

Fusion Ista

Spa Menu



Operating Hours:
Tuesday to Thursday 09h00 to 20h00 | Friday and Saturday 09h00 to 21h00
Sunday 09h00 to 17h00

Spa number: 010 070 2617

Massage Treatments

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| 20 Minute foot scrub with foot massage | R200.00 |
| 20 Minute steam shower | R250.00 |

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| 30-Minute sauna with the option of cold plunge or 30 min jacuzzi | R250.00 |
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| 30 Minute Thai—back, neck and shoulder | R350.00 |
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| 30 Minute Reflex or 30 min Indian head | R400.00 |
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| 30 Minute Rasul experience | R400.00 |
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| 30 Minute hot stone back, neck and | R450.00 |
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| 45 Minute foot massage | R400.00 |
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| 45 Minute foot scrub with massage or 45-minute hands and feet with a head | R500.00 |
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| 45 Minute back, neck and shoulder massage with a wash and blow | R550.00 |
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Kiddies Retreat

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| 30 Minutes 5-10 yrs | R300.00 |
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| 45 Minutes 11-15 yrs | R400.00 |
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60 Minute treatments:

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| Aromatherapy including Thai with a blend of aromatherapy essential oils | R600.00 |
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| Thai back, neck and shoulder or Thai full | R650.00 |
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| Bamboo massage | R650.00 |
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| Candle massage | R700.00 |
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| Back scrub with full body massage | R750.00 |
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| Lymph drainage massage | R700.00 |
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| Hot stone massage | R690.00 |
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| Lava shell massage | R700.00 |
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| Deep Tissue | R850.00 |
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90-minute treatments

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| Aromatherapy (incorporating Thai | R850.00 |
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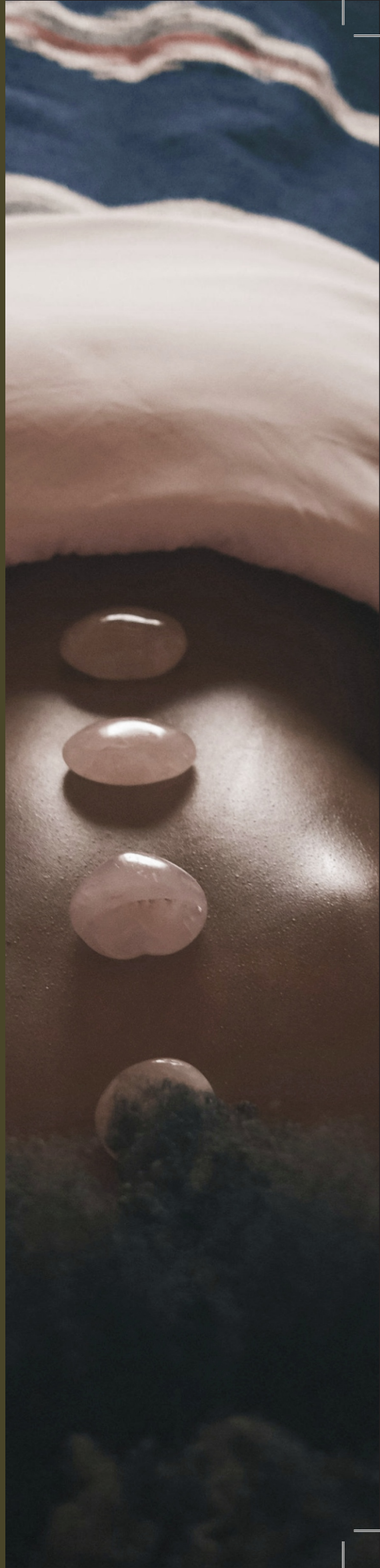
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| Aroma Special - A foot ritual followed by an aromatherapy massage | R800.00 |
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| Bamboo massage | R800.00 |
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| Hot stone massage | R900.00 |
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| Deep Tissue | R1,100.00 |
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| Facial and massage | R1,200.00 |
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Ancient Healing Revival

Indulge in our Fusionista Ayurvedic and Inner wellness experience where ancient traditions meet modern serenity, enjoy a profound journey to self-discovery and rejuvenation, as our expert therapist guide you. Treat yourself to a deeper connection with your inner self and emerge revitalized, refreshed and renewed.

