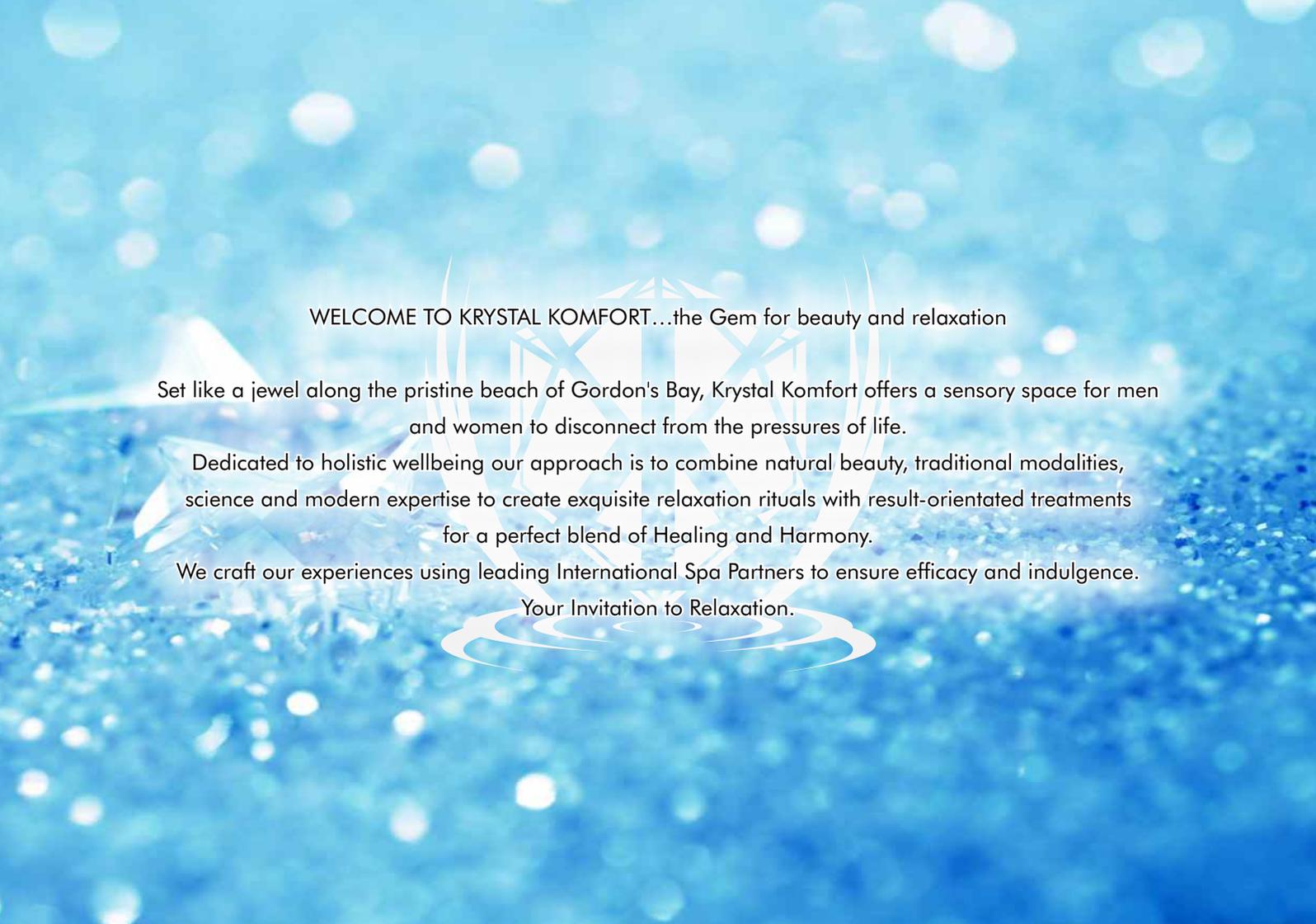




KRYSTAL
K O M F O R T

TREATMENT MENU



WELCOME TO KRYSTAL KOMFORT...the Gem for beauty and relaxation

Set like a jewel along the pristine beach of Gordon's Bay, Krystal Komfort offers a sensory space for men and women to disconnect from the pressures of life.

