



STEENBERG
— HOTEL & SPA —



SPA GUIDELINES

To enhance your experience, please arrive 15 minutes prior to your treatment time to complete your client card.

Late arrivals will enjoy the time remaining on their treatment and be charged for the treatment booked.

Your comfort and wellbeing is our primary concern so please inform your therapist of any health challenges, concerns or sensitivities so we can support you to choose the most suitable treatment and products.

To ensure the tranquillity and the serenity of the spa experience for everyone, we request no cell phones are used while in the spa.

We accept payment by cash, debit card, credit card and Steenberg Spa voucher.

Steenberg Spa vouchers are available for the full range of treatments. Please enquire at reception or email us to choose the perfect gift for a colleague or loved one.

There are lockers in our cloakrooms where you are welcome to place your valuable items, at your own risk.

All prices are subject to change.

BOOKINGS & CANCELLATIONS

A 50% deposit secures your spa booking. This is 100% refundable for cancellations and rescheduling up to 24 hours before the booking time.

No shows will incur the full charge for the treatment booked and we reserve the right to redeem your voucher accordingly.

Please contact reception to book in-room or out of hours treatments and to be advised of the additional charge.

STEENBERG SIGNATURE SPA PACKAGES

A selection of Steenberg Spa's offerings that reflect our holistic approach to your wellbeing.

These therapies restore harmony and an energised sense of being.

DRIFT AWAY

Release tension from your mind, body, and soul and relish in an Exfoliating Body Polish of your choice, followed by a balm-infused signature Hot Stone Massage and Scalp Ritual to leave your skin feeling refined and alive. Drift away as you enjoy your Scalp Ritual and Pressure Point Foot Massage.

— 2 hrs R1750

SOULFUL DECADENCE

Embark on your journey of pure decadence with a signature energising massage of your choice. End your blissful experience with a bespoke facial, scalp ritual, and pressure point foot massage.

— 2 hrs R2610

SCENTED BLISS

Soak up the sounds and scents of nature with a side-by-side Bespoke Herbal Oil Massage, Pressure Point Foot Massage and Scalp Ritual in our Scented Garden. To round off your al fresco treatment, refresh with a dip in the pool while sipping a glass of Steenberg 1682 Chardonnay Cap Classique.

— 60 min R2450 per couple • 90 min R2970 per couple

BEING IN BALANCE

When you need the best of both worlds, begin with an Exfoliating Body Polish and Signature Massage, Pressure Point Foot Massage followed by your Bespoke Facial and Scalp Ritual, leaving your skin feeling revitalised and refreshed. Complete your experience with a flavourful light lunch.

— 2.5 hrs R3000



MAJESTIC AWAKENING JOURNEY

Realign your body's natural balance with our half-day package to re-energise and re-invigorate your senses. Begin your journey with a Signature Massage, anti-ageing Bespoke Facial, Pressure Point Foot Massage, and Scalp Ritual, followed by a luxurious manicure or pedicure. End your restorative journey with a delectable light lunch.

— 5.5 hrs R3990

MIND BODY AND SOUL

Start your full day journey with an Exfoliating Body Scrub and a beautifully cocooned Wrap. Release all the essential oils by enjoying a steaming shower followed by a Sleep Therapy Massage, Bespoke Facial and Scalp Massage, and Pressure Point Massage. End your treatment with a luxurious manicure and pedicure. Included is a two-course seasonal lunch.

— 8 hrs R5900

STEENBERG SIGNATURE SPA PACKAGES

CELEBRATIONS

Whether you are celebrating a special occasion or just in need of some downtime, we have a custom package to meet your needs. Choose from the options below:

— 1.5 hrs R1440

Any 3 of the following

- Back Massage
- Scalp Massage
- Express Manicure
- Express Pedicure

OR

Any 2 of the following (45min)

- Express Facial
- Back Massage
- Pressure Point Foot Massage
- Indian Head Massage

*Minimum of 3 guests

PURE HARMONY

This rejuvenating package will have you glowing and renewed with a Body Polish and Wrap whilst creating a radiant glow followed by a Sleep Therapy Massage, Pressure Point Foot Massage, and Scalp Ritual.

