

# Essentials

HEALTH & WELLNESS



56 Graaf Reinet Road | Uitenhage  
T: +27 (41) 992 5943 C: +27 (82) 372 0123 F: +27 (41) 991 1683  
info@essentialskincare.co.za  
www.essentialskincare.co.za

**O·P·I**

Sea of Life™

Monday, Tuesday, Wednesday, Friday 08:00 - 17:00  
Thursday 08:00 - 18:00  
Saturday 08:00 - 13:00

**GUINOT**  
INSTITUT • PARIS

**nimue**  
SKIN TECHNOLOGY

Please note: If you arrive late for your treatment, the treatment time will be shortened, & the full price will still be due.



Welcome to Essentials Spa. In order to make your visit a pleasurable experience please take note of the following details: **Lunch** is available on request, **Gift Vouchers** are Available, **Tuesday** offers a **10% discount** for **Students** (on selected treatments only) & a **15% discount** for **Senior Citizens** (on selected treatments only).

**Sea of life Facial (45min) | R170-00** Youth or Adult Using products from the Dead Sea rich in trace elements such as magnesium and potassium etc.

**Guinot Deep Cleanse Facial (1hr) | R240-00** Cleansing of skin, controls breakouts, helps regulate oil production - purifying, healing and refining. Includes healing action of high frequency electricity.

**Guinot Hydradermie - Incl Eyes & Neck (1hr15min) | R510-00** Guinot's world famous treatment. This amazing facial cleanses skin thoroughly, nourishes, oxygenates, moisturises & restores health & radiance to the skin. A truly effective, powerful facial treatment for those obsessed with results.

**Guinot Full Hydradermie Lift (1hr15min) | R580-00** Ultimate hydradermie benefits PLUS lymph drainage and muscle stimulation for lifting effect. All skin types.

**Guinot Hydralift (1hr) | R240-00** Lymph drainage & muscle stimulation for lifting effect. Hydradermie facial NOT included.

**Guinot Hydradermie Mens Facial (1hr15min) | R480-00** Amazing facial for men. Products specially formulated to compliment their skin type & conditions. Cleans, nourishes, oxygenates, moisturises & gives radiance to skin.

**Guinot Combo Hydradermie (2hr) | R815-00** Chemical peel, deep cleanse, hydrate, nourish & oxygenate. Relaxing & effective treatment that combines Hydradermie & Beaute Neuve.



*Facial Treatments*



**Guinot Beaute Neuve Treatment (45min) | R460-00** Gentle chemical peel using fruit acids. Strips away dead cells from skin surface, stimulating cell renewal & refining the texture of the skin, helps diminish fine lines & wrinkles. All skin types.

**Guinot Beaute Neuve Booster | R1155-00** Course of 3 treatments (45min each)

**Guinot Liftosome (1hr) | R580-00** Guinot's renowned lifting facial with a firming tightening & anti-fatigue action. Immediate results. Effective for those in their 40's plus. Includes a specialised Vitamin C mask which begins as a paste & hardens like plaster of paris. Pleasantly powerful!

**Guinot Liftosome Hydradermie (2hr) | R840-00** Full Hydradermie with Liftosome facial combined.

**Nimue Basic Deep Cleanse or Nimue Youth Treatment (1hr) | R250-00**

**Nimue Basic Acne Treatment (30min) | R250-00**

**Nimue Basic Bio Active Rejuvenating Facial (1.5hr) | R350-00**

**Nimue Basic Specialised Collagen Treatment (1.5hr) | R390-00**

**Nimue Basic Alpha Lipoic Maintenance Treatment (1hr)- R400-00**

**Nimue Advanced 7.5% TCA Treatment (1.5hr) | R440-00**

**Nimue Advanced 35% Glycolic Treatment (1hr) | R380-00**

**Nimue Advanced Chemibrasion (1hr) | R850-00**

**Nimue Specialised Microneedling (1hr) | R3600-00** Course of 6 treatments.

*Facial Treatments*





**Swedish Massage Full Body (1hr) | R230-00** A firm, vigorous hand movement technique to improve lymphatic flow & increase circulation. Effective in relaxing nervous tension & easing muscle strain.

**Swedish Back & Neck Massage (30min) | R160-00**

**Aromatherapy Full Body (1hr) | R270-00** Experience total relaxation as you are massaged using aromatherapy oils specially blended for your specific needs.

**Aromatherapy Back & Neck (30min) | R160-00**

**Hot Stone Full Body Massage (1Hr) | R270-00** Originating from Hawaii, this treatment uses heated porous rocks to enhance the powerful effects of aromatic oils used. **Hot Stone Back & Neck (30min) | R160-00**

**Essentials Sports Massage | R240-00 (1hr) full body R130-00 Back and Neck (30min)** Concentrates on warming & stretching the muscles, improving blood circulation, pain reduction, breaking down scar tissue & adhesion. Treats musculoskeletal problems.

**Shiatsu Massage Full Body (1.5hr) | R315-00** Intensive anti-stress massage focused on restoring balance to the body. Application of pressure to key points restores balance to the muscular, skeletal & nervous system.

**Shiatsu Massage Back & Neck (45min)- R180-00** Intensive anti-stress massage as above yet is focused on the back & neck only.

