



AROMATHERAPY
ASSOCIATES
LONDON

TREATMENT MENU

*Welcome to our global award winning
Keishi spa*





AROMATHERAPY ASSOCIATES

For more than 30 years Aromatherapy Associates, a truly British brand, has been specialising in harnessing the natural healing powers of the finest natural ingredients, purest extracts and essential oils to include in their products and treatments.

Combined with their many years of experience as therapists they have seen firsthand how essential oils have effectively enhanced the state of people's physical, mental and emotional wellbeing. Their renowned and award-winning products and treatments have transformed the aromatherapy experience into something highly effective yet luxurious and exceptional.

WELLBEING TREATMENTS

■ THE ULTIMATE AROMATHERAPY

Time 60 min \$150.00 or 90 min \$225.00

| Sunday & P/Holiday 60 mins \$172.50 or 90 mins \$258.75

This hero treatment starts with a consultation to find out what your emotional and physical needs are. From that we carry out an aroma test to allow you to choose the oil most suitable for you. All signature oils are formulated with natural plant and flower oils with wonderful exotic scents and powerful therapeutic benefits for body and mind. With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes, it will dissolve away all your stress and tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit. It may be taken as a 60 minute or 90-minute massage ritual.

This treatment releases tension held in every part of your body leaving you feeling deeply relaxed and recharged.

■ PERFECT BACK ^{AA}

Time 30 min \$95.00

| Sunday & P/Holiday \$109.25

This back massage will dissolve away all your stress and tension. Your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation.

The result is relaxed and revived muscles.

■ INTENSIVE MUSCLE RELEASE ^{AA}

Time 60 min \$180.00

| Sunday & P/Holiday \$207.00

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight and painful. Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation. Black pepper, rosemary and ginger warm the muscles and help disperse the build-up of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory.

An intensive massage that works deep into stiff, tight aching muscles to instantly release pain and tension.

■ SLEEP DEEPLY ^{AA}
Time 60 min \$150.00

| Sunday & P/Holiday \$172.50

A powerful body and mind switch-off to induce a serious state of relaxation for a comforting, peaceful night's sleep. Working on all aspects of physical, mental and emotional stress, the treatment begins with a warming foot ritual followed by a head to toe massage using carefully applied pressures and neuromuscular and Swedish techniques to balance the nervous system and ease an overactive mind. This deeply sedating full body massage harnesses rich earthy essential oils of vetiver, camomile and sandalwood, renowned for their intense calming and grounding effects. A must-have treatment for those who suffer with insomnia or who are longing for a deep sense of tranquillity.

This head to toe massage uses carefully applied pressures to induce a serious state of relaxation, leaving you prepared for a sound night's sleep.

■ CLEAR YOUR MIND ^{AA}
Time 60 min \$150.00

| Sunday & P/Holiday \$172.50

Calm a stressed and confused head with a refreshing yet soothing experience for body, mind and soul.

A camomile and olive grain scrub refreshes ankles and feet before you are treated to a spiritually uplifting inhalation of frankincense and a traditional aromatherapy massage to target symptoms of stress. A blend of camomile, petitgrain and rosemary helps to calm and cleanse your thoughts, whilst an Ayurvedic scalp massage pressure points on the face. These techniques work on your complete wellbeing to relieve anxiety and emotional exhaustion. Perfect for a troubled mind, this is an effective treatment any time of day to refresh your memory and get your brain back on track.

Perfect for times of stress and over activity, this treatment helps the mind unwind and refocus, getting you back on track.

■ HOT STONES MASSAGE
Time 90 min \$240.00

| Sunday & P/Holiday \$262.65

Combining the power of pure essential oils and hot stones technique to promote deeper relaxation, relief from muscular tension, stress and fatigue. The heat from the stones combined with warming Ginger and Black pepper enable your aching muscles to feel relaxed, while improving circulation and blood flow within the body. Cool stones used during the pressure point facial massage are introduced with a pampering touch to soothe and calm skin and clear any blocked sinuses and congestion. A very comforting and nurturing treatment perfect for those with poor circulation resulting in cold hands and feet.

A deep and powerful massage to help with any stiffness or tension you may be holding.

