



LEEUSPA

BY HEALING EARTH





LEE U SPA

BY HEALING EARTH

*Take a deep breath, silence the noise of the world, and enter a sanctuary where time stands still. Where the rich heritage of the Cape Winelands offers up its fruits, husks, herbs and vines. Where you can relax, rejuvenate and recharge in the midst of the sensory paradise of Leeu Estates, where every detail has been carefully considered to create an experience of total bliss - a safe place for you to let go, surrender yourself to the rhythms of nature and take a journey of healing, restoration and revival with us.*



# SIGNATURE JOURNEYS

## **SIGNATURE COUPLES CONNECT**

120 minutes

Dedicate some precious time to relax, connect and heal together as a couple. Begin with a full body polish of your choice, followed by a luxurious couple's massage using healing and realigning rose quartz crystals, and a bespoke Pinotage antioxidant facial ceremony tailored to your needs. The celebratory experience includes a glass of bubbly or wine after the treatments.

## **PROUDLY LOCAL WINELANDS VINO THERAPY CELEBRATION**

120 minutes

Enjoy this specially-crafted signature journey inspired by Leeu Estates. Revel in the powerful antioxidant effects of our pioneering Pinotage body polish and body wrap, followed by a specialised full-body massage with a homegrown Pinotage oil of your choice – Relax & Destress, Hydrate & Condition, or Detox & Uplift. The complete Winelands experience. The celebratory experience includes a glass of bubbly or wine after the treatments.

## **SACRED ME TIME**

120 minutes

This holistic, self-nurturing experience includes a remineralising Himalayan crystal salt full-body scrub for deep detoxification, followed by a holistic cleansing ceremony and a naturally nurturing Abyanga hot oil massage using a bespoke blend of uniquely prepared aromatherapy and botanical oils. Your 'me time' will include a personal affirmation for you to reconnect with your soul, release negative energy from within, and emerge reset and refreshed.

## **EARTH GODDESS FACIAL CEREMONY**

90mins

Harness the power of antioxidant-rich natural wonder ingredients that will recharge your skin with a boost of powerful nutrients, hyaluronic acid and probiotics. Using Healing Earth's patented vinotherapy, this unique facial treatment combines a double dose of antioxidants with a range of skin-loving vitamins to drain toxins, stimulate cell tissue, and rejuvenate from deep layers of the epidermis (allowing for better absorption of the vitamins and minerals).



# FACIALS



***More than just a facial, each of our facial ceremonies is designed to transport you on a memorable sensory journey that includes a specialised, expertly curated facial massage and bespoke aromatherapy oils to relax and uplift your mind while offering visible results to your skin. Can be combined with any other treatment on the menu.***

## **HEALING EARTH TAILORED FACIAL JOURNEY**

**60 minutes**

Choose between the following facial ceremonies to best fit the needs of your skin and provide one or more of the following benefits. Add moisture, rejuvenate and regenerate tired skin at a cellular level to balance. Offering deep hydration for tired and dehydrated skin and offers instant plumping results or heal and renew dull, lifeless skin and visibly improve complexion.

- Balancing and Rejuvenating Neroli & Rose Facial
- Hydrating Marula & Rosehip booster facial
- Stimulating Jasmin & Baobab facial

## **HIGH PERFORMANCE MEETS NATURE**

**90 minutes**

This age-defying, high-performance treatment is specially formulated for cellular rejuvenation. It includes the application of two therapeutic masks, as well as a specialised facial massage that delivers potent nutrients to support cellular rejuvenation. The signature facial massage begins with Healing Earth's unique lymph drainage protocol to bring the skin into balance while eliminating toxins for immediately visible results. The unique delivery of active ingredients offers highly nourishing results from the cocktail of peptides, hyaluronic acid, enzymes and probiotics.

## **SKIN SOOTHER FACIAL CEREMONY**

**60 minutes**

This gentle facial is specially designed for skin that has been damaged by the sun or exposure to other environmental toxins. It harnesses the naturally nourishing powers of superfoods to heal the skin without the use of chemicals. Peptide boosters, masks, serums and natural oils with herbs and shea butters are all combined for optimum restoration. We use our famous aloe vera healing gel in combination with olive oil that is organically grown right here on Leeu Estates.

## **ADVANCED MEN'S FACIAL CEREMONY**

**60 | 90 minutes**

A deep-cleansing, exfoliating facial treatment harnessing the antioxidant powers of Pinotage vinotherapy with our healing and restoring African Potato Balm and a specialised facial massage for a deeply hydrating experience that refreshes, nourishes, and soothes the skin for visible results.





