

# W E L L N E S S   S P A

*Immerse yourself in beauty & relaxation*



**OCEANA™**  
BEACH & WILDLIFE RESERVE

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PORT ALFRED | SOUTH AFRICA



YOUR VIEW OF TRANQUILITY

## MASSAGES

**Oceana Signature Massage** 60min | R860

*Combining slow and rhythmic massage techniques which act on muscles deep down with relaxing water pillows to mimic the rhythm of the ocean. This massage journey is guaranteed to sweep the body and mind away to a blissful haven of serenity.*

**CBD Wellness Massage** 60min | R860

*Begin your therapeutic journey with a drop of CBD (Cannabidiol) tincture under the tongue to encourage a sense of serenity, followed by a relaxing full body massage incorporating CBD oil. This signature treatment is designed to decrease pain and inflammation whilst super-charging the immune system and promoting restorative sleep. THC Free and 100% legal.*

**Deep Tissue Massage** 60min | R800

*This deep rhythmic pressure massage targets stubborn knots in areas of chronic stress, releasing sluggish blood flow and easing deep tension.*

**Hot Stone Massage** 60min | R800

*Using heated lava stones, we amplify the senses of touch to create a sense of total relaxation. Lava stones provide deep muscle relaxation through the transfer of heat.*

**Relaxing Swedish Massage** 60min | R750

*This ever popular, classic all-round body reviver manipulates muscles to instantly release tension and muscular stiffness.*

**Back, Neck & Shoulder Massage** 45min | R590

**Back, Neck & Shoulder Massage** 30min | R510

**Pressure Point Foot Massage** 30min | R510





## ENHANCEMENTS

Upgrade Your 60min Massage With an Additional 30min	R350
Add on CBD Oil	R140
Add on Back Scrub	R130
Add Hot Stones to Your Massage	R100

## MARINE BODY TREATMENTS

### Cold Cream Marine Body Ritual 55min | R790

For the ultimate nourishing body treatment, perfect to restore comfort to dry and very dry skin, this ritual begins with a deeply hydrating body wrap to soothe the skin and relieve any feelings of dryness. While this is taking effect, a scalp massage is carried out to promote relaxation and ease tension.

### Marine Calcium Body Wrap 60min | R780

Deeply relaxing body treatment, providing intensive re-mineralisation. Ideal to treat skin conditions such as psoriasis and eczema.

### Hydrating/Detox Body Wrap 60min | R710

Choose between a relaxing or an invigorating aroma wellness body wrap, hydrate with Neroli and vanilla essential oil or detoxify with peppermint and rosemary essential oils.

### Salt Glow Body Scrub 30min | R390

The luxurious natural salt and coconut oil exfoliating body treatment improves the skin's texture and renews a rejuvenating glow to the skin.

## FACIALS

### Source Marine Hydration Facial 60min | R950

This facial hydrates the skin, whilst boosting radiance. The unique ingredient selection and Marine Infusion plasticising mask will also improve the skin's own natural reservoir of moisture, ensuring long-term hydration. Suitable for all skin types.

### Ocean Men's Facial 60min | R950

Uniquely designed for men, the key is infusing with anti-fatigue and anti-ageing properties. The energising facial provides immediate results which leaves the complexion rested and radiant and skin rejuvenated.

### Classic Marine Facial 60min | R750

This customised professional treatment concentrates the vital force and benefits of the oceans to deliver beautiful, healthy-looking skin to either deep cleanse, hydrate or rejuvenate.

### Radiance Facial 30min | R530

The Ultimate Hydra Marine Ritual magnifies radiance and reveals the beauty of dull, tired complexions. The secret of its effectiveness is its mask and professional concentrates combined with energising digital pressure.

### Hyalu-Procollagene Wrinkle Correcting Treatment Add on to Facial | R360

An SOS treatment to smooth the eye contour area and lessen the appearance of fine lines and wrinkles, diminishing signs of ageing and fatigue for younger-looking eyes.





## PACKAGES / SPECIALITY

**Iles Pacifique Ritual**      Per Couple | 1h30min | R2900  
Per Person | 1h30min | R1600

A relaxing Ritual inspired by the rocking of the waves, which includes two ancestral massage techniques. Escape to the azure to prepare your body with a full body exfoliation with Bora Bora beach sand, Marine sea salt and Crushed up Coconut shells. Travel to Tahiti for deep relaxation with a full body massage resulting in optimised hydration and remineralisation. Immersed in the Islands of the Pacific, your body and mind will be completely regenerated.

**Couples:** Iles Pacifique Ritual for two and a glass of bubbly

**The Oceanic Personalised Journey**      3h30min | R2200  
2h30min | R1550

Tailor-make an Oceana Journey especially for you. Choose from any of the treatments below and spend your desired amount of time in pure bliss.

### 30min:

- Back, Neck & Shoulder Massage
- Pressure Point Foot Massage
- Salt Glow Body Scrub
- Cold Cream Marine Wrap

### 60min:

- Relaxing Swedish Massage
- Classic Marine Facial
- Ocean Spa Pedicure

Please ensure when booking this package, you inform the receptionist which of the treatments you have chosen.

## PACKAGES / SPECIALITY

**Oceana Time Out For Two**      Per couple | 1h40min | R2500

- 60min Swedish Full Body Massage
- 20min Pressure Point Foot Massage Or Indian Head Massage
- 20min Sensorial Shimmer Milk Hydro Bath  
Includes A Glass Of Bubbly

**Wellness Retreat**      2h15min | R1650

- Salt Glow Body Scrub
- Hydrating/Detox Body Wrap
- CBD Wellness Massage

## NAILS

Ocean Spa Manicure	60min	R460
Ocean Spa Pedicure	60min	R490
Revarnish	20min	R230
Medi Heel Treatment	15min	R200





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