— 3 hrs R2500

MEN'S JOURNEY TO RESTORATION

Take time out from the hustle-bustle of daily life and enjoy our Signature Deep Tissue Massage followed by an energising Facial, Scalp, and Foot Ritual leaving you feeling revitalised. End your treatment with our delectable seasonal two-course lunch.

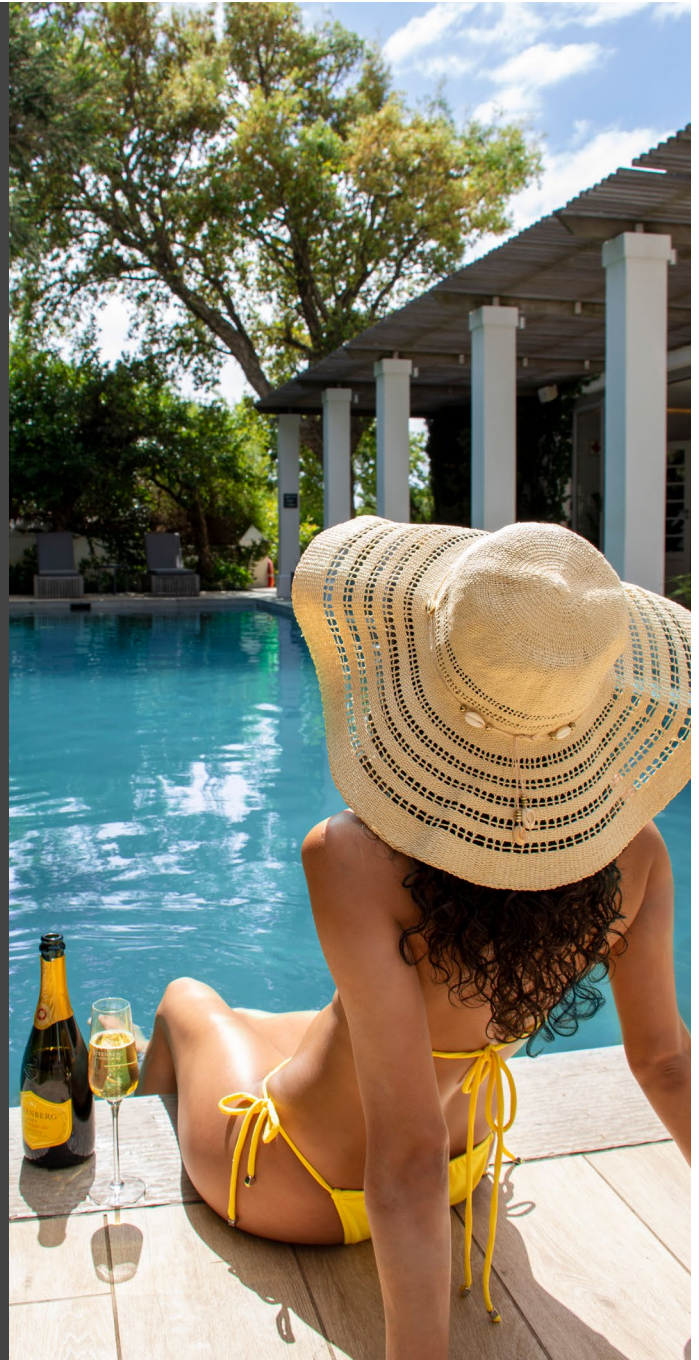
— 3 hrs R2290

MOTHER TO BE

This pampering package is perfect for spoiling moms-to-be. Rebalance your body with a soothing new arrival massage designed to ease physical strains on the body, allowing mom a restful escape, followed by a restorative Activator Facial and energising Foot and Scalp Ritual. Conclude your day of self-care with a nourishing light lunch.

— 4 hrs R3100

*All Spa packages include leisure time at The Pool House.



MASSAGES

Whether you need a gentle detox, a deep tissue or rebalancing ritual, we have the ideal massage for you.

INDIAN HEAD MASSAGE

This treatment is based on old Ayurvedic techniques, involving massage movements on the upper back, shoulders, neck, scalp and face. Reducing stress and increasing mental clarity, this treatment relaxes and rejuvenates the body, mind and soul.

— 45 min R610 • Add a hot oil hair and scalp treatment R170

PRESSURE POINT FOOT MASSAGE

A focussed pressure point foot massage technique that boosts the immune system, relaxes the body and restores energy.