# BODY CEREMONIES

*We believe in creating memorable sensory journeys in combination with the latest advancements in natural therapies that not only pamper your body and mind, but also honour our commitment to sustaining the Earth and all its beings. Our celebrated rituals create total balance and powerful results from the application of traditional principles that offer far more than mere superficial beauty treatments, but rather holistic and transformative experiences filled with love, energy and care.*

## **BODY POLISHES**

**45 minutes**

Enjoy a full-body exfoliation with your selection of Body Polishes. Combining natural exfoliants with our patented vinotherapy oils and organic olive oil grown right here at Leeu Estates, our invigorating body polishes serve to remove dead skin and encourage cellular renewal for smooth, soft, balanced, firm, and retextured skin that glows with vitality. Follow the body exfoliation with a shower and complete your experience with a luxurious and nourishing massage of one of our renowned Healing Earth Body Butters. *\* Extend your pamper journey by adding an additional treatment to your spa experience.*

- Pinotage Vinotherapy Body Polish • Kalahari Melon Body Polish
- Coffee, Cinnamon & Orange Body Polish • Marula & Neroli Body Polish
- Himalayan Crystal Salt Body Scrub

## **HEAL, REPAIR & RESTORE**

**120 minutes**

A deeply restorative, holistically healing and moisture-boosting treatment using our award-winning African Potato Balm to nourish and revive the whole body while addressing specific concerns such as sun damage, discolouration, eczema, psoriasis and generally sensitive and stressed skin. The experience includes a body polish of your choice, followed by an African Potato hot stone massage and a mini facial.

## **FULL BODY DETOX RITUAL**

**120 minutes**

An uplifting and invigorating experience using our fragrant Coffee, Cinnamon & Orange body polish and wrap, followed by a detoxifying massage with our unique blend of plants, fruit and herbs to define, detox, destress, sculpt and revive.

## **TIME OUT RITUAL**

**120 minutes**

Enjoy some special rejuvenating 'me-time' with this highly personalized and tailored treatment journey. Consult with your skilled therapist and mix and match your preferred treatments for 2 hours to create your own ultimate "Me Time". This nurturing experience is highly tailored to your needs and state of wellbeing.

## **GLOW FROM THE INSIDE OUT**

**120 minutes**

Enjoy a relaxing full-body massage with a pure and premium aromatherapy blend of your choice to release, restore and revive. Continue this ceremony with your choice of antioxidant-rich Pinotage vinotherapy specialised facial ceremony to detox & uplift, condition & hydrate, or relax & de-stress. For an extra glow, speak to your therapist about experiencing one of our deeply nourishing handmade body butters tailored to a range of different needs.



# MASSAGES



*At Healing Earth, we believe that a massage should be a cleansing, purifying, relaxing and healing holistic experience. Each of our massages begins with a Himalayan crystal foot bath to remove toxins from the body and align your energy with that of the therapist so you can derive the most benefit from the experience. Let your highly skilled, holistically trained therapist massage specific pressure points to release toxins from your body and bring you into harmonious alignment physically, emotionally and spiritually.*

## **MUSCLE RELAX MASSAGE**

**60 | 90 minutes**

Designed specially to relieve stiff muscles and joints, this treatment makes use of specific movements and detox oils to eliminate toxins and water retention, creating a better flow of energy and a feeling of lightness once the deeper layers of the muscles and connective tissues have been released. This is a great option if you're struggling with tension and/or limited mobility, and you can choose the pressure (from medium to deep) according to your needs.

## **HEALING TOUCH PURE AROMATHERAPY MASSAGE**

**60 | 90 minutes**

This holistic treatment combines gentle to medium pressure touch with Healing Earth's pure essential oils expertly blended with cold-pressed, organic, antioxidant-rich Pinotage grapeseed oil. Choose between Relax & Destress, Hydrate & Condition, Detox & Uplift or Calm & Sleep, to suit your unique needs. Not sure which to choose? Your specialised therapist will be able to make the right recommendation for your specific physical, mental and emotional needs. Let the aromatic oils seep into your system and work their therapeutic magic while you surrender to the restorative power of nurturing touch...

## **ROSE CRYSTAL STONE MASSAGE**

**60 minutes**

Rose quartz is the stone of universal love. It purifies and opens the heart at all levels to promote love, self-love, friendship, deep inner healing and feelings of peace. This holistic treatment works on realigning the body through the energetic meridians to melt away tension and stress, release toxins, and improve blood circulation for metabolic health, improved immunity and overall wellbeing.

## **ABYANGA HOT OIL MASSAGE**

**60 minutes**

We've curated a unique collection of hand-blended African indigenous oils combined with pure olive and grapeseed oil from Leeu Estates' own organic farm for complete relaxation and realignment of body and mind. Surrender to a sublime experience of total release for the whole body as these warm oils are carefully curated according to your unique fragrance preference, and expertly applied and absorbed into the bloodstream for optimal therapeutic effects.



