THE WELLNESS CENTRE

@ CATHEDRAL PEAK HOTEL

Tel: 082 9282069

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Email: wellness@bergwood.co.za



OPERATING HOURS:

Monday – Saturday 8:00 am – 17:00 pm
Sunday 8:00 am – 14:00pm

Closed on Christmas & New Years Day

SKINCARE – SIX

Energising Skin Treatment **40 min** **R600.00**
An express facial with a 10 min back, foot or head massage

Rejuvenating Skin Treatment **60 min** **R800.00**
This classic facial treatment will restore the natural luminosity to your complexion and revitalizes tired, dull skin

Intelligent Skin Treatment **90 min** **R1100.00**
For the ultimate experience in relaxation and pampering. This treatment combines an indulgent hot oil back massage with a rejuvenating, revitalizing facial. Relax, restore and hydrate your skin

SIX MAN Energizing Skin Treatment **60 min** **R800.00**
This Men's facial is a tonic for tired looking skin. It provides a deep cleaning and rehydration for the skin

ADD TO ANY OF THE ABOVE FACIALS
Hydrating and Firming Eye Treatment **R280.00**
Bilberry Soothing Peel Off Mask **R350.00**

PACKAGES FOR 1

Scrub & Massage **90 min** **R1060.00**
A self-heating body exfoliation followed by a one Hour Hot Stone or Spalicious Full Body Massage.

4 Treatments **110 min** **R1150.00**
Enjoy the following 4 treatments to feel refreshed and relaxed. Body Scrub, Back Massage, Foot Massage and a File and Varnish on hands or feet.

Stress Buster **120 min** **R1200.00**
Reduce stress. Receive a Cathedral Head Massage followed by a one-hour Swedish Full Body Massage

Deluxe Package **210 min** **R2100.00**
Pamper yourself with a Spalicious Manicure, Pedicure, a one-hour Swedish Full Body Massage and a SIX Rejuvenating or SIX Man Energizing Skin Treatment

PACKAGE FOR 2

Treatment for Two **120min** **R2480.00**
Each receive a one-hour Swedish full body Massage followed by a SIX Rejuvenating or SIX MAN Energizing Skin Treatment.

Massage for Two **90min** **R2000.00**
Book a couples 90 min Hot Stone or Spalicious Blended Aromatherapy Massage.

MASSAGE

Cathedral Head Massage Treatment	**60 min**	**R700.00**

This treatment works on shoulders, neck, and scalp ending with a pressure point massage on the face. It is the ultimate for all those stressed out individuals.

Swedish Massage

This Massage technique is excellent for relaxation and stress relief. Varied pressure is applied depending on the client's preference. Grapeseed oil is used as our massage medium which helps to nourish and condition the skin.

Full Body Massage – legs, arms, back, neck & scalp	**90 min**	**R990.00**
Full Body Massage – legs, arms, back, neck and scalp	**60 min**	**R660.00**
Back, Neck & Scalp	**45 min**	**R500.00**
Back & Neck	**30 min**	**R330.00**
Legs	**30 min**	**R330.00**
Hands and Feet	**30 min**	**R330.00**
Feet	**30 min**	**R330.00**

Hot Stone Massage

This massage technique uses heated stones to heat and relax tired and stressed muscles.

Full Body Massage – legs, arms, back, neck & scalp	**90 min**	**R1140.00**
Full Body Massage – legs, arms, back, neck & scalp	**60 min**	**R760.00**
Back, Neck & Scalp	**45 min**	**R570.00**
Back & Neck	**30 min**	**R380.00**

Spalicious Blended Aromatherapy Oil Massage

Choose between 1 of the following 3 oil blends – Arnica & Mint, Marula, Hawaiian Coconut

Full Body Massage – legs, arms, back, neck & scalp	**90 min**	**R1140.00**
Full Body Massage – legs, arms, back, neck & scalp	**60 min**	**R760.00**
Back, Neck & Scalp	**45 min**	**R570.00**
Back & Neck	**30 min**	**R380.00**

BODY WELLNESS

Body Exfoliation **25mins** **R450.00**

A luxurious body exfoliation to get rid of excess dead skin cells leaving you with soft and smooth skin.

