

# PURE AWAKENING SPA

AT THE ROCKEFELLER



PURE AWAKENING SPA

**Awaken your senses. Restore your balance.**

**OPERATING HOURS** | 7 AM – 7 PM daily

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## WELCOME TO PURE AWAKENING SPA

Nestled within **The Rockefeller Hotel & Residences**, Pure Awakening Spa invites you to escape the demands of daily life and restore balance to your body, mind, and spirit. Our curated menu of treatments blends modern wellness practices with timeless healing rituals, offering everything from soothing massages and revitalising facials to luxurious body therapies. Designed to awaken the senses and rejuvenate your energy, each experience is tailored to your unique needs, ensuring a journey of **pure relaxation and renewal** in an elegant, tranquil setting.

## SPA FACILITIES & SERVICES

- **Double Treatment Room** – Ideal for both dual and single treatments, featuring private changing and shower facilities.
- **Tailored Treatments** – Pamper yourself with manicures, pedicures, body therapies, facials, and a variety of massages.
- **Studio Lounge** – Relax before or after your treatment with comfortable seating, curated music, a cocktail bar, and a heated pool.
- **Rockefeller Café & Restaurant** – Enjoy healthy meal options, a Nespresso coffee bar, and freshly brewed teas.
- **ROCK Gym** – Full range of cardio and resistance training equipment available.

## SIGNATURE MASSES

### Swedish Massage

Gentle, flowing strokes designed to melt away tension and improve circulation. **60 min – R825 | 90 min – R1 155 | 120 min – R1 485**

### Deep Tissue Massage

Firm, targeted pressure to release deep muscle knots and chronic tension. **60 min – R891 | 90 min – R1 221 | 120 min – R1 551**

### Sports Massage

A performance-focused treatment to relieve tension, improve flexibility, and support faster recovery. **60 min – R891 | 90 min – R1 221 | 120 min – R1 551**

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## **Aromatherapy Massage**

A relaxing massage using aromatic essential oils to soothe the mind and body. **60 min – R891 | 90 min – R1 221 | 120 min – R1 551**

## **Hot Stone Massage**

Heated basalt stones combined with massage techniques for deep relaxation and muscle release. **60 min – R935 | 90 min – R1 265 | 120 min – R1 595**

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## **HOLISTIC THERAPIES**

### **Pregnancy Massage**

Safe, soothing techniques to ease pregnancy-related discomfort and promote calm. **60 min – R891 | 90 min – R1 221 | 120 min – R1 551**

### **Pure Awakening Signature Massage**

A customised blend of techniques designed for complete rejuvenation. **60 min – R891 | 90 min – R1 221 | 120 min – R1 551**

### **Reflex-Relax Fusion**

Foot reflexology combined with a relaxing massage to restore balance and harmony. **60 min – R825 | 90 min – R1 155 | 120 min – R1 485**

### **Reiki**

Gentle energy therapy promoting emotional balance, relaxation, and overall well-being. **60 min – R935 | 90 min – R1 265 | 120 min – R1 595**

### **Manual Lymphatic Drainage (MLD)**

Gentle rhythmic movements to reduce fluid retention, boost immunity, and improve circulation. **60 min – R935 | 90 min – R1 265**

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## **FACIAL TREATMENTS**

### **Deep Cleansing Facial – R825**

Purifies pores, refreshes the skin, and restores a healthy glow.

### **Soothing & Hydrating Facial – R825**

Calms sensitive skin while delivering deep hydration.

### **Dermaplaning Facial – R1 375**

Smooths skin and removes peach fuzz for a radiant, silky finish.

### **Microneedling Facial – R1 375**

Stimulates collagen production for firmer, smoother, and more youthful-looking skin.

### **Chemical Peels – From R1 045**

Targets fine lines, pigmentation, and dullness to reveal a brighter complexion.

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## SIGNATURE PACKAGES

### **Blissful Bump Soother – R1 100**

90 min | Gentle massage, light lymphatic drainage, and reflexology-inspired touches to ease tension, balance hormones, and promote deep relaxation. Perfect for pregnancy or PMS comfort.

### **Heavy Legs Soother – R1 078**

90 min | Revitalising massage with lymphatic drainage to refresh circulation, followed by a pampering pedicure. Ideal for expectant mothers and frequent travellers.

