GATSBY
LUXURY SPA
Welcome to the Gatsby Luxury Spa

Gatsby Spa have over two decades of luxury spa experience. We own and operate the two salons at Sun City – The Royal Spa (based at the Palace Hotel of the Lost City) and The Gary Player Health Spa at the Gary Player Country Club.

Gatsby Spa is a family-run business with a long-term staff contingent and a passion for the health and beauty industry. We have been awarded the first elite supplier status from TheraVine™ South Africa, and we sell the products we use in our treatments.

The Gatsby Spa salons caters to guests of Sun City which include national and international celebrities and dignitaries. From massages for day-trippers, to hair styling for the Miss World pageant, our qualified team provide a professional luxury beauty treatment.

Our aim is to treat each guest like royalty, and our visiting royalty and celebrities are assured a confidential and personal treatment.

Gatsby Luxury Spa offers a 10% discount (per person) on ANY 3 treatments booked on the same day.
Gatsby signature fragrance of lemon, lime and hints of Champagne all designed to de-stress, detox and recharge the skin.

**GATSBY SIGNATURE TREATMENTS**

- **Recharge Luxury Body Scrubs**
  - 25 minutes: R500
  - 50 minutes: R700
  - 80 minutes: R950

- **Detox Body Massage**
  - 25 minutes: R500
  - 50 minutes: R700
  - 80 minutes: R950

- **De-Stress Body Butter Massage**
  - 25 minutes: R500
  - 50 minutes: R700
  - 80 minutes: R950

- **Muscle Release**
  - 25 minutes: R500
  - 50 minutes: R700
  - 80 minutes: R950

**PACKAGES**

- Luxury body buff and relaxing coconut wrap followed by an 80 minute body butter massage (170 minutes) **R2300**.
- Gatsby Ritual - body butter massage and facial (140 minutes) **R2000**.
- Seasonal Specials available over Valentines, Mother’s and Father’s Day.
- Add Champagne, chocolates and rose petals for **R200** more.
- Couple treatments to be booked in advance on a first come first serve basis.
- We also cater for groups, functions and pamper parties.

**Young ladies and gentlemen welcome!**

**THE GYMNASIUM**

A state-of-the-art gym with breathtaking African views, you are offered a workout in paradise! Located at the Gary Player Country Club, between the Cascades and the Sun City Hotel. The gym fee allows the use of the steam rooms, splash pool (non-heated), lockers and shower facilities. Towels are provided. (No children under 13 are allowed.)

Daily Entrance Fee: **R80.00** (valid for one day).

Guest Fees: 3 days **R180**, 5 days **R280** and 7 days **R350**.

The Gymnasium is open daily from 06h00 to 20h00.
Crystal Skin Treatment
Aimed at providing the skin with intense hydration, this luxury TheraVine™ facial is specifically designed for dry, dehydrated and sensitive skin types, which is uniquely combined with a revitalising foot treatment and ultra-relaxing scalp massage.
The Result: Improved skin comfort, increased hydration levels and improved skin renewal for a revitalised and radiant skin.

Silver Skin Treatment
An infinite replenishing treatment that combines a luxurious TheraVine™ facial suited to dry and mature skin types, with an intensive eye treatment and a conditioning hand ritual. A true time interceptor!
The Result: Improved skin firmness and elasticity with reduced lines and wrinkles, replenished nourishment and a dramatic improvement in dark circles and puffiness around the eye area.

Gold Skin Treatment
This technologically advanced TheraVine™ skin treatment suited to mature and environmentally stressed skin types, combines a luxurious 24K gold mask with an ultra-relaxing back massage and anti-ageing hand treatment.
The Result: Visibly toned and firmer skin, reduced appearance of lines and wrinkles, and a brightened skin polished to glowing perfection.