Dedicated to holistic wellbeing our approach is to combine natural beauty, traditional modalities, science and modern expertise to create exquisite relaxation rituals with result-orientated treatments for a perfect blend of Healing and Harmony.

We craft our experiences using leading International Spa Partners to ensure efficacy and indulgence.

Your Invitation to Relaxation.

KRYSTAL KOMFORT SIGNATURE COLLECTION

Krystal Komfort Journey 120 Minutes R1250

Discover our jewel-like subterranean dedicated to emotional and physical well-being. Your treatment commences with a full body exfoliation followed by a harmonizing massage combining aromatherapy and the healing vibrations of crystals. Your journey completed with a blissful head and scalp massage to transport you to your inner space of balance.

AromaSoul Elements Ritual 70 minutes R750

A beautiful experiential massage which relaxes the body and energises the mind. Employing ancient massage techniques combined with luxurious aromatherapy oils to melt away your tension, this full body ritual will take you on a multi-sensory journey through four distinct worlds- the exotic orient, the warmth of the Mediterranean, the vibrant world of India and the ancient culture of Arabian Desert tribes.

African Calabash Massage 70 minutes R750

Indulgence from the Kalahari Dunes. A synergy of calabashes, touch therapy and rich Kalahari botanicals expressly brings Africa to body and mind. Gentle movements alternating with soft touches and nature's unique sounds of calabash seeds bring about a holistic sense of peacefulness.

CLASSIC MASSAGE COLLECTION

Traditional Massage 60 minutes R590

A basic massage inspired by Swedish techniques that promotes relaxation and stimulates blood circulation.

Deep Pressure Massage 60 minutes R650

This massage will treat the deeper layers of soft tissue (muscles and fascia) and it is focused mainly on the problematic parts of your body. It completely relieves muscle cramps and eliminates blockages.

Aroma Hot Stone 60 minutes R590

Muscles yield to the gentle yet powerful warmth of the black basalt stones, releasing tension and imbuing a total sense of relaxation. The heated stones, infused with centuries of ancient energies are skilfully combined with the perfect blend of essential essences designed to stimulate the senses and unwind both body and mind.

Pregnancy Massage 60 minutes R590

This massage is intended specifically for mothers-to-be. Not only is this massage beneficial for the soon to be mum, but also for the baby she is expecting. It relieves the muscles that are very strained during pregnancy, as well as the joints and lymphatic system. It is recommended from three months of pregnancy until the birth.

Express Massage (back or feet) 30 minutes R350

Indulge yourself in this 30-minute therapy. Back massage will relieve the tension of the most problematic parts, which are mainly the lower back and the nape of the neck. Foot massage will help the regeneration of your muscles after a sport or a long walk.

Head and Scalp Massage 30 minutes R350

Relieve the tension in the area where it is mostly stored the – the head, neck and shoulders. Choose your desired level of pressure, whether you need a strong massage to relieve built up tension, or a gentle and tranquil experience if you just need a break from your busy life.

Reflexology 40 minutes R380

Treat your legs & feet to an African soul treatment. Enjoy a relaxing foot cleanse followed by the old traditional pressure point foot massage to re-establish energy flow, relieve stress, balance and restore harmony in the body.



COMFORT ZONE SKIN AND BODY COLLECTION

Expert Care Solution – Prescriptive Treatments

Skin Resonance - Rebalance 75 minutes R650

Reinforcing treatment for sensitive and delicate skin. A soothing, rebalancing and protective treatment recommended for reactive skins prone to redness, rosacea and fragile capillaries. The skin is balanced and visibly calmed, toned and nourished with a pleasant feeling of wellbeing.

Active Pureness - Purify 75 minutes R650

An intensive yet delicate facial for deep cleansing and rebalancing the skin. Recommended for oily and impure skins to purify, regenerate and to rebalance sebum and hydration levels. The facial results in a luminous, smooth and uniform appearance.

HydraMemory - Hydrate 75 minutes R650

A deep hydrating treatment for face, neck and décolleté to replace moisture. The hydra balance of the skin is restored and the skin is beautifully luminous and toned, a fresh youthful complexion.

