LEGACY balance spas



The Leonardo SPA

TREATMENT MENU

MASSAGE THERAPIES

Swedish Massage **R1050**

A gentle massage using a variety of techniques that apply pressure to manipulate muscles, aiming to release tension, improve circulation, provide greater flexibility and improve overall well-being.

60 min

Aromatherapy Massage **R1150**

A gentle massage, similar to a Swedish massage using a unique blend of essential oils that are absorbed by the skin and inhaled to promote deep relaxation.

60 min

Hot Stone Massage **R1050**

A massage journey in conjunction with heated stones that encourage blood flow throughout the body relieving chronic pain and promoting deep relaxation.

60 min

Deep Tissue Massage **R1150**

A massage applying firm pressure that targets deeper layers of muscle and connective tissue to release deep seated tension and knots.

60 min

Lava Shell Massage **R1150**

A massage journey accompanied with self-heating technology of Lava Shells that encourage blood flow throughout the body relieving chronic pain and promoting deep relaxation.

60 min

Back, Neck, Shoulder and Head Massage **R750**

45 min

Deep Tissue Back, Neck, Shoulder and Head Massage **R850**

45 min

MASSAGE ENHANCEMENTS

Customise your massage with enhancements that will elevate your experience and target specific concerns.

Soy Candle **R250**

A moisturising body candle with a unique blend of natural soy wax and botanical oils to enhance the massage experience.

Bellabaci Cupping **R250**

Bellabaci massage cups are used to instantly soothe painful areas of the body and repair skin tissue.

Hot Lava Shells **R300**

Hot Stones **R250**

Exfoliation **R400**

30 min

Massage (Extra Time) **R300**

Add on 30 minutes to any massage.



PREGNANCY THERAPIES

AVAILABLE AFTER FIRST TRIMESTER

Elemis Mother To Be — **R1450**
A luxurious 'Me Time' journey that offers a top to toe blissful escape before baby arrives.
90 min

Journey To Motherhood Massage — **R1150**
A gentle prenatal massage to nurture and support women through the rich tapestry of pregnancy.
60 min

BODY RITUALS

Full Body Exfoliation — **R500**
A special blend of salt and oils that gently buffs away flakey skin, leaving skin soft to touch and ready for subsequent product application.
30 min

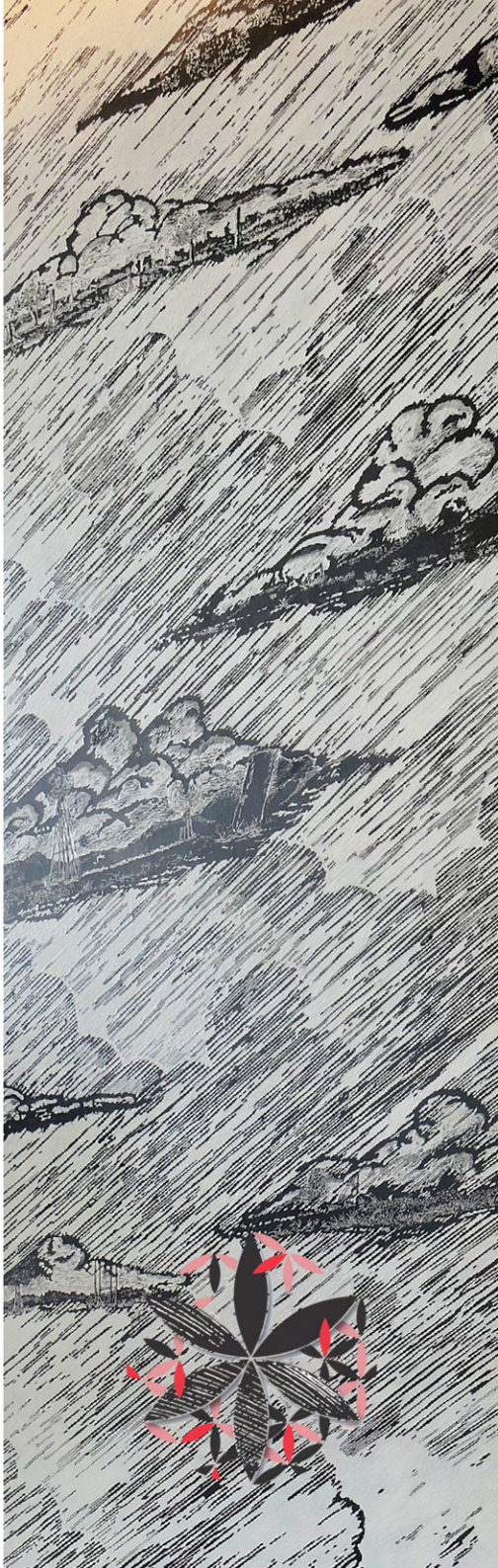
Elemis Lime and Ginger Salt Glow and Massage — **R1750**
A luxurious salt scrub and lime exfoliation, paired with a full body massage, rich in the finest grade aromatherapy oil, leaving skin exceptionally soft.
90 min