— 45 min R580

BALANCING SCALP AND FOOT RITUAL

A balancing massage treatment helping to relax, relieve tension in the scalp, legs and feet as well as working on calming and relaxing pressure points to help restore energy balance.

— 45 min R690

BACK, NECK AND SHOULDER MASSAGE

Targeted massage to release tension and restore equilibrium. (Upgrade to a specialised back massage at additional cost of R150).

— 45 min R720 • 60 min R870

BESPOKE HERBAL OIL MASSAGE

Our signature Swedish style massage allows you the opportunity to customize your treatment, by selecting your massage oils and areas that are focused on.

— 60 min R940 • 75 min R1040 • 90 min R1210

MANUAL LYMPH DRAINAGE MASSAGE

A very gentle, but highly effective detoxifying massage technique that encourages the natural circulation, improves the overall functioning of the lymphatic system and reduces swelling. Highly recommended for oedema, fluid retention and post-operative wound healing.

— 60 min R1100 • 75 min R1210 • 90 min R1340

CLASSIC DEEP TISSUE MASSAGE

A firm pressure massage that concentrates on the deeper layers to target stiff and tired muscles.

— 60 min R1100 • 75 min R1210 • 90 min R1340



MUSCLE AND JOINT MAGNESIUM THERAPY MASSAGE

Re-energise the body while treating symptoms of insomnia, pain and fatigue. Our luxurious magnesium therapy induces a state of calm and promises a good night's sleep.

— 60 min R1100 • 75 min R1210 • 90 min R1340

NEW ARRIVAL MASSAGE

A tailor made, relaxing full body massage using our safe but effective pre-natal techniques. Includes a superb leg wrap to help with water retention. Available in your second and third trimester.

— 60 min R1100 • 75 min R1210 • 90 min R1340

BELLABACI SIGNATURE MASSAGE

A tailor made experience of cupping techniques designed to relax your mind, body and soul. Enhances circulations and eliminates toxins whilst relieving tension.

— 60 min R1100 • 75 min R1210 • 90 min R1340

INTONGA AMASATCHI

A deep tissue and stress-relieving treatment which makes use of skilful movements combined with yellow wood sticks. This full body experience dissolves pain and unease and leaves you feeling refreshed.

— 60 min R1100 • 75 min R1210 • 90 min R1340

HOT STONE MASSAGE THERAPY

A specialist massage technique using smooth heated basalt stones which help to alleviate pain and eases tense muscles.

— 60 min R1100 • 75 min R1210 • 90 min R1340

Massage treatment upgrades: R170.00

Personalize your massage with one of the following massage upgrades:

Hot stones | Bellabaci cupping | Intonga sticks

Choose to experience your massage in our scented garden
R150.00 per person (Please note this option is weather dependant)

CELEBRATE YOUR BODY

Gift yourself a profound sense of wellbeing by experiencing our range of luxury therapies that celebrate your body.

Personalise your experience with your chosen product or area for extra care.

AFRICOLOGY BODY TREATMENTS

BODY WRAPS

A gentle full body exfoliation prepares your skin for a hydrating, detoxifying or replenishing full body wrap. All our wraps include a scalp massage and full body oil application.

— 75 min R1160 • Add a hot oil hair and scalp treatment R170

COFFEE AND MINT

Stimulate lymph drainage and blood flow to eliminate toxins, get rid of water retention and reduce cellulite.

— 75 min R1160

SLIMMING AND DETOX

This very effective clay wrap activates the circulatory system and assists the body through the natural detox process. Ideal for arthritis, oedema and acidic conditions.

— 75 min R1160

ROOIBOS AND LAVENDER

Ideal for any sensitive, inflamed or sunburned skin. This clay soothes skin whilst assisting with the skin repair process.

— 75 min R1160

AFRICAN POTATO

This luxurious Anti-Aging Hypoxis Body Wrap is formulated to replenish, restore and hydrate the skin while fighting free radical damage.

— 75 min R1160



BODY EXFOLIATION BY BRUSH OR SCRUB

Reveal hydrated, silky soft and glowing skin as we slough off the dull, dry layer, allowing your skin to breathe. Choose between a dry body brush or customised salt scrub.