Recover Touch - Nourish 75 minutes R650

One of your five a day, this anti-oxidant vitamin enriched facial is ideal for all skin types to give skin a much-needed boost. Nourishing goji berry oil to revive a dull, tired complexion, whilst also providing a powerful antioxidant action lycopene to repair and protect skin. Your senses will also be aroused with the cocktail of ingredients used within this divine treatment

Absolute Pearl - Illuminate 75 minutes R680

This treatment leaves skin beautifully radiant with the illustrious ingredient, pearl powder. A profound treatment which stimulates collagen production has an anti-oxidant action, and further creates an even skin tone. To correct hyper pigmentation, dark spots & even skin tone, this treatment provides instant luminosity & radiance.

Anti - Aging Solution

Sublime Skin - Double Peel + Vitamin C

55 minutes R700

This facial resurfaces and stimulates cellular renewal through delicately and effectively eliminating the outer layer of the skin. The double peeling combined with vitamin C guarantees an illuminating effect on the face, neck and décolleté. Good for ageing, uneven skin tone and skin with tendency towards oiliness. Visibly improves the appearance of lines and wrinkles, pigmentation and superficial acne scars.

Sublime Skin - Active Lift

70 minutes R1000

A triple action anti-ageing facial that re-densifies and lifts the face and neck. Combined with specific active lifting massage™ technique and an innovative mask, this facial restores fullness to the skin and redefines the volume and illuminates. Suitable for all skin conditions with wrinkles and visible loss of tone and volume.

Sublime Skin - Deluxe Lift

75 minutes R1300

This therapy is designed to attain an intense sense of relaxation. A bio multi force, anti - aging treatment with retinol, hyaluronic acid and lacto-proteins for a deep synergetic action that visibly reduces wrinkles and progressively protects and repair the skin. Nourishes, illuminates and tones. Express Longevity Solutions

Skin Regimen - Longevity

45 minutes R650

Showing visible results in half the time of a traditional facial, this 45-minute treatment renews, restores tone and repositions the skin tissues for a youthful, healthier appearance. The efficacy of the ingredients is maximized by the Kabat massage technique. To prevent hyper pigmentation, fine lines, sun spots & dehydration, this treatment provides instant longevity & hydration.

Express Facial - Revitalize

30 minutes R450

For those who are short of time, a quick pick me up to leave your skin feeling fresh and revitalize. A perfect introduction to the Comfort Zone Range.

Add on to Any Facials

Eye Zone Treatment

20 Minutes R300

A profound nourishing and firming effect to this delicate area. Reduced appearance of lines and wrinkles, the skin appears more elastic with renewed smoothness.



BODY RITUALS

AromaSoul Ritual Scrub

45 minutes R420

This renewing volcanic scrub ritual uses minute lava particles combined with karate butter and enhanced with your chosen essential oil blend to smooth and soften the skin leaving it radiant. An ideal complement to the Aromasoul massage.

AromaSoul Journey

4 hours R2600

Aromasoul Journey offers a unique restoring experience for body and soul, we recommend the journey of all four massages - Oriental, Mediterranean, Indian and Arabian for a complete and sensational restoration experience over four days, a week or a month... a path to discover your ancient soul.

MAN [Space] - Designed specifically for men

De-Stress Total Body PerforMANce

90 minutes R850

A therapeutic and nourishing treatment which includes an intensive back neck and shoulder massage, a deeply relaxing scalp massage and skin soothing facial.

Upper Body PerforMANce

45 minutes R525

The treatment will commence with a back exfoliation and deep cleansing mud mask to prepare the skin for warm essential oils to melt away tension and stress using deep tissue massage techniques. Includes scalp massage.

Hydra PerforMANce Facial

60 minutes R590

An active treatment for dry and dehydrated skin, compromised by biological and environmental stress, frequent flying, exposure to the sun and extreme weather conditions. Encourages deeply hydrated, extremely smooth and compact skin.

Pure PerforMANce Facial

60 minutes R590

A deep cleansing treatment to remove impurities, rebalance excessive oil production and leave the skin with a matte finish.