Platinum Skin Treatment
Ideal for dull, devitalised skin with pigmentation and uneven skin tone, this unique treatment combines advanced technologies and techniques with an ultra-relaxing back and scalp massage, as well as an anti-ageing brightening hand treatment.
The Result: Improved appearance of sun damage and hyper-pigmentation, a more uniform, brightened, radiant and luminous complexion with refined skin texture and increased vitality.

Treatment time: 110 minutes R2000
THERANAKA™ MASSAGE
TheraNaka™ African Fusion Body Massage (25 minutes) R500
TheraNaka™ African Fusion Body Massage (50 minutes) R700

Enjoy the freedom of choosing your favourite scent from our selection of Marula infused Fusion Body Oils or Avo and Shea Massage Butters to address your every need whilst restoring balance.

TheraNaka™ PEACE oil or TheraNaka™ SUNSET butter - relaxing
TheraNaka™ RECHARGE oil or TheraNaka™ DAYBREAK butter - uplifting
TheraNaka™ STORM or TheraNaka™ STORM butter - detoxifying

MASSAGES (80 minutes) R950
TheraNaka™ African Wood Massage
Mimicking the rhythmical patterns of an African dance, the TheraNaka™ signature massage blends light stretching techniques and specially designed body and facial wooden implements to relax and restore your weary body. Being drizzled with a warm Olive and Shea butter ointment will nourish and heal dry skin whilst experiencing blissful relaxation and rejuvenation.

TheraNaka™ Tri-Scent Shea Body Nugget Massage
Inspired by the people of Africa’s use of the circular form, this unique ritual was created to encompass our connection with nature and celebrating the circle of life. Small blocks of citrus infused Shea butter are placed on different areas of your body which will aid circulation and relaxation of the body. Experience the soothing warmth as the butter melts under your therapist’s hands, leaving you utterly relaxed and your skin nourished and hydrated.

TheraNaka™ African Awakening Massage
Drawing inspiration from the Marula tree and the African traditional healing beliefs, an ultra relaxing indulgent full body massage was created. The skillful combination of contracting and oxygenating enhancing breathing techniques will awaken your senses and revive your body and mind. Enjoy the freedom of choosing your favourite scent from our selection of Marula-herb infused Fusion body oils to address your every need.

THERANAKA™ BODY TREATMENTS (30 minutes) R500
Our cleansing preparatory body scrubs are made with 100% natural blend of plant botanicals to gently and effectively eliminate dead skin cells, moisturise and leave the skin soft to the touch. Feel invigorated and revitalised as a message of new life and renewal will be weaved.

TheraNaka™ Apricot Kernel Body Cream Scrub
TheraNaka™ Marula and Sandalwood Sugar Buff
Theravine™ Body Exfoliation (25 minutes) R500
A gentle all over body exfoliation, using grapeseeds in a botanical rich cleansing cream. Feel invigorated and revitalised as your body is polished to glowing perfection before receiving a body treatment.

Theravine™ Pinotage and Lime Salt Glow (25 minutes) R500
A luxurious, ritual body salt scrub, consisting of refined marine salts, grape extracts and honey infused with lemon, lime and sweet orange essences. Silky smooth skin prevails....

Masculvine™ Friction Rub (25 minutes) R500
A warming sugar scrub infused with circulatory-boosting essential oils used as an antidote for a tired body and mind. This scrub gives an exhilarating start to your day with an uplifting aroma of eucalyptus, pine and black pepper to help unwind the body and mind as well as ease muscular aches and pains.

Masculvine™ Muscle Release Body Treatment (80 minutes) R1200
After receiving a warm, aroma-infused sugar scrub, a muscular aches and pains oil is applied to your body after which a massage is performed to help ease the pains of muscle spasms, arthritis, rheumatism and fatigue. A circulating gel is then applied, leaving your body feeling refreshed and invigorated.