■ **ULTIMATE ROSE PREGNANCY MASSAGE** ^{AA}

Time 60 min \$150.00

| Sunday & P/Holiday \$172.50

Feel nurtured and supported in a time of constant change.

Choose from a selection of three oils each safely formulated to be used during pregnancy to nourish and care for your expanding skin. Using the traditional aromatherapy pressure point massage for the upper back and paying attention to tight shoulders, this massage helps to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy and a full scalp and facial massage, with treatment oil chosen specifically for your skin type, completes this top to toe treatment. Also, if two ladies are wanting a massage at the same time we are offering our Duo for two ladies. (request over the phone)

Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of life behind you.

■ **SLEEP DEEPLY FOR TWO**

Recommended for couples

Time 90 min \$440.00 per couple

| Sunday & P/Holiday \$506.00

Join your loved one and unwind in our aroma bath, infused with rich earthy essential oils of vetiver, camomile and sandalwood, renowned for their intense calming and grounding effects. This is then followed by a head to toe massage using carefully applied pressures and neuromuscular and Swedish techniques to balance the nervous system and ease an overactive mind. On completion of the treatment enjoy a glass of sparkling and an antipasto platter on our sun lounges by our glistening pool or on our spa terrace whilst receiving a foot massage.

Re-energise and unwind with a loved one in our beautiful aroma bath, feel completely revived afterwards.

■ **DE-STRESS BODY RITUAL**

Recommended for couples

Time 120 min \$650.00 per couple

| Sunday & P/Holiday \$747.50

This treatment begins with an intensive salt and coffee body exfoliation, stimulating the circulation and sloughing off dead cells to revive dull tired-looking skin. Hands and feet are given special attention with applications of rich vitamin E oil to cuticles and heels and a freshwater mud mask to truly soften and condition the skin. Relax and enjoy the benefits of a dual Vichy Shower, followed by a de stress full body massage. On completion of the treatment enjoy a glass of sparkling and an antipasto platter on our sun lounges by our glistening pool or on our spa terrace.

This treatment includes a Vichy shower which hydrates and relaxes the body. Warm water passes through horizontal parallel shower jets transcending you into a deep state of relaxation.

Skin left feeling deeply moisturised, the mind feeling calmed and relaxed.

- **BIRD CAGE HIGH TEA**
Couples package
Time 60 min \$450.00 per couple

| Sunday & P/Holiday \$417.50

Begin with our luxurious 60 minute ultimate aroma therapy massage, following your treatment you both enjoy a pot of our signature strawberry tea, a glass of sparkling wine along with a delightful array of sweet treats and savoury snacks, all displayed in a gorgeous golden birdcage, each of the three tiers with different treats. All served by our lovely staff to you on our spa terrace overlooking our golf course while you feel relaxed and refreshed after your treatment.

Your mind and body left feeling refreshed and replenished.

- **HYDRATING ROSE DUO**
Time 120 min \$320.00

| Sunday & P/Holiday \$368.00

Begin with an essential rose facial which harnesses the regenerative properties of rose to nourish, soften and hydrate all skin types, especially dry, delicate and finely textured complexions. This treatment helps to boost your circulation and promote cell renewal and regeneration, leaving your skin radiant, dewy and delicately scented. Followed by a head to toe Swedish and neuromuscular technique massage to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit. Enjoy a fresh array of fruit and refreshments following your treatment.

Your body and mind will be left feeling nourished and soothed.

- **CREATE YOUR OWN AROMATHERAPY EXPERIENCE**
Time 60 min \$185.00 pp

| Sunday & P/Holiday \$212.75

Choose any TWO of the following Aromatherapy Associates treatment options:

- Mini Manicure
- Mini Pedicure
- Mini Relaxing Hand & Foot Massage
- Mini Ultimate Aromatherapy Facial
- Perfect Back Massage

Followed by a glass of sparkling and an antipasto platter whilst relaxing on our spa terrace overlooking the golf course. Perfect for a hen's day or girls' day out. *Platter can be given around the pool, please request on booking*

Minimum of 2 guests.

This Aromatherapy package will help balance all chakras

■ ULTIMATE WELLBEING EXPERIENCE

Time 5 hours \$750.00

| Sunday & P/Holiday \$862.50

Indulge yourself in a luxury spa journey for 4.5 hours of treatments and let our therapists send you into a deep state of relaxation. Select your own Aromatherapy Associates treatments from our treatment menu for your special time in the spa. Enjoy a light lunch (30 mins) including a glass of sparkling and refreshments from our in-spa menu.

