WELCOME TO KRYS TAL 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.
KRYS \L. 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 well-being.

**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 antioxidant 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
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.