Thalasovine™ Cellulite Treatment (80 minutes) R1200
Experience a specialised treatment to stimulate the circulatory and lymphatic systems, concentrating on the areas of the body prone to 'blockages', cellulite, fluid retention and uneven skin texture. After an exfoliation, a cellulite complex is massaged onto the affected areas. You are then wrapped in a Thermoactive Mousse. Relax and experience the warm bubbling sensation of the mousse as your skins metabolism and lymph activity work in full swing. A circulatory-boosting, refreshing gel is then applied, followed by the application of a contouring cellulite cream.

Theravine™ Relaxing Body Cream Wrap (80 minutes) R1200
This luxurious treatment is recommended as an anti-stress treatment, with the emphasis placed on total relaxation. Enter into a darkened room, with soft relaxing music playing in the background and drift away as your therapist treats you to a ‘never to be forgotten experience’. This treatment is safe for pregnancy.

**THERAVENT™ MASSAGE**

Aromavine™ Relaxing Pinotage Massage
Tension melts away with our relaxing massage containing a synergistic blend of cape chamomile, neroli and lavender.

Aromavine™ Scalp, Neck and Shoulder Massage
Relax whilst feeling the expert hands of your therapist easing stress-related knots and melting away tension and anxiety that have built up in this body zone.

Musculavine™ Back Massage
Intensive massage and muscle reconditioning techniques are used to help relieve muscular tension, followed by the application of a refreshing circulatory gel.

| Treatment time: 25 minutes | R500 | Treatment time: 50 minutes | R700 |
FACIALS

Flash Facial Treatments (25 minutes) R500
- **Enhancing Flash Facial** - Illuminating and radiant, evens out the skin complexion
- **Instant Lifting Flash Facial** - Tightening and lifting, smooths and re-plumps and redefines facial features
- **Perfect Skin Flash Facial** - Deep cleansing flash facial to cleanse and purify
- **Men's Express Flash Facial** - Detox flash facial that relaxes, moisturises and re-balances the skin

Standard Facial Treatments (50 minutes)
- **Re-balancing** - R700
  - **Nutri Comfort Facial** - nourishing treatment with avocado milk, comforts and softens dry skin.
  - **SOS Purifying Facial** - clarifying treatment with grapefruit. Purifies, mattifies and re-balances combination and oily skin.
  - **Soothing and Wellbeing Facial** - soothing treatment with cotton extract, calms and soothes sensitive skin.
  - **Moisture Replenish Facial** - hydrating treatment with hyaluronic acid, in-depth hydration.

- **Radiance** - R900
  - **Radiance Revealing Facial** - vitamin-rich cocktail for radiance and enhanced skin luminosity
  - **Skin Renewal Facial** - peeling treatment, erases skin imperfections and evens out skin tone and texture
  - **Skin Lightening Facial** - anti-pigmentation treatment, brightens and evens out complexion

- **Rejuvenating** - R900
  - **Collagen Plumping Facial** - collagen treatment to refresh and illuminate the skin

Specialised Facial Treatments (80 minutes) R1400
- **Supreme Smoothing Facial**
  - Targeted anti-wrinkle and firming facial that smooths and redensifies the skin making the skin look younger for longer and stimulating collagen and elastin reserves to lift and re-mold the skin's support system.

- **Ultimate Lifting Facial**
  - Premium anti-ageing treatment to lift and reshape facial contours and illuminates the complexion whilst restoring ultra regeneration and moisture.
Gatsby Luxury Spa offers a 10% discount on ANY 3 treatments (per person)
# Massages

## Standard Massage Treatments - Swedish, Aromatherapy or Sport Massage Technique

### Back, neck and shoulder massage
- 25 minutes: R450
- 50 minutes: R600

### Foot Massage
- 25 minutes: R400
- 50 minutes: R600

### Full Body Massage
- 50 minutes: R600

### Deluxe Massage
- 80 minutes: R850

## Specialised Massage Treatments

- Hot Stone back, neck and shoulder massage (25 minutes)*: R500
- Hot Stone, Bamboo or Rungu Full Body massage (50 minutes)*: R700
- Hot Stone Full Body massage (80 minutes)*: R950
- Reflexology (25 minutes): R500
- Reflexology (50 minutes): R700