Ayurvedic Treatments

Abiyanga

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| 1-hour full body detox massage with warm | R800.00 |
| 30 Minute Back, neck and Shoulders | R400.00 |

Abiyanga Package

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| 1 Hour full body massage with Warm oil | R1,200.00 |
| Swedana—Steam Session 15 Minutes | |
| Shirodhara – 15 Minutes | |

Shiro Abiyangam

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| A 45 Minute Ayurvedic head, neck and shoulder massage with warm oil, including a sinus and ear marma point treatment | R400.00 |
| A 60 Minute Ayurvedic head, neck and shoulder massage with warm oil including a sinus and ear marma point treatment with an | R650.00 |

Pad Abiyanga

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| 45 Minute Ayurvedic foot massage | R450.00 |
| 15 Minute foot soak | |
| 30 Minute Ayurvedic foot massage (Calves and foot marma) pressure point treatment | |

Inner Wellness

Reiki Healing

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| Indulge in our transformative 60-Minute Reiki session featuring crystal and sound healing, experience the powerful combination of crystals and sound to balance your chakras and align your body. | R750.00 |
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Auric cleansing and body alignment -Restore harmony to your energy field and physical body

Explore your well-being and spiritual growth with our expert practitioner, receive guidance and insight with our complimentary angel card reading



Packages & Specials

Couples special

A 60-minute massage plus a selected meal from our restaurant menu and a drink from our complimentary drink menu.

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| 60-minute Excluding meal | R950.00 |
| 60-minute Including meal | R1,050.00 |
| 90 Minute Excluding meal | R1,140.00 |
| 90 Minute with Including | R1,250.00 |

Standard half day package

Welcoming at a chosen time, together

- Complimentary drink
- 30 Minutes Express Pedicure
- 30 Minutes Jacuzzi or traditional Sauna or steam shower
- 30 Minutes Rasul chamber

Choose from a wide range of 60 min massage treatments

- Aromatherapy
- Sabai Sabai massage
- Swedish massage
- Sports massage
- Deep tissue
- Body butter
- Thai massage

Choose from the following facial:

- 45 -min facial –Aqua Vital Hydro Boost or Aqua Vital Hydro Nutrition
- Lunch or dinner at the restaurant

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| Cost per person Excluding a meal | R1,400.00 |
| Cost per person Including a meal | R1,510.00 |

Standard Full day Package:

Welcome at 11h00
Complimentary drink
30 Minutes Express Manicure
30 Minutes Foot, hands and head
Jacuzzi or Sauna with optional cold
15 Minute sauna massage
30 Minutes Rasul chamber
Lunch at the restaurant finishes at

Choose from one of the following 60 min massages

- Aromatherapy
- Sabai Sabai massage
- Swedish massage
- Sports massage
- Deep tissue
- Body butter
- Thai massage

Choose from the following 60-minute

- Aqua Vital Hydrating facial or Aqua Vital Hydro nutrition facial
- 30 min manicure and Pedicure or a 30min Indian head massage and 30
- Chill room for 30 minutes or extend to 60 minutes

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| Cost per person Excluding meal | R1,950.00 |
| Cost per person Including meal | R2,060.00 |



Packages & Specials

Deluxe full day package

This package is the ultimate spa experience, a full day of bliss and an eternity of pure relaxation, a reinvigorating journey of the body,

- Welcome at 10h00
- Complimentary drink
- Classic Manicure
- Classic Pedicure
- Rasul chamber

Choose from one of the 90 min massages in our incredible koi mist

- Aromatherapy
- Sabai Sabai massage
- Swedish massage
- Sports massage
- Deep tissue
- Body butter
- Thai massage

30 minutes chill room / alternatively extend your chill time to 60 minutes

This package includes Lunch at the

Cost per person Excluding meal **R2,250.00**

Cost per person Including meal **R2,360.00**

Beauty Package

- Complimentary drink
- Hand and foot ritual
- 30 Minutes Jacuzzi or steam
- 30 Minutes Back, neck and
- 45 Minutes Aqua Vital Hydrating
- 45 Minutes Classic manicure
- 60 Minutes Classic pedicure
- 30 Minutes chill room
- 30 Minutes head massage

Cost per person Excluding meal **R1,900.00**

Cost per person Including meal **R2,010.00**



Romantic Rendezvous

Your ultimate escape to serenity: indulge in a tranquil retreat with your loved and let the stress of everyday melt away. Our exclusive couple's package is designed to nurture your mind, body and soul.

