



the spa

FAN COURT

THE SPA

The word “spa” may be derived from the Walloon word “espa” meaning fountain. This, in turn, came from the name of the town Spa, where in the 14th century a curative, thermal spring was discovered.

Our signature treatments are based on the journey towards immersing yourself in a pampering experience of harmony and tranquility. Enveloped in an atmosphere that echoes the peaceful balance of the four elements – air, water, fire, and earth – our facilities and treatments are carefully designed to provide a sense of grounded relaxation.

Let the gentle flow of water, the gentle embrace of air, the warmth of fire, and the grounding presence of earth guide you towards complete rejuvenation. At The Spa, our dedication to personalized care ensures that every guest finds solace, relaxation and just that moment for yourself to unwind.

In addition to our signature spa treatments, we have designed some treatments that can be enjoyed by guests between the ages of 8 and 15 years.

Couples or friends who wishes to explore the Spa journey together, should enquire about one of our private rooms that makes provision for more than one guest at a time.

At The Spa, all things revolve around you and your need to unwind. Allow us to be a part of this journey.

COMPLIMENTARY FACILITIES

SPA REFRESHMENT STATION

HYDROTHERAPY AREA

ROMAN BATH

JACUZZI

TEPIDARIUM

STEAM ROOM

SAUNA

COLD PLUNGE POOL

RELAXATION ROOM

MASSAGE & BODY

Signature Serenity Stones Massage

R 1600

75 minutes

Immerse yourself in the healing essence of our Serenity Stones Massage, thoughtfully crafted around the therapeutic properties of Basalt Rock and nourishing elements of Soy.

This indulgent full-body massage incorporates the use of a signature soy candle, excluding a harmonious fragrance that envelops your senses. As the warm oil infused with soothing soy is poured over your body, it sets the stage for the tranquil and comforting movements of the heated basalt stones. Each stone movement, equivalent to ten hand movements, is designed to deeply soothe and rejuvenate, melting away tension and stiffness in muscles and joints. For a heightened sense of relaxation and to assist in blood pressure regulation, we recommend concluding your treatment with 15 minutes in our gently heated Roman Tepidarium. Allow the experience to linger, embracing the harmony and balance that this luxurious journey imparts.

Back, Neck, Shoulder & Scalp Massage

R 800 | R 950

30 minutes | 45 minutes

Indulge in a targeted massage experience tailored to release tension and promote relaxation within the back, neck, shoulders, and scalp. This treatment aims to alleviate muscle tension, reduce stress levels, and restore a harmonious energy flow throughout the body.

Deep Tissue Massage

R 950 | R 1500

30 minutes | 60 minutes

A therapeutic body treatment meticulously crafted to restore a harmonious flow of energy throughout your body. Whether you opt for a 30-minute session or a full 60-minute indulgence, this massage promises to revitalize your body and leave you with a renewed sense of well-being and tranquility.

Warm Oil Massage

R 1400 | R 1800

60 minutes | 90 minutes

Feel the energies within your body harmonize and flow freely as this treatment helps to alleviate discomfort and revitalize your overall well-being.

Energizing Scalp, Face & Neck Rejuvenation

R 1400

60 minutes

Experience a transformative treatment focused on releasing accumulated tensions and stresses within the scalp, face, and neck muscles and tissues. This treatment combines expertly applied firm yet gentle movements to enhance blood circulation, nourishing both the scalp and face. Additionally, it revitalizes your energy levels and promotes collagen production.

Revitalizing Leg & Foot Pressure Point Therapy

R 950

45 minutes

Immerse yourself in a rejuvenating leg and foot experience crafted to relieve tired muscles and invigorate your senses. This energizing treatment begins with a luxurious scrub that pampers your skin, preparing it for the revitalizing massage that follows. Our skilled therapists incorporate specialized pressure point techniques during the massage to target specific areas, promoting relaxation and release of tension.

ADD ON

Hot Stones / Bellabaci Cups

R 150

Soy Candle

R 250

Treatments can be adapted to suit mothers-to-be, please enquire upon booking. All treatments can be booked in our couples suite to enjoy a side-by-side treatment, pre-booking essential.