— 30 min R410

DRY BODY BRUSH EXFOLIATION

Stimulate, cleanse and tone your skin. The natural soft cactus bristles help to reduce the appearance of cellulite by improving blood and lymph circulation. This treatment concludes with a body balm application of your choice to soften, protect and heal the skin.

FULL BODY EXFOLIATION WITH SUGAR SCRUB

A nourishing sugar granular body scrub with shea butter, grape seed and lavender oil. Suitable for those who have drier skins or just want to invigorate their skin. This treatment concludes with a body balm application of your choice to soften, protect and heal the skin.

CELEBRATE YOUR EXPRESSION

QMS Medicosmetics are targeted and proven treatments that transform your skin delivering immediate and long-term results. Founded by doctors and grounded in science.

Discuss the option of treatment enhancements with your therapist

QMS FACIALS

QMS PURE OXYGEN FACIAL

This highly rejuvenating facial encourages circulation and stimulates cell renewal, by using high concentrations of collagen and QMS Oxygen Machine.

— 75 min R1490

QMS COLLAGEN RECOVERY FACIAL

An advanced anti-aging treatment featuring QMS Medicosmetics, high-grade, natural soluble collagens combined with pioneering exfoliating technology. This will restore, rejuvenate and revitalise.

— 90 min R2000

QMS ACTIVATOR FACIAL

Based on QMS innovative activation techniques, this energising treatment regenerates and refuels the skin through the supply of active ingredients leaving it firm, fresh and glowing. The perfect post-flight treatment.

— 60 min R1050

QMS URBAN REPAIR

Facial treatment to target the damaging effect of daily pollutants on the skin. Restore your skin's natural wellness with radiance, brightening and glow!

— 60 min R1070

QMS DEEP CLEANSE FACIAL

An intensely purifying facial to remove impurities and dead skin cells, restore natural balance and boost moisture levels through the use of the QMS signature soothing and hydrating algae mask.

— 60 min R980

QMS NEO-TISSUE DERMIE FACIAL

Styled to combat the signs of ageing, this firming and toning treatment is especially beneficial for more mature skin.

— 90 min R1650



QMS COLLAGEN RENEWAL FACIAL

Restores and revitalises the complexion whilst improving moisture levels. Skin is left firmer, fine lines reduced and texture is improved.

— 60 min R1270

QMS SK-ALPHA FACIAL

An Intensely stimulating facial using a thermal-active revitalising mask to stimulate microcirculation giving an instant boost and leaving the skin visibly smoother. For skin with sluggish circulation.

— 60 min R1120

QMS PIGMENT CORRECTOR FACIAL

This facial effectively treats age and dark spots, brightens the skin and helps prevent the formation of further hyperpigmentation. Highly recommended as a 3 month course with home use of Skin Tone light.

— 90 min R1850

QMS SENSITIVE SKIN REPAIR

Soothes, calms and reduces sensitivity and inflammation without causing further irritation.

— 60 min R1050

TREATMENT ENHANCEMENTS

QMS OXYGEN MACHINE

This gentle and non-invasive treatment helps detox the skin from environmental pollutants which encourages collagen production, a decrease in acne scarring as well as reducing the appearance of pigmentation, fine lines and wrinkles.

— 15 min R350

GALVANIC TREATMENT

A low electrical current is used to penetrate products deeper into the skin causing an increase in blood and oxygen flow. This helps to improve skin dullness, promote hydration and produce firm/supple skin.

— 15 min R230

QMS EYE RECOVERY TREATMENT

To lift tired and puffy eyes and rejuvenate the delicate eye area with intense hydration to nourish, refresh and smooth.

— 15 min R350

QMS LIP ZONE REPAIR

Combining the revolutionary action of the Lip Line Corrector to treat the fine lines and wrinkles of the upper lip zone with Intensive hydration.

— 15 min R350

HIGH FREQUENCY

Helps treat and prevent stubborn acne, shrink enlarged pores, reduce the appearance of fine lines and wrinkles, decongest puffy eyes and fade dark eye circles. This treatment cleanses, increases blood circulation, hydrates and tones and thus improves the skin's overall appearance.