Blissful moments:

- Unwind with 60-minute massage in our serene koi room, surrounded by water features and calming ambiance.
- Rejuvenate with a nourishing foot ritual melting away tension and fatigue
- Experience the ancient ritual of the rasul chamber where a marine salt exfoliation and dead sea mud mask leaves your skin feeling soft and looking radiant.
- Relax and rejuvenate in our 30 min jacuzzi session accompanied by a glass of champagne or cocktail
- Let the soothing sound of our sound therapy room calm your mind and transport you to a state of deep relaxation

Aromatic culinary experience

- Savor a private 3 course meal in one of our intimate settings:
- Private dining area with a table setting and a bouquet of roses
- Cozy table next to our crackling fireplaces perfect for a warm and intimate ambiance
- Toast your love with a French kiss shooters or non-alcoholic champagne
- Indulge in decadent chocolates and a lover's cappuccino

Total cost per couple

R2,700.00



Radiant Skin Awaits

Aqua Vital Hydro Detox – Deep cleansing **R850.00**

Aqua Vital is an essential line for all skin types to increase and maintain hydration, promote cellular oxygenation and aid repair to keep the skin healthy, the innovative hydrating ingredients such as polarized water and multi-weight hyaluronic acid, provide rapid cell hydration while betaine extracted from sugar beets helps facilitate the transfer of water between the innermost cells and the outermost layers to ensure the skin functions at its maximum potential.

Aqua Vital Hydro Nutrition Facial **R850.00**

Nourish and revitalize your skin with our Aqua Vital Hydro Nutrition Facial. This luxurious treatment provides essential hydration and nutrients for all skin types, leaving your complexion radiant, refreshed and rejuvenated.

Thermal Mask Treatment **R550.00**

Our Thermal Mask treatment utilizes soothing heat to improve circulation and enhance blood and oxygenation, detoxify and purify by drawing out impurities, promoting skin clarity.

Harmony Microbiotic Facial (Sensitive Skin) **R850.00**

Whether you have naturally fragile skin, sensitized by lifestyle factors, or having an occasional flare up, Harmony has been expertly developed to reduce inflammation, soothe and strengthen or recover a radiant complexion, formulated with microbiome science, fermentation technology and repairing oils to boost skin health for beautiful looking skin.

3C Vitamin Glow **R1,450.00**

A high potency antioxidant facial to brighten and energise the complexion, this facial has been formulated with freshly activated Vitamin C for maximum efficacy. A skin refining and brightening AHA peel and an oxygenating bubble mask for fast skin recovery and a glowing complexion.

Treat yourself to the ultimate Bespoke facial experience!



Iconic body Detox

Indulge in our rejuvenating foot and body detox experience, designed to purify and revitalize your entire being.

Benefits:

- Draw out impurities and remove toxins and heavy metals from the body
- Boost energy, enhance your vitality and sense of well being
- Relax and unwind, melt away stress and tension
- Nourish the body, replenish essential minerals and promote overall health.

Benefits of detoxification:

- Improved circulation -enhance blood flow and promote healthy digestion
- Reduce inflammation -alleviate pain and discomfort
- Glowing skin –radiate health and vitality from inside out
- Balance Body PH
- Aids in weight loss
- Improve sleep and mental clarity
- Improved organ function

Treat yourself to our iconic body detox and experience the bliss of a purified and revitalized body and mind.