Firming Chocolate Body Cocoon **85mins** **R1100.00**

A full body pamper that will improve collagen in the skin, re-mineralize and certainly release much needed endorphins. The treatment begins with a full body exfoliation to speed up blood circulation and remove dead skin cells followed by a heated body envelopment with the Chocolate Firming Body Mask, and lastly a 30 min Swedish Back massage

Detox Mandarin & Sandalwood Body Cocoon **85mins** **R1100.00**

This ultimate pamper treatment helps to detoxify the body. It also contains anti oxidants to help combat free radicals. The treatment begins with a full body exfoliation to speed up blood circulation and remove dead skin cells followed by a heated body envelopment with the Mandarin & Sandalwood Detox Body Mask, and lastly a 30 min Swedish Back massage

** FOR THE ULTIMATE SPOIL, ADD AN EXTRA 30 , 45 OR 60 MIN SWEDISH MASSAGE TO YOUR BODY ENVELOPMENT TREATMENT AND RECEIVE A 10% DISCOUNT ON THE EXTRA MASSAGE.

Cathedral Lifesaving Back Treatment **40mins** **R600.00**

This treatment begins with an invigorating exfoliation for the back to remove dead skin cells. A creamy mask is then applied to the back. While the mask is at work you will receive a heavenly massage to the back of the legs. The treatment ends with a relaxing back massage.

KIDDIES MINI TREATMENTS

(Under 15 years only) - 30 min each

Spa Mini Pedicure	**R350.00**
Spa Mini Manicure	**R350.00**
Foot Scrub and Massage	**R350.00**
Back and Neck Massage	**R350.00**
Express Gentle Facial	**R450.00**

TINTING & SHAPING

Lash tint	**R180.00**
Brow tint	**R120.00**
Lash & Brow Tint	**R280.00**
Brow Shaping	**R150.00**

DEPILATORY TREATMENTS

1/2 leg wax	**R260.00**
3/4 leg wax	**R290.00**
Full leg wax	**R320.00**
Bikini Wax from	**R200.00 - R300.00**
Under Arm	**R150.00**
Lip	**R120.00**
Brow	**R150.00**
Chin	**R140.00**
Face – Lip, Chin & Cheeks	**R350.00**

HANDS AND FEET

File & Varnish	**R220.00**
Delux Manicure	**R450.00**
Delux French Manicure	**R470.00**
Delux Pedicure	**R500.00**
Delux French Pedicure	**R520.00**
Foot Peel (Add to Pedicure)	**R320.00**
Foot Peel (On Its Own)	**R500.00**

PLEASE NOTE: We do not apply or remove any false nails
(Gel, Acrylic or Silk)

Please remember your open toed shoes when booking a pedicure.

BOOKINGS

- Please be sure to book in advance as bookings are subject to availability.
- All cancellations or changes need to be done 24 hours prior to the treatment to avoid being charged in full
- Please ensure that you make all changes or cancellations with the Spa directly to avoid being charged for your treatments
- Please arrive 10 min prior to your treatment to complete a client card
- Should you arrive late your treatment time will be shortened accordingly.
- This price list is valid from 1st Octobeer 2026.
- Prices are subject to change without prior notice.
- Times quoted are inclusive of changing into and out of treatment garments

GIFT VOUCHER

Gift vouchers are available for purchase from The Wellness Centre reception or via email wellness@bergwood.co.za. Vouchers can only be purchased for monetary value and are valid for 1 year from date of purchase..

DRESS CODE

Please wear boxers, running shorts or underwear for treatments.

PAYMENT

Payment can be made at The Wellness Centre by cash or charged to your hotel room account.

All non-resident guests will be required to pay in advance for their treatments.

All group bookings will need to pay in advance to secure your bookings.