Body Polish and Hydrating Body Wrap — **R1100**
Enjoy a gentle full body exfoliation, followed by a deeply nourishing and hydrating wrap that revitalises skin.
60 min

Body Polish and Detox Body Wrap — **R1100**
Refresh and purify your skin with our detoxifying wrap and exfoliation that draws out toxins.
60 min

Legacy Balance Foot Ritual — **R450**
A foot and calf focused tension reliever using gentle massage and pressure point techniques to alleviate tension.
45 min

Elemis Best Foot Forward — **R650**
Revive tired legs and feet with an exfoliation, massage and refreshing gel that assists with poor circulation and water retention.
45 min



QMS FACIAL THERAPIES

QMS Medicosmetics is a premium skincare brand recognised for its pioneering use of collagen to improve skin regeneration and anti-aging, offering solutions that boost skin elasticity, reduce wrinkles, and enhance overall skin health.

QMS Collagen Reset **R990**
This treatment offers a thorough cleanse and refining experience. The result? Healthy, balanced, and hydrated skin.
60 min

QMS Collagen Rebalance with Hydrating Boost **R1150**
Instantly give vitality back to your skin with innovative activation techniques that hydrate, refuel, and energise your skin.
60 min

QMS Collagen Revive **R1250**
Experience visibly smoother skin and restored radiance. A detoxifying treatment that revitalises the skin providing an instant complexion boost.
75 min

QMS Collagen Renewal **R1450**
Experience firmer, volumised skin with reduced fine lines and improved skin texture.
90 min

QMS Collagen Contour **R1600**
Targeting areas prone to aging, this treatment includes a lifting massage and collagen-boosting therapy for enhanced tonicity.
90 min

QMS Collagen Rebalance **R1350**
Eye-care, redefined! This facial targets puffiness, dark circles and promotes a well-rested, youthful, and vibrant look.
75 min



QMS FACIAL THERAPIES

QMS Pure Oxygen **R1450**
A treatment that stimulates deep skin cell regeneration, encourages circulation and leaves skin hydrated, plump, and radiant.
60 min

Team Dr Joseph Purifying **R950**
A complete cleansing treatment that will leave you with bright, soft and radiant skin.
60 min

IS CLINICAL FACIAL THERAPIES

A skincare brand offering clinically-proven, superior products; featuring the most advanced technology, and utilising only the highest-grade ingredients available - thus creating formulas that encourage dramatic physiological improvements in skin health and appearance.

Foaming Enzyme Facial **R1850**
A powerful yet soothing treatment that reveals a polished and more radiant complexion. Suitable for all skin types.
60 min

MICRONEEDLING

SkinPen® Precision Microneedling System is intended to help improve the cosmetic appearance of fine lines, wrinkles, stretch marks, surgical scars, enlarged pores and pigmentation conditions (dyschromia) as well as acne scarring.

Face	**1 treatment**	**3 treatments**	**4 treatments**
60 min	**R1850**	**R5000**	**R6500**

*Additional areas can be treated. Speak to your therapist for more information.



DELICATE HANDS

Signature Manicure with Nail Polish — **R450**
A hand pampering manicure that focuses on the overall health of the hands.
60 min ***ADD GEL R100**

Luxury Manicure with Nail Polish — **R730**
Transform your hands with this decadent and perfectly crafted hand and nail treatment.
75 min ***ADD GEL R70**

Waterless Manicure — **R400**
A meticulous hand treatment that focuses on perfecting the beauty and health of your nails and cuticles.
30 min

*****An additional 15 minutes will be added to your treatment when adding on gel application.

FEATHER LIGHT FEET

Signature Pedicure with Nail Polish — **R460**
A foot pampering pedicure that focuses on the overall health of the feet.
60 min ***ADD GEL R100**

Luxury Pedicure with Nail Polish — **R780**
Luxury at its finest. An opulent treatment offering a comprehensive approach to the treatment of the feet.
75 min ***ADD GEL R100**

Waterless Pedicure — **R420**
A meticulous foot treatment that focuses on perfecting the beauty and health of your heels, nails and cuticles.
45 min

Medi - Pedi — **R550**
A fast, effective and painless foot peel that focuses on the removal of callus and dry scaley skin, finished off with a polish nail.
60 min ***ADD GEL R100**

*****An additional 15 minutes will be added to your treatment when adding on gel application.



NAIL ENHANCEMENTS

*A Soak Off must be accompanied by an additional spa treatment.