### **Sinus Soother – R1 089**

75 min | Back, neck, and shoulder massage combined with warm eucalyptus compresses, pressure-point release, and aromatherapy facial massage to ease congestion and allergies.

### **Tension Headache Soother – R825**

60 min | Scalp, back, neck, and shoulder massage with aromatic oils, finished with guided meditation for relaxation and clarity.

### **Winter Warmer Package – R1 144**

120 min | Hot stone soy candle massage, warm foot bath, heel peel, and exfoliating scrub. A perfect cosy escape.

### **Hey, Beautiful! – R1 034**

90 min | Mini manicure, pedicure, and facial, plus lash and brow tinting for a glowing, confidence-boosting refresh.

### **Luxury Hands & Feet Treat – R1 210**

150 min | Full spa manicure and pedicure with polish or gel, plus a 30-min back massage.

### **Mystic Voyage – R1 265**

120 min | Hot stone aromatherapy full-body massage with mini manicure and pedicure for total renewal.

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## INDULGENCE EXPERIENCES

### **Peppermint Paradise – R1 386**

120 min | Cold stone aromatherapy massage, full-body exfoliation, and cooling eye compress. Refreshing and uplifting.

### **Steadier Footing – R1 045**

90 min | Reflex-Relax Fusion with spa pedicure and heel peel for soft, restored feet.

### **Ultimate Glow – R1 045**

90 min | Anti-ageing facial with hot and cold compresses, lash and brow tint, plus a soothing foot scrub and massage.

### **Dreamland Experience – R990**

90 min | A tension-releasing back massage followed by a hydrating facial for deep calm and refreshed skin.

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### **Happy Aromatics – R1 375**

120 min | Aromatherapy full-body massage paired with a nourishing spa facial for complete mind-body balance.

### **In Good Hands – R1 430**

135 min | Spa manicure or pedicure, 45-min back massage, and express glow facial.

### **Journey to Peace – R1 540**

150 min | Full-body massage, body exfoliation, and express facial for total renewal.

### **ZenFusion – R1 144**

90 min | Indian Head Massage, Reflex-Relax Fusion, and back massage for deep harmony and balance.

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## **MANICURES & PEDICURES**

### **Spa Manicure (50 min) – R583**

Nail shaping, cuticle care, exfoliation, massage, and polish.

### **Spa Pedicure (60 min) – R605**

Foot soak, exfoliation, nail and cuticle care, massage, and polish.

### **Mini Manicure – R330**

A quick refresh for nails, cuticles, and polish.

### **Mini Pedicure – R330**

A quick refresh for nails, cuticles, and polish.

### **Gel Soak-Off – R143**

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## **ACRYLIC NAILS** (Subject to availability. Book one day in advance.)

**Flawless full sets, overlays, fills, and removals for a perfect finish.**

### **Acrylic Overlay (Own Nails)**

Full Set Gel Polish – R556 | Full Set French – R567 | Full Set Gel Polish (Toes) – R545

### **Acrylic Overlay (Tips)**

Full Set Gel Polish – R638 | Full Set French – R671

### **Fills**

Two-Week Fill – R462 | Three-Week Fill – R523

### **Soak-Offs**

Gentle removal of gel polish without damaging nails. Soak-Off Only – R149  
Soak-Off + Mini Mani – R556

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## SPA SESSION GUIDELINES

### To make the most of your treatment:

- Arrive 10–15 minutes early for a short consultation with your therapist.
- Your therapist will discuss preferences, desired pressure, and any specific concerns to tailor your session.
- If you feel cold or need any adjustments during your treatment, please let us know.

### Please note:

- As we are a hotel spa rather than a traditional day spa, gowns are not provided. You are welcome to arrive in comfortable clothing or swimwear.
- After your session, enjoy access to the 18th-floor pool or relax at our restaurant with a drink or meal.

## PAYMENTS & BOOKINGS

- Bookings are confirmed once payment is received.
- A 100% cancellation fee applies for no-shows.
- Unpaid treatments will be charged to your room if you are staying at The Rockefeller.
- Preferred payment method: EFT.
- Other options: YOCO (credit & international cards), PayPal (pureawakening@gmail.com — ZAR only), or cash as a last resort.
- Tips may be given in cash or added via EFT.

ROCKEFELLER

BY  
NEWMARK

Guests **not staying** at The Rockefeller are required to pay in full **in advance**.

**Mobile Spa Services** are also available in **Cape Town, Johannesburg, Pretoria, and Durban.**