Nurturing Women's wellness

Indulge in our rejuvenating Yoni Steaming experience carefully designed to promote feminine health and vitality. This ancient practice combines the power of herbal steam with the wisdom of traditional wellness to:

- Nourish and balance: Support reproductive health and hormonal harmony
- Detoxify and cleanse: Gently remove toxins and promote a healthy environment
- Soothe and comfort: Ease discomfort and promote relaxation

Benefits of Yoni Steaming

- Improved menstrual health: Regulate cycles and reduce cramping
- Enhanced fertility: Support reproductive well-being and hormonal balance
- Increase confidence: Feel empowered and connected to your body
- Decrease symptoms of PMS and menstrual discomfort
- Promote overall reproductive health
- Reduce stress and anxiety
- Foster a sense of calm and well-being

Experience the bliss, Our Yoni Steaming treatment is safe, gentle and is an effective way to promote women's wellness. Our expert therapists will guide you through a soothing and relaxing experience, tailored to your unique needs.

45 Minutes – R 500

60 Minutes – R700



Tinting:

- Brows – 10 minutes R80.00
- Lashes 10 minutes R90.00
- Lashes and brow combo 15 minutes R150.00

Combo's

- Brow wax + tint 15 minutes R140.00
- Brow wax +tint + lash tint R210.00

Wax treatments female

Body:

- Half leg 30 minutes R190.00
- $\frac{3}{4}$ leg 40 minutes R210.00
- Full leg 45 minutes R250.00
- Bikini 20 Minutes R150.00
- Brazilian 40 minutes R280.00
- Hollywood 60 minutes R320.00
- Underarm 15 minutes R130.00
- Half arm 20 minutes R150.00
- Full arm 30 minutes R190.00
- Stomach 15 minutes R130.00

Face

- Brows 15 minutes R70.00
- Lip 10 minutes R70.00
- Chin 10 Minutes R70.00
- Brow + Lip 15 minutes R130.00
- Brow, lip & chin R180.00
- Full face 30 minutes R200.00

Waxing treatments for the ideal

Fusionista man:

- Back 30min R350.00
- Chest 20mins R350.00
- Stomach 15 min R330.00
- Ear, nose or brows 15 mins R70.00
- Half leg 30 mins R210.00
- $\frac{3}{4}$ Leg 40 mins R220.00
- Full leg 45 mins R300.00
- Underarm 15 mins R130.00
- Half arm 20 mins R150.00
- Full arm 30 mins R220.00

Combo: back, chest and stomach 60 minutes R750.00



Nail Treatments - Includes nail polish

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| 30 Minutes Express manicure –file buff and paint | R160.00 |
| 45 Minutes Classic manicure -soak exfoliator scrub, buff, file, nourishing massage | R280.00 |
| 60 Minutes Luxury manicure –soak, exfoliator scrub, file, nourishing hand massage with paint | R330.00 |
| French manicure | R300.00 |
| Pedicure | R200.00 |
| 45 Minutes Express Pedicure- file, buff and paint | |
| 60 Minutes Classic pedicure -soak, scrub, buff and file, hard skin removal, nourishing massage and paint | R350.00 |
| 75 Minutes Luxury Pedicure -soak, scrub, file and buff, massage with paint | R430.00 |
| French pedicure –60 minutes | R380.00 |
| 20 Minutes Little Miss Mani –Shine + Buff with a paint (Nail polish) | R150.00 |
| 20 Minutes Paint Only | R100.00 |
| 30 Minutes Express Kids Pedicure (Dependant on Age) | R180.00 |

Gelish Application:

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| 45 Minutes Gelish Application: | R300.00 |
| 75 Minutes Gelish with full manicure –soak scrub, buff & file nourishing massage + paint | R450.00 |
| 90 Minutes Gelish with full pedicure -soak scrub, buff file nourishing massage + paint | R510.00 |
| 15 Minutes Removal | R100.00 |
| Acrylic /Gel Tips | |
| 90 Minutes Tips acrylic or gel | R500.00 |
| 60 Minutes Natural overlay | R400.00 |
| 75 Minutes French /colour overlay | R450.00 |
| 15 Minutes Removal | R150.00 |
| 15 Minutes Paraffin dip melted wax applied to hands | R150.00 |
| Nail art (handrawn art) | R25.00 |
| Bling - (each) | R15.00 |