Anti-age PerforMANce

60 minutes R620

For those men who are concerned with ageing, this active facial combats wrinkles and expression lines leaving the skin rejuvenated.

KALAHARI SKIN AND BODY COLLECTION

Honeybush Facial Treatment

60 minutes R450

Nature and its variety is rich in active agents and provides the best prerequisites for healthy skin with this anti-oxidant rich facial your skin is revitalised and nourished.

Specialized Phyto Compounding Treatments

70 minutes R630

Nurturing your skin naturally with a range of active specialised facial treatments which incorporates a combination of essential oils, minerals, vitamins and highly effective fruit acids and enzymes mixed in natural bases of plant infused muds and clays compounding a customised facial specific to your needs.

Pumpkin Enzyme Skin Peel

30 minutes R380

This peel is a natural advanced exfoliation treatment, to encourage renewal leaving the skin detoxified, refined and radiantly glowing. Excellent for age management, spots and hyperpigmentation.

ADD On to Facials

Botanical Baobab Eye Treatment

30 minutes R250

Anti-puffiness, contouring and firming eye treatment.

BODY RITUALS

Khoi Khoi Escape

30 minutes R400

Escape with a relaxing back and neck massage with your chosen oil - Tsamma, Aromatic Dune, Khoi San or Wild Honey. This massage includes the use of a heated 'message stone' to deliver a soothing massage to leave you feeling renewed and uplifted.

Rolling Sands Massage

60 minutes R650

Experience the sensation of rolling dunes and the blue expansive skies of the Kalahari with a tranquil massage utilizing signature dancing arm movements.

Desert Glow Exfoliation

30 minutes R385

Unveil lustrously smooth skin with a personalized blend of Kalahari Desert Salts and your choice of nourishing botanical oils. The perfect pre-treatment for your Kalahari Massage or a truly original desert glow. Choose your exfoliation medium-Red Dune Sand, Desert Mineral Crystals, Botanical Fibre Blend.

Body Cocoon

90 minutes R750

Experience a truly unique dimension of the traditional body wrap with a full body exfoliation to prepare for absorption of one of three very unique mineral and botanical based body masks. Whilst enveloped in cocoon your head and scalp is gently massaged. The experience is concluded with a full body balm application.

Calabash Sole Survival

30 minutes R310

Sink into deep relaxation with our signature foot ritual that soothes away tired, aching feet with your desired Kalahari exfoliation medium and authentic sunbaked Kalahari Calabash Massage.

Tsamma Hand Ritual

30 minutes R300

Refresh and unwind with the delicate aroma of Tsamma and the infused fragrance of fresh, wild grasses. Surrender your mind and welcome the feeling of richly nourished, moisturised hands and nails. Ideal for dry, thirsty skin.



DERMALOGICA SKIN COLLECTION

Core Treatment

60 minutes R640

This skin treatment forms the foundation of Dermalogica's selection of services. This treatment is truly revolutionary because it is customised at every step by the skin care therapist, based on your Face Mapping® skin analysis.

Age Smart Treatment

75 minutes R750

This is the perfect skin treatment for all ages, specifically created to control the biochemical triggers that lead to skin aging, whilst treating the signs of premature aging and sun damage. This luxurious treatment improves elasticity and texture, improving the skin's oxygenation and suppleness while reducing signs of ageing.

Ultra Calming

75 minutes R720

A soothing skin treatment using environment control system for repairing sensitized or stressed skin. This healing and immensely calming treatment is completed with a special mask that will instantly calm and heal the skin. This treatment will help recover skin health for long term relief of the most aggravated, irritated and inflamed skin.

MediBac Clearing Treatment

60 minutes R680

A medicated clearing treatment that focuses on purifying your skin with deep cleansing, followed by extraction. Formulated to improve skin clarity and reduce blemishes, while soothing redness and inflammation.

Aromatic Facial

60 minutes R680

A basic cleansing facial with the added benefits of aromatherapy essential oils, makes this facial unforgettable, leaving skin hydrated and deep cleansed.

Men's Exclusive Skincare Treatment

60 minutes R680

While skin is the same, men does have different needs and concerns. Target them with this treatment that focuses on deep cleansing, smoothing exfoliation, extractions and critical hydration for healthier skin and a fresh appearance.

