PLANET AND ALL WHO INHABIT IT. FORMULATIONS ENHANCED WITH NUTRIENTS, VITAMINS AND MINERALS BIO-IDENTICAL TO OUR BIOLOGY.



A PRODUCT LINE FREE OF COMMON IRRITANTS AND INGREDIENTS THAT COULD CAUSE BREAKOUTS (INCLUDING LANOLIN, SD ALCOHOL, MINERAL OIL, ARTIFICIAL COLOURS AND FRAGRANCES). NEVER HAVING TAKEN PART IN ANIMAL TESTING. FOCUSED ON CREATING & IMPROVING SKIN HEALTH. AVAILABLE FROM QUALIFIED SKIN CARE PROFESSIONALS TRAINED AT THE INTERNATIONAL DERMAL INSTITUTE.



FREE YOUR BODY FROM INFLAMMATION & SPEED UP YOUR BODY'S ABILITY TO RECOVER. FREEBODY RECOVERY CREAM WAS DEVELOPED IN SWITZERLAND BY A LEADING S.A. PHYSIOTHERAPIST THAT WAS 7 YEARS IN DEVELOPMENT AND IS NOW AVAILABLE FOR TREATMENT AND RETAIL HERE AT HOUT BAY MANOR.



## SPA ETIQUETTE

PLEASE NOTE THAT YOUR MOBILE PHONE/S MUST TURNED OFF, THE SPA IS A QUIET ZONE.  
PLEASE ARRIVE 15 MINUTES PRIOR TO YOUR TREATMENT TIME.  
WE HAVE A 5-HOUR CANCELLATION POLICY OTHERWISE TREATMENTS WILL BE CHARGED FOR IN FULL.

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## INZOLO SPA CONTACT DETAILS

FOR ALL APPOINTMENTS CONTACT:

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