Gel Soak Off **30 min**	**R200**
Acrylic Soak Off **45 min**	**R200**
Gel Polish Overlay on Natural Nails	**R420**
Rubberbase Reinforcement	**R330**
Rubberbase Reinforcement with Gel Polish	**R430**
Gel Soak Off with Reapplication	**R580**
Acrylic Overlay on Natural Nails	**R520**
Acrylic New Set with Tips and Gel polish	**R630**
Acrylic Overlay on Natural Nails with Gel Polish	**R540**
Acrylic Refill with Gel Polish	**R450**
Acrylic Refill Only	**R400**

GROOMING

TINTING

Lash or Brow	**R150**

WAXING

Back or Chest	**R400**
Half Leg	**R300**
Full Leg	**R350**
Half Arm	**R200**
Full Arm	**R250**
Lip, Chin, Brow, Ear, Nose, Cheeks	**R150**
Underarm	**R220**
Brazilian	**R350**
Bikini	**R240**
Hollywood	**R430**



SPA PACKAGES

WHERE APPLICABLE, PACKAGE TIME REFLECTED IS INCLUSIVE OF LUNCH

Out Of This World
5 Hours

Hot Stone Massage
Signature Manicure
Signature Pedicure
TDJ Purifying Facial
Lunch

R2760 per person

Breathe In, Breathe Out
3 Hours

IS Clinical Foaming Facial
Signature Pedicure
Signature Manicure

R2440 per person

Power Of Touch
2.5 Hours

QMS Oxygen Facial
Soy Candle Body Massage
Full Body Exfoliation

R2880 per person

A Touch Of Magic
3.5 Hours

QMS Collagen Facial
Deep Tissue Massage
Signature Pedicure

R2710 per person

Breath Of Life
2 Hours

Aromatherapy Massage
Body Wrap and Exfoliation

R2205 per person

Take The Load Off
4 Hours

Facial
Back, Neck, Head and Shoulder Massage
Signature Pedicure
Lunch

R2450 per person

Wind Down
4 Hours

Swedish Massage
Signature Pedicure with Gel Polish
Full Body Exfoliation
Lunch & Bubbly

R2250 per person

FOR COUPLES

Take Your Time
2 Hours

Swedish Massage
QMS Rebalance Facial
Bubbly

R4790 per couple

Walking On Sunshine
3.5 Hours

Deep Tissue Massage
QMS Rebalance (Hydrate) Facial
Full Body Exfoliation
Lunch

R5500 per couple

Spa And Stay

Walking On Sunshine Package Accommodation (sharing per night includes stay and breakfast per person per day.)

*This package may only be booked through the Spa.
*This package is for two guests sharing.
*This package price is subject to change year on year.

R17 000 per couple









SPA ETIQUETTE

BOOKING POLICY AND CANCELLATION POLICY
A 50% deposit payment upfront is required in order to secure your booking. Please provide the Spa with a minimum of 6-hours notice when rescheduling your appointment. If a 6-hour cancellation is not given, 50% of your total treatment value will be charged.

A 100% upfront payment is required for group bookings, to secure your booking. Please provide the Spa with 7 days notice for the cancellation of group bookings in order not to incur any cancellation charges. If a 7 day cancellation is not provided, 100% of your total treatment value will be charged.

Kindly note that we do not provide refunds on retail products purchases.

ARRIVAL
Prepare for your Spa experience by arriving 30 minutes prior to your appointment time to allow for the check-in process. All appointments will end at their scheduled time in order that the next guest is not delayed or inconvenienced.

Treatment times include the Spa's welcome ritual.

ATTIRE
A secure locker is provided for all your personal belongings along with a robe, a pair of slippers and disposable underwear for your comfort.

CONSULTATION
All guests are required to complete a mandatory consultation card before their treatment so that our therapists can prepare your experience.

FACILITIES
Before or after your Spa treatment, enjoy our Facilities or simply relax in the relaxation area. Guests are more than welcome to help themselves to our complimentary refreshments.

Guests booking any of our massages, facials or packages enjoy complimentary access to our wet areas - perfect for unwinding before or after your treatment for up to 60 minutes.

If you're visiting us for a manicure, pedicure, waxing, or nail service, you can still elevate your experience for just R300 per person and enjoy our tranquil facilities for 60 minutes (subject to availability).

Swimwear is required at the relaxation areas, steam room and hydrotherapy pool.

HOMECARE
To continue your Spa experience at home, products used during your treatment can be purchased at the Spa reception, where your therapist will be delighted to advise you on the most suitable products for your needs.

DISCLAIMER
Access to and use of The Leonardo Spa's facilities and equipment are undertaken at your own risk. The Leonardo Spa, its management, therapists, and the lodge owners and staff shall not be held liable for any loss, injury, damage, claims, or compensation. By entering our premises, you acknowledge and accept this policy, waiving any and all claims against these parties.

The Leonardo SPA

SPA CONTACT DETAILS

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Visit:
www.legacybalance.co.za/spa/Leonardo-Spa-Sandton

VOUCHER SALES:
www.legacybalance.co.za/vouchers

OPERATING HOURS

Monday to Saturday
& Public Holidays: 09:00 – 18:00
Sundays: 10:00 – 17:00

MAKE A BOOKING

LEGACY balance spas