Microzone Facial Treatment

30 minutes R320

This introductory facial to the Dermalogica skincare regime gives you maximum results in minimum time (no extractions or massage). A quick fix for troubled skin.

HAND AND FOOT COLLECTION

Deluxe Hand or Foot Treatment

75 minutes R320/R350

An indulgent treatment designed to revitalize your hands and feet. This therapy features an aromatic foot soak, followed by all the elements of a classic treatment combined with an anti - age oil massage and mask wrap. Your Nails are buffed or polished to complete the superb experience.

Classic Hand or Foot Treatment

60 minutes R270/R290

Treat your hands or feet to a much needed restorative classic manicure or pedicure during which they will be soaked, shaped, cuticles restored, exfoliated and massaged. Your Nails are buffed or polished to complete the delightful experience.

Hand and Foot Refresher

30 minutes R180

More like a ritual, this treatment not only exfoliates, but also hydrates to restore moisture and leave the skin feeling soft and supple. Your Nails are buffed or polished to complete the delightful experience.

Medi Heel Pedicure

75 minutes R350

A unique approach to pedicure, the perfect solution for dry and cracked heels. It incorporates all the benefits of a classic pedicure as well as a chemical foot peel, AHA exfoliator and foot perfecting treatment.

ADD ON Treatments

MEDI HEEL Only

30 minutes R160

This treatment is a great add on or just to have to get rid of that excess build-up of dry skin on the heels and alongside the feet, this is an AHA treatment.



GROOMING COLLECTION

WAXING

Cirepil by Perron Rigot is a French manufactured depilatory wax, it serves as the premier beauty-care treatment, because it is natural, respects the skin, and serves as the preliminary to many other treatments. .

Brow Wax	15 minutes R80
Lip Wax	15 minutes R70
Chin Wax	15 minutes R70
Full Leg Wax	60 minutes R220
Half Leg Wax	30 minutes R170
Arm Wax	20 minutes R120
Under Arm Wax	20 minutes R100
Bikini Wax	20 minutes R140
Brazilian Wax	40 minutes R180
Hollywood Wax	60 minutes R260
Back Wax	45 minutes R195
Chest Wax	45 minutes R170

TINTING

Eye Brow Tint	15 minutes R80
Eye Lash Tint	15 minutes R100
Eye Lash brow Tint	15 minutes R160

Please note: Treatment time includes consultation

We Want you to enjoy you experience at Krystal Komfort

Please read through the following information for helpful advice and tips on getting the best out of the experience.

Arrival

We would advise you that you arrive at least 15 minutes prior to your first treatment to allow sufficient time to check in, change and familiarise yourself. A late arrival may mean that your treatment time is reduced, but still charged at full price.

Re-scheduling and Cancellation

Kindly let us know at least 24 hours in advance if you would like to reschedule or cancel them. Please note we have to charge you for any sessions not canceled 24 hours in advance.

What to Bring

Always bring a swimming costume or even two if you would like a dry one to change into. We will provide a robe and slippers for every relaxation day. If you are staying in the hotel you may like to come down in your robe all ready for your treatment.

Double Treatment Room

Our double treatment room is ideal for couples or friends to share their treatment time together. Please request this service on booking if required.

Valuables

We recommend that you do not wear any jewellery or other valuables. Krystal Komfort cannot be held responsible for any loss or theft.

Health Matters

Regular Spa use can be extremely beneficial to your health but it is important that you highlight any health conditions, allergies, medication or injuries that may affect your choice of treatment. You will be asked on arrival to complete a questionnaire on your health and lifestyle so that we can give you the best and safest possible experience.

Group and conference

A selection of luxurious treatments for bridal parties, corporate bookings or group celebrations are available. Packages are charged per person and tailor made to personal needs and desires.

Gift Vouchers

Gift vouchers are available.

Krystal Komfort Etiquette

It would be appreciated if you could refrain from using mobile phones, Use common areas respectfully.





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Krystal Beach Hotel, Harbour Island, Gordons Bay

www.krystalbeach.co.za