*(specialised pressure point massage only on the feet)*

*Please book Hot Stone treatment 1 hour in advance. Certain medical conditions do not allow this treatment to be performed*

## Pregnancy Massage

- Back, neck and shoulder massage with avocado oil (25 minutes): R450
- Swedish Massage with avocado oil (50 minutes): R600
- African Earth Massage (50 minutes): R700
<table>
<thead>
<tr>
<th>HAIR REMOVAL</th>
<th>BEAUTY TREATMENTS</th>
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<tbody>
<tr>
<td>Full leg wax</td>
<td>R300</td>
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<tr>
<td>Half leg wax</td>
<td>R200</td>
</tr>
<tr>
<td>Lip wax</td>
<td>R100</td>
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<tr>
<td>Eyebrow wax</td>
<td>R100</td>
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<tr>
<td>Bikini (no Brazilian)</td>
<td>R150</td>
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<tr>
<td>Underarm</td>
<td>R100</td>
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<tr>
<td>Chin wax</td>
<td>R100</td>
</tr>
<tr>
<td>Back wax</td>
<td>R300</td>
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<tr>
<td>Arm wax</td>
<td>R150</td>
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<tr>
<td></td>
<td>Hot wax for face, bikini and underarm only</td>
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<tr>
<td>Eyelash tint</td>
<td>R120</td>
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<tr>
<td>Eyebrow tint</td>
<td>R100</td>
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<tr>
<td>Express Mani (file and paint)</td>
<td>R150</td>
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<tr>
<td>Express Pedi (file and paint)</td>
<td>R250</td>
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<tr>
<td>Manicure (30 minutes)</td>
<td>R250</td>
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<tr>
<td>Pedicure (40 minutes)</td>
<td>R300</td>
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<tr>
<td>Deluxe Manicure (40 minutes)*</td>
<td>R300</td>
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<tr>
<td>Deluxe Pedicure (50 minutes)*</td>
<td>R400</td>
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<tr>
<td>*French paint additional cost R20</td>
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<tr>
<td>Gelish Manicure</td>
<td>R400</td>
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<tr>
<td>Gelish Pedicure</td>
<td>R450</td>
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<tr>
<th>ARTIFICIAL NAILS</th>
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<tbody>
<tr>
<td>Gelish overlay</td>
<td>R270</td>
</tr>
<tr>
<td>Gel overlay (no tips)</td>
<td>R300</td>
</tr>
<tr>
<td>Gel overlay with French tips</td>
<td>R350</td>
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<tr>
<td>Gel overlay with natural tips</td>
<td>R400</td>
</tr>
<tr>
<td>Acrylic overlay (no tips)</td>
<td>R350</td>
</tr>
<tr>
<td>Acrylic with French tips</td>
<td>R450</td>
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<tr>
<td>Acrylic with natural tips</td>
<td>R500</td>
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<tr>
<td>Soak off Gel</td>
<td>R100</td>
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<tr>
<td>Soak off Acrylic</td>
<td>R200</td>
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<tr>
<td>Gel overlay on toes</td>
<td>R200</td>
</tr>
<tr>
<td>Acrylic overlay on toes</td>
<td>R300</td>
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<tr>
<td>Nail art stickers (per nail)</td>
<td>R20</td>
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<tr>
<td>Nail art stones (per nail)</td>
<td>R30</td>
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<tr>
<td>Fixing nails (per nail)</td>
<td>R40</td>
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<tr>
<td>Filings (gel or acrylic)</td>
<td>R250</td>
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</tbody>
</table>
Please book your appointment 24 hours in advance. A consultation is compulsory for hair extensions.

