

Spa Menu

SIGNATURE JOURNEYS

Cederberg Mountain Journey

90 min - R1,400

Begin with a Rooibos-infused foot ritual, incorporating a soak and scrub to boost circulation and induce relaxation. Transition into a full-body massage using the calming Stillness relax balm, enriched with Jasmine. The accompanying menthol detox gel targets deep muscle tension, guiding you to a serene state of wellbeing.

Golden Oil Mongongo Detox Journey

90 min - R1,700

Begin your detox with a foot ritual, soaking in our forest crystal salts for a relaxed cleanse. Progress to a back exfoliation with our intensive detoxifying Mongongo Nut scrub. Conclude with a one-hour lymph drainage massage, ensuring you feel rejuvenated and light.

Miracle Repair with African Potato Balm

75 min - R1,400

Indulge in a luxurious full-body anti-ageing treatment that rejuvenates on a cellular level. Our African Potato Balm addresses skin concerns from eczema to dryness, promoting repair and a healthy skin barrier. Begin with an organic indigenous foot soak and scrub, cleansing away impurities and instilling relaxation. Conclude with a therapeutic full-body massage using our acclaimed African Potato Balm, paired with warm compresses. Experience a blend of eastern and western techniques for perfect balance and restoration.

Hot Stone Massage

75 min - R1,400

Melt away stress and tension with this treatment that boosts blood circulation and releases toxins, ensuring rejuvenation. Select from our signature Pinotage Aromatherapy Oils. Paired with ancient techniques using heated Basalt stones, your muscles relax and warm. Tailored to your needs and targeting tension zones, this massage promotes detox and alleviates built-up tension.

Self-Celebration

90 min - R1,700

Enter a sanctuary to rejuvenate your mind, body, and soul. Begin with a body exfoliation of your choice, revitalizing weary skin, followed by tension-relieving hot stones on your back. Dive deeper into relaxation with our Pinotage antioxidant facial: starting with a purifying cleanse, followed by an exfoliation for silky skin. A soothing facial massage rejuvenates skin cells, while a nutrient-rich mask and serum restore your glow. Conclude with a peppermint foot scrub, complemented by hot stones for the ultimate tension release.

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MASSAGE

Body Rebalance

60 min full body - **R1,200**

60 min back, neck and shoulders - **R1,100**

30 min express back relax - **R700**

Indulge in a serene aromatherapy massage tailored to you, using our potent indigenous phyto oils. This experience ensures relaxation, hydration, and a radiant glow. It's elevated with our muscle melt relaxing gel and a warm compress.

Enhancements to any massage:

Rose Oil & Rosehip Face and Scalp massage - **R450**

HANDS AND FEET

African Handprint Ritual (Manicure)

60 min (with mask and polish) - **R800**

30 min (Gel soak off) - **R350**

30 min (gel add on) - **R350**

Experience the ultimate hand ritual with our indigenous shea butter polish and healing oils. Relish a massage featuring African Potato Balm and warm mitts. Unwind with a shoulder and scalp massage, and conclude with revitalizing Pinotage oil, leaving your hands invigorated.

Serenity Sole Pedicure

75 min - **R1,100**

Experience the ultimate pedicure ritual. Begin face down, as your feet are refined with a cooling foot polish and luxurious shea butter scrub. Feel warm stones on your back, enhancing relaxation alongside a soothing shoulder massage. Your feet receive a rejuvenating massage using African Potato Balm, melting away tension. This indulgent ritual includes meticulous filing and cuticle work for perfectly groomed nails. Drift into tranquility with a refreshing polish, complemented by a revitalizing face and head massage.

Leg Relief

60 min - **R1,050**

Experience relief for tired legs with our Leg Relief ritual. Start with a detailed foot and leg treatment and a revitalizing mask. Enjoy a relaxing shoulder and scalp massage while a botanical balm soothes weary limbs. Finish with a deep drainage massage to ease tension.

STEAM ROOM

Earth Green Body Clay

Self-Application in Steam Room - **R1,200**

Begin your journey to soothing and restoring sensitive skin with a self-application of Healing Earths Earth Green Body Clay in our calming steam room. Allow the gentle heat and steam to open pores, while you apply the hydrating and collagen-boosting mineral clay to your body. This self-application allows you to personalize the treatment to focus on areas of concern, promoting deep hydration, firmness, and toning.

FACIAL THERAPY

Pure Radiance for Ageless Skin

60 min - **R950**

A revitalizing blend of Marula, Rose, Geranium, and Ylang-Ylang essential oils promises sheer skin delight. Perfect for weary, dehydrated skin, it evens texture, imparts a radiant glow, and combats ageing.

Express Facial

30 min - **R700**

Pressed for time but seeking a radiant complexion? Our express facial, tailored by expert therapists, delivers immediate rejuvenation.