FACIALS

Esse Facial Experience

R 900

60 minutes

A bespoke facial that harnesses the power of advanced pre and probiotics to improve the microbial balance on the skin. Tailored to address your specific skin concerns with customisations and enhance the treatment with carefully crafted add-ons. Experience benefits that include stress relief, boosted collagen production, reduced inflammation and strengthened skin barrier function.

Thalgo Radiant Glow Facial

R 700

30 minutes

Unveil the beauty hidden within dull, tired complexions with our Thalgo Radiant Glow Facial. This 30-minute indulgence, the Ultimate Hydra Marine Ritual, enhances your skin's radiance and luminosity.

Thalgo Source Marine Hydration Ritual

R 1100

60 minutes

Indulge in the Thalgo Source Marine Hydration Ritual, a 60-minute facial that provides a long-lasting correction to the hydration levels of dehydrated skin. This rejuvenating ritual deeply replenishes your skin, restoring its velvety-smooth feel and natural radiance.

QMS Deep Pore Cleanse Treatment

R 1000

45 minutes

This treatment deeply cleanses and purifies, targeting impurities and excess oil to reveal a clearer complexion. Fruit acids and enzymes work to refine the skin's texture, promoting a smoother appearance and enhancing the absorption of nutrients.

Experience a revitalized and radiant complexion, perfectly suited for problematic and youthful skin.

QMS Activator Treatment

R 1300

60 minutes

This advanced treatment utilizes innovative activation techniques to enhance the delivery of active ingredients, revitalizing your skin and imparting a fresh, glowing complexion.

Perfect for those seeking instant vitality, especially after a long flight or when fatigued, the QMS Activator Treatment provides a boost to jet-lagged and tired skin. Unlock the potential of your skin's natural radiance with this rejuvenating experience, leaving you feeling refreshed and ready to face the world anew.

QMS Collagen Reactivation Treatment

R 1500

90 minutes

This remarkable treatment provides a crucial boost to moisture levels, leveraging pioneering wellbeing techniques and QMS's signature 70% natural soluble collagens.

Experience the transformative effects as your skin becomes firmer, with enhanced volume and reduced fine lines. The texture of your skin is visibly improved, leaving you with a rejuvenated and youthful glow. Immerse yourself in this extraordinary collagen-infused journey, where your skin's vitality is reawakened and radiance is restored.

FACIAL ADD ON

QMS Stemcell Mask

R 500

A mask made from the highest medically graded collagen fibers and peptides for an outstanding moisturizing effect, improve skin smoothness and elasticity, assist with skin renewal and preservation of the skin's protective barrier.

HAND & FOOT CARE

Indulge in the perfect hand or foot pampering at our dedicated Manicure & Pedicure Lounge. Immerse yourself in a serene space designed for shared treatments, offering a breathtaking view of our picturesque grounds.

Express Manicure

R 300

30 minutes

A simple rehydration of hands and cuticles. Beautifully shaped and polished.

Signature Manicure

R 420

60 minutes

A nourishing treatment for hands. Hands are cleansed and exfoliated followed by intense cuticle care. Nails are filed and buffed to perfection, finished off with a polish of your choice.

Express Pedicure

R 320

30 minutes

A simple rehydration of feet and cuticles. Beautifully shaped and polished.

Signature Pedicure

R 450

60 minutes

Starting off with hard skin removal, file and cuticle work, your feet will be soaked and scrubbed to perfection. A soothing massage to finish off and a polish of your choice.

Medi - Heel Pedicure

R 550

75 minutes

A Deluxe Pedicure beginning with a revitalizing foot peel, soothing soak and scrub. Including cuticle care and nail polish application. Ending with a calming foot and lower leg Massage.

Foot Massage

R 500

30 minutes

Soothing foot massage designed to rejuvenate tired feet and restore balance to the body. Perfect for relieving stress and revitalizing sore feet.