# MASSAGES



## **SOUL OF THE EARTH**

**60 | 90 minutes**

Take a journey across the plains of Africa in this full-body massage using a selection of specially blended and nourishing body butters with ancient healing traditions and techniques. Ingredients sourced and selected for their connection and roots with Africa will help relieve dry and dehydrated skins. Selecting a butter of choice, you not only nourish the skin, but also target specific concerns and achieve your desired outcome.

## **BACK, NECK, SHOULDER & FOOT RELIEF**

**60 minutes**

A popular option for those wanting to relieve tension in the upper body through a combination of skilled manual manipulation and healing oils. The treatment includes a gentle foot massage to relieve tired, achy lower body muscles with our award-winning antioxidant-rich and deeply detoxifying peppermint, rosemary and eucalyptus infused foot ritual products.

## **ADD ON TREATMENTS**

Should you wish to extend your spa experience, you may select any of the below Add On menu items. These treatments cannot be booked as a single treatment or combined.

- 30 mins Healing Earth Hydrating Facial
- 30 min Full body Polish
- 30 min Back, Neck & Shoulder Massage
- 30 mins Revitalising Foot & Ankle Massage
- 30 min Relaxing Head Massage



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hydrate oil

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# EARTH CHILD CHILDREN'S MENU

*Children's Menu*

**AGES 6 - 12 YRS**

*We welcome all guests to Leeu Spa by Healing Earth, and have included a list of experiences fit for the little ones. All treatments to be booked in a couples room.*

## **MINI PAMPER MANICURE**

## **MINI PAMPER PEDICURE**

## **HYDRATING FACIAL**

**30 minutes**

A refreshing Healing Earth facial enriched with neroli infusions to assist with balancing oil production and hydrate the skin by adding moisture.

## **BODY POLISH**

**30 minutes**

A gentle full-body polish ideal for the little ones to energise the body and nourish the skin.

## **RELAXATION MASSAGE**

**45 minutes**

A soothing full-body massage ideal for kids. A gentle pressure aids with improving circulation, helps to relax, and improves the body's immune system.





# SALON & GROOMING

## **ULTIMATE HAND & FOOT CELEBRATION**

**20 minutes**

The treatment begins with a luxurious foot and hand Himalayan salt bath complete with nourishing aromatherapy and olive oils. You will then be treated to a remineralising Himalayan salt foot scrub and an antioxidant-rich Pinotage hand polish, followed by a nourishing shea butter mask for hands feet. The experience ends with an invigorating massage, cuticle treatment and nail shaping and varnishing to perfection. The ultimate luxury for your hands and feet!

\* Includes a full Spa Deluxe Manicure/Pedicure

## **CLASSIC SPA MANICURE**

**45 minutes**

A relaxing manicure including a hand soak, gentle exfoliation, nail and cuticle work. Complete the treatment with a varnish of your choice to complete the perfect look. Please advise upon reservation should you have gel polish that needs to be removed. Soak off will be booked additionally.

## **CLASSIC SPA PEDICURE**

**60 minutes**

A relaxing pedicure including a foot soak, gentle exfoliation, nail and cuticle work. Complete the treatment with a varnish of your choice to complete the perfect look. Please advise upon reservation should you have gel polish that needs to be removed. Soak off will be booked additionally.

**Upgrade to: Gelish | Gelish Soak Off**

## **WAXING SERVICES**

Eyebrow / Lip

Underarm

Bikini

Brazilian

Full Leg

Half Leg

***Hair Salon Services - Speak to our consultants (subject to availability)***



## FULL-DAY PACKAGES

*Extend and upgrade your massage or facial by an additional 30 minutes each for R250. Enjoy a healthy poolside lunch from our Wellness Cuisine Menu (charges additional and based on menu prices)*

### **I HEARD IT THROUGH THE GRAPE VINE**

**3.5 hours**

The immersive vinotherapy journey begins with a Pinotage body polish followed by a one-hour, full-body massage with the oil of your choice. Choose between Relax & Destress, Detox & Uplift or Condition & Hydrate to tailor the treatment to your needs. Followed by a therapeutic antioxidant Pinotage facial to suit your individual skin type and unique needs. Your skin will be pampered with naturally repairing and restoring botanicals, vitamins, omegas and - of course - the powerful polyphenols of the Pinotage grape. End the transformative journey with our signature grape hand and footprint ceremony.

### **A DAY OF INDULGENCE FOR HIM**

**3.5 hours**

This one is for the gentlemen! Enjoy a full-body, remineralising Himalayan salt exfoliation complete with nourishing olive and grape oils, followed by a tension-relieving deep tissue massage, a men's hero facial tailored to your specific skin condition and needs, and a men's mini mani and pedi combo as the perfect finishing touch.