This ultimate experience will guarantee that you leave Keishi feeling like a queen or a king.

FACIAL TREATMENTS

■ ESSENTIAL ROSE FACIAL ^{AA}

Time 90 min \$185.00

| Sunday & P/Holiday \$212.75

These luxurious facial harnesses the regenerative properties of rose to nourish, soften and hydrate all skin types, especially dry, delicate and finely textured complexions. This treatment helps to boost your circulation and promote cell renewal and regeneration, leaving your skin radiant, dewy and delicately scented. Your skin is thoroughly cleansed, exfoliated and toned using our rose preparations, rich in pure regenerating damask rose, skin balancing geranium, and nourishing jojoba oil. A traditional aromatherapy pressure point massage combined with lymphatic drainage releases facial tension and congestion. Then while a hydrating facial mask goes to work, your arms and hands are massaged, and your skin is finally treated with a deeply moisturising facial oil and moisturiser.

The result is a smooth, radiant complexion and a relaxed state of mind

■ AGE REPAIR FACIAL ^{AA}

Time 90 min \$195.00

| Sunday & P/Holiday \$224.25

This is natural, highly effective skincare to reduce the signs of ageing without using harsh chemicals. This repairing and anti-ageing facial works with natural oils of inca inchi and larch extract, along with our Cryotherapy facial spoons which help to stimulate collagen formation to deliver firm and tightened skin, whilst the anti-inflammatory properties of pomegranate and rosehip seed oil work on slowing down the effects of ageing skin.

True to Aromatherapy Associates' skincare philosophy, your skin is prepared by cleansing and exfoliating with jojoba beads or corncob granules. It is then massaged using apple seed extract, raspberry seed oil and date palm oil which are renowned for their cell renewal and antioxidant effects. Two masks are applied, a rose gel to hydrate, and an intense strawberry seed and frankincense mask to firm and plump. Whilst the masks take effect, the eye area is taken care of with a lymphatic massage to improve skin suppleness and elasticity. For ultimate luxury your scalp is massaged to release stress and tension.

For a firm, plumped and more youthful looking complexion

■ DEEP CLEANSE FACIAL - MEN ONLY

Time 60 min \$168.00

| Sunday & P/Holiday \$193.20

A purifying treatment for oily and combination skin. Powerful essential oils of lavender, Ylang Ylang and tea tree are the heart of this facial, with antibacterial properties, they penetrate deep into the skin helping to regulate sebum production. Combining hot towel compresses, facial massage and a freshwater mud mask, this treatment is designed to draw out harmful impurities.

This treatment refreshes and balances, leaving the complexion super clean and fresh.

We recommend that men shave at least 1 hour prior to treatment.

■ KEISHI SPA SIGNATURE FACIAL

Time 90 min \$195.00

| Sunday & P/Holiday \$224.25

This ethereal holistic facial incorporates the finest of products suited to your skin type with the healing powers of real Rose Quartz crystals, which are known as the stone of love. The beautiful Rose Quartz crystal wands massaging your skin, helping to balance chakras and improve your skins vitality functions. Your scalp, hands and feet are massaged while you relax under your organic facial mask. This facial experience will leave you feeling relaxed and in a positive frame of mind with beautiful glowing skin.

Quartz works on all levels & areas of the body & mind.



World's
Best Aromatherapy
Brand



SCRUB & WRAP TREATMENTS

■ FOREST THERAPY Time 75 mins \$200

| Sunday & P/Holiday \$230.00

Feel restored from the stress of modern day living, cleansed of pollution and relieved from restlessness and agitation. Starting with our Japanese Cherin meditation chime, to heal the chakras then a cleaning, guided inhalation, our refreshing foot ritual to release the aches of day-day life, we then will relieve tension with a long, deep full body massage followed with a warm grounding mud mask to recharge through the hands and feet. Finally restoring tranquillity to the mind with our expert scalp massage.

Leaving you feeling grounded and restored.

■ ROSE HYDRATOR ^{AA} Time 60 min \$170.00

| Sunday & P/Holiday \$195.50

Bring back your radiance with this comforting, restorative treatment.