*Body Massages*



**Couples Room Massage Treatment | R460-00** A couples full body Swedish massage

**Essentials Sea of Life Body Glow | R260-00** Perfect to stimulate circulation. Exfoliates, invigorates, deep cleanses, revitalises & smooths skin. Leaves an oil film over the skin locking in moisture.

**Essentials Sea of Life Detox Mud Wrap | R200-00** Detoxifies, stimulates circulation, reduces swelling & boosts the immune system. Excellent for sore muscles, swollen veins & feet or tired legs. Contains 25% aloe vera.

**Essentials Sea of Life Cellulite Wrap | R350-00** Stimulates circulation & boosts oxygen supply to the cells improving the appearance of the skin. The wrapping process increases the penetration of the active ingredients through the skin.

**Essentials Sea of Life Stretch Mark Out Treatment | R180-00** Stimulates lymph drainage & improves elasticity to the skin to give the skin an all over better appearance.

**Essentials Sea of Life Chocolate Mud Slimming Wrap | R395-00** The chocolate mud penetrates into the deep layers of the skin, giving energy to the body that speeds up the process of weight loss.

**Essentials Senior Citizen Spa Treat | R430-00** Paraffin pedicure & manicure combo with a back, neck & shoulder massage.

*Body Treatments*



**Essentials Mens Day Out Package | R350-00** 45min BNS & head massage and an express Sea of Life facial with foot massage

**Essentials Relaxation Day Package | R970-00** Hydradermie facial, manicure, pedicure & full body aromatherapy massage.

**Essentials Spa Treat | R1160-00** Hydradermie facial, manicure, pedicure, body scrub, shower & full body aromatherapy massage.

**Bridal Package | R1100-00** Essentials Body glow treatment followed by a Guinot Hydradermie facial, French manicure, French pedicure, bikini wax, brow wax & tint.

**Essentials Couples Delight Body Package (1hr15) | R400-00** Couples can enjoy a full body exfoliating shower, a mud treatment and a BNS Swedish massage together in our couples room. Upgrade to a full body massage for R125 extra

**Essentials Design Your Own Package |** If there are any of the treatments you would like to combine to create your own special package, please feel free to ask about it, as we can often combine several treatments successfully. However one must be careful when combining treatments in order to make sure the body is not over-exposed to certain treatment types & that the ingredients used in different treatments do not clash. Pricing and timing only available once you have determined your needs.



*Essential Packages*



Get your body into Shape at Essentials with our slimming options or Just look beautiful with our special occasion makeup.

10 G5 Sessions | R660-00 or Per Session | R75-00 Guaranteed centimeter and kilogram loss in only ONE week!

10 Essentials Shaker Sessions | R120-00 or Per Session | R20-00

Essentials Slimming Package | R1285-00 included 8 G5 slimming sessions and 2 Essentials cellulite wrap treatments and a FREE 125ml cellulite eraser cream as an after treatment.

Post Pregnancy Package | R1950-00 included 10G5 sessions and 4 Essentials stretch mark out treatments.

Sun Bed

10 Sessions | R150-00 or Single Sessions | R25-00

Guinot Self Tan Application

Full body R200-00 or Full body with body scrub R220-00

Trial Make-up | R95-00 One trial session

Make-up | R190-00 bridal or special occasion.

Book for both and pay only R180-00 a 50% deposit is required.

*Essentials Body Beautiful*





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### Tints

- Lashes (15 min) | **R35-00**
- Eyebrows ( 10min) | **R30-00**
- Lashes & Eyebrows ( 20min) | **R65-00**

### Hands & Feet by OPI and Sea of Life

- Spa Deluxe Manicure (1hr) | **R110-00 for Men | R100-00**
- Spa Deluxe Pedicure (1hr) | **R130-00 for Men | R115-00**
- Express Manicure (45min) | **R70-00 for Men | R60-00**
- Express Pedicure (45min) | **R90-00 for Men | R80-00**
- Spa Manicure & Paraffin Wax (1hr) | **R130-00**
- Spa Pedicure & Paraffin Wax (1hr) | **R155-00**
- French Manicure | **R135-00**
- French Pedicure | **R150-00**
- Buff or cut nails or toes & paint | **R35-00**
- Buff or cut nails or toes & french paint | **R45-00**

### Waxing

- Full Leg (45min) | **R110-00 or Half Leg (30min) | R80-00**
- Full Leg & Bikini (50min) | **R140-00**

- Bikini (15min) | **R55-00**
- Full Arm (30min) | **R85-00 or Half Arm (20min) | R65-00**
- Under Arm (20min) | **R50-00**
- Chest & Back (30min) | **R200-00**
- Stomach (20min) | **R70-00**
- Full face (25min) | **R75-00**
- Full Face Hot Wax (30min) | **R95-00**

- Lip or Chin (15min) | **R25-00**
- Brow(15min) | **R30-00**

### Nails

- Gel Overlay Colour or French (1.5hr) | **R140-00**
- French Tips plus Gel Overlay (1.5hr) | **R200-00**
- Tips plus Gel Overlay (2hr) | **R200-00**
- Gel Soak off | **R40-00**
- Fill on Overlay (1.5hr) | **R120-00**
- Silk Repairs (15min) | **R20-00**
- Tip Repairs (20min) | **R20-00**
- Sculpture Repairs (20min) | **R24-00**
- Nail Art - Free Style | **R10-00 per nail**
- Nail Art - Per Diamond | **R3-00**



*Essentials Spa Extras*