— 15 min R220

VACUUM SUCTION

Helps treat puffy, dull and lifeless skin by improving the skin's texture and circulation. This treatment stimulates the lymphatic and micro circulatory systems, thus aiding the flow of waste products and tissue fluids from the area to the nearest lymph nodes.

— 15 min R230

QMS-HAND RECOVERY

Hands will look younger and feel smoother with this intensive exfoliating and moisturising treatment. This treatment can be adapted to target excess pigmentation marks.

— 15 min R300



CELEBRATE FINAL TOUCHES

Our range of treatments celebrate your hands, feet and the finishing touches, leaving you feeling confident and complete.

HANDS AND FEET

CLASSIC

For a beautiful breather from the high-energy nature of everyday life, join us for an experience with a difference. Your hands or feet will be massaged, your nails shaped and your skin richly hydrated with our all-natural products designed to undo environmental damage to your skin. Complete the experience with your choice of OPI polish or nail buffing for a high gloss shine. (60 min)

- Manicure R520
- Pedicure R540

LUXURY

Choose from one of our luxurious options listed below to create the perfect deluxe treatment. All options include nail and cuticle care as well as a polish application. (75 min)

- Manicure R670
- Pedicure R720

- **Copper and Hot Stone**

This luxurious African ritual begins by soaking the feet in an energy-balancing copper bath, followed by a warm copper and hot stone massage of the arms or legs, reducing water retention and improving circulation. The treatment includes a shoulder massage.

- **MediHand**

This treatment includes a self heating exfoliation and vitamin infused moisture mask to help reduce the appearance sun damage, age spots and dryness.

- **MediHeel**

A unique way to treat dry and cracked heels with a revolutionary new process. With a single application the dead skin is removed with a chemical peel. This pedicure will boost circulation and brighten and soften feet.

HANDS AND FEET ENHANCEMENTS

- French Polish (15 min R80) — Gel Polish (15 min R150)
- Gel Soak Off (30 min R120)
- MediHeel Peel (15 min R180)

FINISHING TOUCHES

WAXING

Our Cirepil by Perron Rigot award-winning wax is gentle on your skin and highly effective.

Lip/Brow/Chin/Nose/Ear	10 min R110
Underarms	15 min R150
Half Arm	30 min R210
Full Arm	45 min R250
Half Leg	30 min R290
¾ Leg	45 min R290
Full Leg	45 min R340
Bikini	15 min R210
G-String	30 min R250
Brazilian	30 min R300
Hollywood	30 min R350
Full Chest or Back	45 min R400

THREADING

Lip / Brow / Chin	15 min R120
Full Face	30 min R320

TINTING

For added depth and colour to your eyes and definition to your face.

Lash or Brow	15 min R100
Brow and Lash	20 min R150

LASH LIFTING

Enhance your natural lashes with a lash lift which instantly gives the lashes lift, separation and definition.

Lash lift	30 min R450
Lash lift with lash tint	30 min R520
Lash lift with brow and lash tint	30 min R580

TWEENS MENU

(6–11 years old)

SPARKLE MANI AND PEDI

A shimmery water soak, massage and polish application.
— 60 min R495

COOCO BOO MINI FACIAL

A gentle facial cleanse, tone, massage and mask.
— 30 min R450

LIL'BEE BACK MASSAGE

A relaxing back massage to revive the senses.
— 30 min R360

SLEEPY SHEEP SCALP AND FOOT MASSAGE

An invigorating and soothing scalp and foot massage.
— 30 min R450



TEENS MENU

(12–17 years old)

PORE PERFECTING FACIAL

Cleanse and reduce the appearance of facial pores with a gentle cleanse and exfoliation, facial steam, light extractions, and a calming mask.
— 60 min R790

TENSION RELEASE MASSAGE

A tension reducing massage focusing on your specific areas of concern.
— 45 min R620

MANICURE OR PEDICURE

Considered nail care which includes exfoliation, massage and a polish application.
— 45 min R420





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ELEMIS
DEFINED BY NATURE, LED BY SCIENCE

QMS
MEDICOSMETICS

AFRICOLOGY®
Exploring The Possibilities of Nature

elim
THE SCIENTIFIC SOLUTION

O·P·I
#1 SALON BRAND WORLDWIDE

08h00 to 18h00 Monday to Sunday (later appointments available on request)

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