Precious essential oil of damask rose works on capillary circulation renewing the skin whilst the aroma has an expansive quality that soothes the emotions and nurtures the heart. The treatment begins with a gentle olive grain exfoliation. Nourishing oils are applied to cuticles and heels and then the body is layered in a hydrating and regenerating rose gel. A moisturising and softening mix of oil and cream with evening primrose oil and shea butter is smoothed on before being left to penetrate with the body's own heat under a wrap. An Ayurvedic scalp massage with frankincense inhalation works simultaneously on the physical, mental and emotional aspects.

This treatment leaves your skin radiant, soft and smooth and your spirits bright and uplifted.

■ BESPOKE SKIN POLISH ^{AA} Time 30 min \$95.00

| Sunday & P/Holiday \$109.25

Choose from the below exfoliants to suit your needs. The relaxing all over exfoliation and layering of richly nourishing products will leave your skin looking radiant and feeling wonderfully smooth.

- Relax: A relaxing blend of essential oils will lull you into a sense of relaxation whilst softening the skin.
- Natural exfoliating scrub - using salt and coffee to remove dead skins, almond oil leaves the skin nourished and protected.

Only the finest and most natural healing powers.

HAND AND FOOT RITUALS

■ INTENSELY NOURISHING HAND RITUAL ^{AA}

Time 60 min \$90.00

| Sunday & P/Holiday \$103.50

An indulgent yet deeply restorative treatment for dry, hardworking and out of condition hands. A salt and coffee exfoliation soothe and sloughs off dead cells to prepare skin for a rich application of vitamin E oil, giving special attention to nails and cuticles then a marshmallow and calendula mask to soothe and condition. Relax while your hands and lower arms are wrapped to allow the moisturising natural actives to work. They are then treated to enriching layers of exotic serum, oil and velvety butter to hydrate, nourish and protect. Skin is left looking and feeling extremely supple, smooth and revitalised. This treatment includes a complimentary glass of sparkling.

For healthy, silky soft hands and elegant nails

■ INTENSELY NOURISHING FOOT RITUAL ^{AA}

Time 60 min \$90.00

| Sunday & P/Holiday \$103.50

Transform tired, neglected feet with this soothing and rejuvenating treatment.

Your treatment begins with gentle body brushing to feet and lower legs to wake up your skin before being immersed in warm aromatic water, infused with moisturising and sensual essential oils of geranium, sandalwood and patchouli. An invigorating salt and coffee exfoliation soothe and sloughs off dead cells to prepare skin for a rich application of vitamin E oil and a sweet almond oil and calendula mask to soothe and condition. Special attention is given to nails, cuticles, sore and cracked heels. Skin is then treated to enriching layers of exotic serum, oil and moisturising butter to hydrate, nourish and protect. Skin is left looking and feeling extremely supple, smooth and refreshed. This treatment includes a complimentary glass of sparkling.

Feet and lower legs feel silky soft and deeply moisturised.

■ PETITE HAND RITUAL ^{AA}

Time 30 min \$60.00

| Sunday & P/Holiday \$69.00

Enjoy our petite hand ritual beginning with an invigorating salt and coffee exfoliation. Special attention is given to nails and cuticles, with skin then being treated to enriching layers of exotic serum, oil and moisturising butter to hydrate, nourish and protect.

For ages 16 years and under only. This treatment includes a complimentary Keishi Spa signature bear.

■ PETITE FOOT RITUAL ^{AA}

Time 30 min \$60.00

| Sunday & P/Holiday \$69.00

This treatment begins with a salt and coffee exfoliation. Special attention is given to heels, nails, and cuticles, with skin then being treated to enriching layers of exotic serum, oil and moisturising butter to hydrate, nourish and protect.

For ages 16 years and under only. This treatment includes a complimentary Keishi Spa signature bear

Note: For French polish please allow an additional 15 minutes and an extra cost of \$15. Please request on booking. We do not offer Gel or Shellac services, please advise if you need Gel or Shellac polish removed at time of booking.