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
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<tbody>
<tr>
<td><strong>Blow wave</strong></td>
<td></td>
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<tr>
<td>Short</td>
<td>R300</td>
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<tr>
<td>Medium</td>
<td>R350</td>
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<tr>
<td>Long</td>
<td>R400</td>
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<tr>
<td><strong>Cut and blow wave</strong></td>
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<tr>
<td>Short</td>
<td>R400</td>
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<tr>
<td>Long</td>
<td>R500</td>
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<tr>
<td>Children’s Cut (under 12)</td>
<td>R200</td>
</tr>
<tr>
<td>Gentleman’s Cut</td>
<td>R250</td>
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<tr>
<td><strong>Tints</strong></td>
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<tr>
<td>Short</td>
<td>R550</td>
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<tr>
<td>Long</td>
<td>R700</td>
</tr>
<tr>
<td>Colour Shampoo</td>
<td>R450</td>
</tr>
<tr>
<td>Highlights with foil</td>
<td>R1000</td>
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<tr>
<td>Scalp massage with treatment</td>
<td>R500</td>
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<tr>
<td>Up-styles</td>
<td>R400</td>
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<tr>
<td>Landine Relaxer</td>
<td>R400</td>
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<tr>
<td>Landine S-Curl</td>
<td>R250</td>
</tr>
<tr>
<td>Landine Treatment</td>
<td>R200</td>
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<tr>
<td>Hair extensions (only Indian hair)</td>
<td>Price on Request</td>
</tr>
</tbody>
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**ROYAL SALON BOOKINGS**
We are conveniently located on the second floor of the Elephant Wing in the Palace Hotel.

For more information or bookings, please contact us:
Royal Salon - ext. 3225,
Tel: +27 (0) 14 557 3225
Email: gphs@iafrica.com

**OPERATING HOURS**
The Royal Salon: 10h00 - 19h00

**ROYAL SALON TREATMENTS**
Hair, beauty and facials are done in the salon. Massages are done in the privacy of your room or at the Palace Swimming Pool.
MEN’S TREATMENTS

Men’s Daily Active Facial
Cleanse, hydrate and revitalise to restore freshness and clarity whilst leaving the skin soothed from irritation caused by shaving.

Men’s Clarifying Back Treatment
Fight fatigue and combat muscle tension while refining and purifying the skin.

25 minutes R500
50 minutes R700
SKIN CARE FOR TEENS

Pro-Youth Hydra-Matte Facial
Deeply hydrates while reducing sensitivity, leaving you with a clear, healthy and radiant complexion.

Pro-Youth Clarifying Facial
A crisis specific treatment that helps clarify, purify and restore balance to problem skin types.

25 minutes R500
50 minutes R700

For a lifetime of radiant skin

Gatsby Luxury Spa Policy

- To ensure efficient scheduling of treatments, please check in at the spa 20 minutes prior to your appointment
- Late arrivals will be finished within the scheduled time while the fee will remain unchanged
- Appointments cancelled at least 12 hours before will not be charged for
- All cancellations must be made directly with the spa
- We do not accept responsibility for lost, stolen or damaged valuables, cash or personal items, whilst making use of the spa and fitness facilities of Gatsby International
- Prices are subject to change
Gatsby Luxury Spa Bookings
Located at the Gary Player Country Club; between the Cascades and the Sun City Hotel.

For more information or bookings, please contact us at the Gary Player Health Spa - ext.528 or Hair Studio - ext.535.

Tel: +27 (0) 14 557 5288
Email: gphs@iafrica.com

Operating Hours
Gymnasium:  06h00 - 20h00
Health Spa:  08h00 - 20h00
Hair Studio:  10h00 - 19h00

www.gatsbyspa.co.za

Gatsby Spa has received 8 International Spa Awards. We have been consistent winners for 6 consecutive years in categories for World Luxury Spa, Global Award for Luxury Travel Guide and Leading Hotels of the World.