ADD ON

Nail Art (per nail)	R 15
French Application	R 50
Gel Application	R 150
Paraffin Wax Dip	R 200
Gel Removal and Buff	R 180

WAXING

Lip/Chin/Brow Wax	R 140
Underarm Wax	R 250
Bikini Wax	R 250
Brazilian Wax	R 320
Half Leg Wax	R 350
Hollywood Wax	R 370
Full Leg Wax	R 420
Back Wax	R 450

TINTING

Lash Tint	R 160
Brow Tint	R 160
Lash & Brow Tint	R 250

YOUTH 8 - 15 YEARS

Holiday Hands Manicure 30 minutes	R 250
Healthy Feet Pedicure 30 minutes	R 270
Hydrating Youth Facial 30 minutes	R 400
Back, Neck and Shoulder Massage 30 minutes	R 450

SPA RITUALS

The Celebration

90 minutes

R 4500
per couple

This package is the perfect way to celebrate any special occasion. Starting with a **Warm Oil Massage** followed by a **Thalgo Radiant Glow Facial** in one of our partners rooms, end your experience with lunch at Monet's.

Harmonizing Massage Experience

120 minutes

R 2000

Treat yourself to the ultimate relaxation with our "Harmonizing Duo Massage Experience," a luxurious 2-hour package that seamlessly combines the best of both worlds - the **Fancourt Warm Oil Massage** and the **Energizing Scalp, Neck and Face Rejuvenation**.

This extraordinary duo massage experience is designed to rejuvenate your mind, body, and soul, leaving you in a state of complete tranquility and bliss. Unwind and let our expert therapists bring you to a state of serene harmony, where every muscle is soothed, and your complexion glows with vitality.

Fancourt Vitality Journey

120 minutes

R 2400

This ultimate trio of treatments starts with a soothing **Back, Neck, Shoulder & Scalp Bliss Massage**, followed by our **Express Esse Facial** and finally the **Revitalizing Leg & Foot Pressure Point Therapy** to restore vitality and leave you feeling deeply relaxed and rejuvenated.

COMPLIMENTARY FACILITIES ETIQUETTE

No diving.

No children under the age of 18 are permitted in our complimentary facility areas.

Plattner Golf Pty Ltd is not responsible for the loss / damage of your possessions.

Use of the facilities is at own risk.

Remember to shower before making use of our complimentary facilities.

Use a towel to sit on when using our complimentary facilities.

SPA ETIQUETTE

Operating Hours

The facilities are open from 06:00 - 21:00 daily.

Age Restriction

Our complimentary spa facilities are exclusively available to guests aged 18 and above.

Dress Code

Please adhere to our no-nudity policy. Bathing costumes are mandatory for all facilities. We provide locker facilities, disposable underwear, gowns, and towels.

Reservations

Ensure your preferred treatment time by booking in advance. Please specify if you have any requests at your time of booking.

Arrival

Arrive 30 minutes prior to enjoy our complimentary facilities like the Steam Room, Tepidarium, Plunge Pool, and Roman Bath. All appointments begin with a brief consultation with your therapist and conclude at the scheduled time.

Cancellation Policy

Notify us 24 hours prior to your appointment to avoid a 100% cancellation charge.

Health Concerns

Certain treatments may not be suitable for specific medical conditions or during pregnancy. Please use caution when using any of our complimentary facilities if you suffer from any health concerns. Please discuss any concerns at the time of booking and fill out a medical questionnaire upon arrival.

Disclaimer

Guests are responsible for their belongings. Plattner Golf Pty Ltd is not liable for loss or damage. Prices and operational times may change. Kindly share spa areas respectfully for a tranquil environment.

Mobile Phones

Keep mobile phones on silent to maintain a peaceful environment.

Gift Vouchers

Gift vouchers available from The Spa. It must be presented at the appointment. It is valid for three years from purchase, and not redeemable for cash.

Note

Treatment durations are approximate and may vary slightly.

Emergencies / Lost & Found

In the event of an emergency or if you need to contact lost and found, please contact our **Hotel Duty Manager | +27 (0) 64 750 6190**

For enquiries, please contact The Spa at
+27 (0)44 804 0013 or email: spa@fancourt.co.za