KEISHI SPA SIGNATURED GIFTS

A collection of swiss chocolates	\$20.00
Bouquet of assorted balloons	\$25.00
Posy of flowers medium	\$50.00
Posy of flowers large	\$100.00
Keishi Spa mug	\$10.00
Keishi Spa silk pyjama set	P.O.A
Keishi Spa signature loose leaf tea	\$25.00

Add on a complimentary personalized message for your loved one to make the occasion extra special.



FACE AND BODY ESSENTIALS

TANNING
TINTING

\$50
Eyelash Tint \$30
Eyebrow Tint \$23
Eyelash & Eyebrow \$45

WAXING

- Sides of Face \$20
- Lip or Chin \$23
- Eyebrow \$25
- Lip & Eyebrow \$33
- Face Wax \$40
- Bikini \$31
- Underarm \$29
- Half Arm \$36
- Full Arm \$46
- Lower Leg \$39
- Full Leg \$57
- Lower Leg (including Bikini) \$62
- Full Leg (including Bikini) \$75
- Back or Chest \$45

IN SPA REFRESHMENTS

Enjoy our refreshments from our in-spa menu on our spa terrace, Overlooking our picturesque Golf Course

[Cheese and Fruit Platter](#)

A chef's selection of three cheeses, nuts, crackers and seasonal fruit.

\$50 Serving size two people

[Spa Lunch](#)

Two sandwiches, two cheeses, nuts, crackers, and seasonal fruit.

Sandwich options:

Smoked salmon and cream cheese

Camembert cheese and salad

\$50 - Serving size two people

Note* This menu is only available to spa guests & only available on our spa terrace.

[Selection of Wines](#)

West Cape Howe Sauvignon Blanc - Great Southern

\$12.00 per glass - \$50 per bottle

Upper Reach Reserve Chardonnay - Swan Valley

\$15.00 per glass - \$65 per bottle

Oakover Chenin Blanc - Swan Valley

\$46 per bottle

De Bertoli Prosecco

\$18 per piccolo - \$40 per bottle

Sittella Sparkling Chenin

\$50 per bottle

HOW TO SPA

- Bath robes and disposable underwear are provided or if you desire you are welcome to bring your own swim-suit.
- The spa is a peaceful and relaxing place. Please kindly respect the privacy of each spa guest by turning off your mobile phones.
- It would be preferred if you do not wear any jewellery when coming to the Spa. We kindly advise that you leave any jewellery in your room in a safe.
- Programmes are carefully planned to accommodate each client. We kindly request that you be punctual, in a spirit of mutual respect and to arrive 15 minutes prior to your appointment time.
- Spa etiquette: As a courtesy to all our guests, treatments are completed as scheduled. Arriving late to your appointment will shorten your time spent with us.
- We recommend that gentlemen having a facial should shave at least 1 hour prior to your appointment to ensure optimal effect of the treatment.
- For your own convenience, it would be advisable to organise your treatment programme and sessions in advance. This will give you the opportunity to choose with the Spa manager and therapists the most appropriate treatments and time which best suits you.
- It is not recommended for cosmetic injectables, and laser treatments to be performed before wellness treatment.

EXERCISE CAUTION

Please be sure to tell us if you have any health concerns or conditions (e.g., Pregnancy, high/low blood pressure etc.). If you are uncertain, we highly advise that you consult your physician before visiting the spa.

PAYMENT

We accept Visa, MasterCard and Bankcards. Advance booking is highly recommended to avoid disappointment. We require a deposit by credit card to reserve all appointments. A 15% surcharge applies for all appointments made on Sundays & public holidays. Gift vouchers and hotel memberships cannot be redeemed on Sundays or public holidays. Guests that wish to cancel or reschedule their appointments are kindly requested to give the spa at least 24 hours' notice before your appointment. In the event of non-attendance, your credit card or room will be charged, and cash or gift vouchers are redeemed. Gift vouchers are non-refundable.

TRADING HOURS

Monday	9.00am – 5.00pm
Tuesday	9.00am – 5.00pm
Wednesday	9.00am – 5.00pm (6pm–8pm by appointment)
Thursday	9.00am – 5.00pm
Friday	9.00am – 5.00pm
Saturday	9.00am – 5.00pm
Sunday P/Holidays	9.00am – 2.00pm (Open exclusively for hotel guests only)

Closed Christmas Day and Good Friday * Prices are subject to change without notice *****