### **SUNSET IN THE WINELANDS**

**4 hours**

Enjoy a gentle full-body exfoliation using our popular Kalahari Melon Body Polish followed by an immersive aromatherapy massage journey complete with lymph drainage and specially tailored aromatherapy and indigenous oils. Choose the perfect facial for your skin from our range of Pinotage vinotherapy options and end the unforgettable experience with our signature hand and foot celebration.

### **MOM AND DAUGHTER CELEBRATION**

**3 hours**

Invest in this special relationship through some memorable pampering time together with a deeply relaxing full-body massage with a pure aromatherapy blend tailored specially to your individual needs. Next, indulge in one of our specialised Pinotage facials of your choice and complete this special time together with a luxurious hand and feet pamper.



TRI-ENZYME PEPTIDE  
mask  
HEALING  
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high performance  
100ml / 3.38 fl.oz.

TRI-ENZYME PEPTIDE  
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HEALING  
earth  
high performance  
100 ml / 3.38 fl.oz.

HEALING  
earth  
ACTIVE REPLENISH  
gel  
high performance  
100ml / 3.38 fl.oz.

HEALING  
earth  
AFRICAN POTATO  
BODY BALM  
heal & repair  
30ml

HEALING  
earth  
TRI-ENZYME PEPTIDE SERUM  
high performance  
FACIAL CARE  
30ml / 1 fl.oz.

A large, light-colored graphic at the top of the page features the words "Spa Etiquette" in a cursive script. The word "Spa" is on the left, "Etiquette" is on the right, and the words "SPA ETIQUETTE" are written in a clean, sans-serif font across the middle, overlapping the cursive letters.

## SPA ETIQUETTE

### **SPA EXPERIENCE**

Leeu Spa by Healing Earth offers a variety of luxury experiences using only the very best in spa products. Choose from our list of signature packages, facials, body ceremonies, massages, salon and grooming services. When making a booking, please advise us of any health conditions or allergies that could affect the choice of treatment and hinder your spa experience.

### **SPA FACILITIES**

Our spa features male and female changing areas with locker facilities and steam rooms. A 15-metre outdoor swimming pool and a heated indoor plunge pool are available for use before and after treatments. For non-resident guests, a minimum spend of R 2 000 per person is required for use of the pool area for a maximum of two hours. However, all spa guests are welcome to use the steam room and plunge pool. Our fully equipped Technogym Fitness Centre is for the exclusive use of Leeu Collection in-house guests.

### **SPA ENVIRONMENT**

Leeu Spa by Healing Earth is a tranquil environment, and we kindly request that guests switch off or silence their mobile phone to ensure the spa experience is at its best.

### **SPA ARRIVAL & ETIQUETTE**

We recommend that you arrive 15 - 30 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. We require you to fill in a Guest Consultation Form advising us of any medical history and concerns in order for us to tailor your treatment experience. Please note that late arrivals may result in a reduction of your treatment experience.

### **SPA CANCELLATION POLICY**

Treatment times have been scheduled for you. If you must reschedule or cancel any spa appointments or packages, please notify the spa 24 hours in advance. Missed appointments without proper notices are subject to a 100% charge for reserved services.

### **CHILDREN'S POLICY**

We welcome all guests to Leeu Spa by Healing Earth and have a dedicated list of treatments for children. Please note that guests between the ages of 6 - 18 years require permission from a parent to book any treatments. Any guest below the age of 16 must be booked in the same room as a parent. Guests under the age of 12 are not permitted to use the gym, while guests aged 12 - 16 may do so under parental supervision.

### **SPA ATTIRE**

You will receive a bathrobe, disposable underwear and slippers to wear between treatments, as well as a locker for your personal belongings. We request that you please leave jewellery and valuables in your hotel room or at home, or store them safely in the locker provided. Please note that appropriate swimwear is to be worn in all areas, including in the plunge pool, steam room and outdoor swimming pool. We offer complimentary amenities for your use.

### **SERVICE PRICES**

All prices are listed in South African Rand (ZAR) and are subject to change at any time. Gratuities are not included, and are welcome at your discretion.

### **GIFT VOUCHERS**

Gift vouchers for all spa services or monetary vouchers are available for purchase. Please contact our Spa Reception for further information.

A white jar of Healing Earth balm is the central focus, surrounded by a variety of colorful flowers and greenery. The jar has a white lid with the brand name 'HEALING earth' printed in green. The background is filled with vibrant flowers, including pink and orange bottlebrushes, purple and white small flowers, and yellow and white flowers. The overall scene is bright and natural, suggesting a focus on natural ingredients.

HEALING<sup>TM</sup>  
earth

A restorative balm with a cocktail  
of natural ingredients to quench your  
thirst.

eco-friendly  
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MARULA & ROSE



HEALING  
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HYDRATING  
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1 oz | 30 ml



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