

## MASSAGES

### Bamboo Massage R1850 | 90 min

A very firm, full-body massage that starts off with stretches. Performed with heated bamboo sticks, this massage will deeply relax the muscles of the body, leaving you revitalised. Relax in our chill room or bamboo garden, whilst indulging in one of our delicious lunch options and a freshly squeezed juice from our Juicery.

### Stretching Massage R1500 | 60 min

A unique massage experience done fully clothed and without any oils. Firm massage techniques (incorporating pulling, pushing and prodding) are combined with pressure point therapy and deep stretching for the ultimate release of tension. Guests must be fairly flexible and wear comfortable clothing. Relax in our chill room or bamboo garden, whilst indulging in one of our delicious lunch options and a freshly squeezed juice from our Juicery.

### Duo Massage R2500 per couple | 60 min

Share this experience with someone special. Massage is performed by two therapists in the same room. You will receive a small gift with your massage.

### Therapeutic Massage

Full body	R1500   90 min	R1150   60 min
Back massage	R800   45 min	R700   30 min

A light to medium massage, using a combination of techniques and customised to suit your needs. A great way to improve circulation, leaving the whole body relaxed.

### Deep-tissue Massage

Full body	R1650   90 min	R1250   60 min
Back massage	R850   45 min	R750   30 min

A firm, deep-tissue massage aimed at working on the deeper structures of the muscles, for specific concerns. Cupping techniques are used on problematic areas as needed.

### Hot Stone Massage R1650 | 90 min

The therapist uses her hands as well as heated stones for this soothing and relaxing massage, banishing exhaustion and replenishing energy levels.

### Mother-to-be Massage

R1300   60 min	R800   30 min
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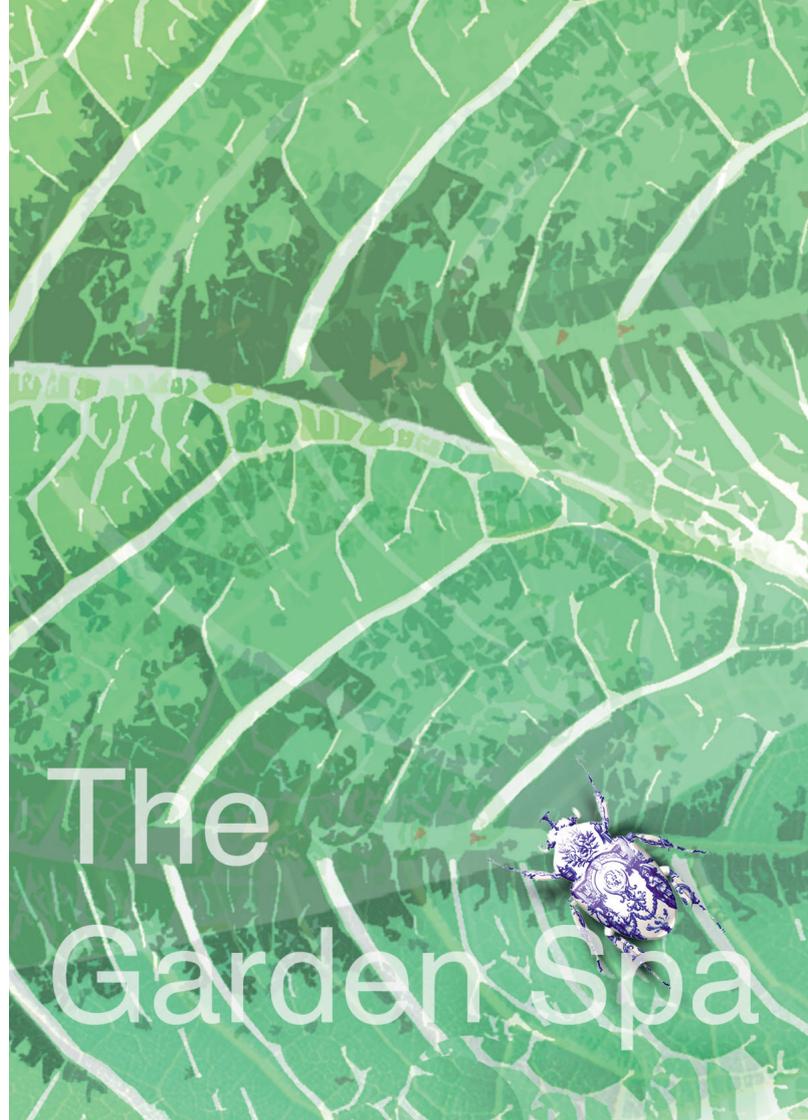
Oils and techniques used are safe during weeks 12 to 35 of pregnancy. This treatment helps relieve tension in the back and reduces swelling of the hands and feet.

### Relaxing Foot and Lower Leg Massage R700 | 30 min

Natural oils are used to stimulate and soothe in this deeply relaxing foot and lower leg massage.

### Scalp Massage R700 | 30 min

Unwind with our specialised massage, concentrating on the scalp, décolleté, neck and face.



# The Garden Spa

## HAMMAM (Turkish bath)

For the discerning client who is looking for a unique spa experience. Our spa is one of a very few in South Africa offering a hammam treatment room for individuals or couples. Here, we perform a traditional Turkish cleansing treatment. All our hammam treatments incorporate the hammam water ritual, during which lukewarm water is repeatedly poured over the body for the ultimate winding-down experience. In addition, the hammam's heat and steam help tired muscles to ease and relax.

### Private Hammam Water Ritual R2500 | 60 min

Our signature treatment includes a full-body exfoliation, dynamic flexing, body butter application as well as a head and scalp treatment. Relax in our chill room or bamboo garden, whilst indulging in one of the delicious lunch options and a freshly squeezed juice from our Juicery (included in this treatment).

### Hammam Traditional Soap Treatment R2500 per couple | 60 min

We recommend this treatment as the ultimate couples' experience. The ancient cleansing ritual consists of a stimulating scrub and soap massage performed by one therapist (30 min treatment each).

\*Also available as treatment for one R1250 | 30 min

\*For the ultimate indulgence, combine this treatment with our duo massage R4500 per couple

### Hammam Honey and Salt Scrub with Steam R1050 | 30 min

We start with a relaxing steam treatment. Then a combination of coarse and fine salt is used for an invigorating full-body scrub, leaving you energised and uplifted. Although a stand-alone treatment, this scrub is ideal before any other facial or body treatment.

\*Combine with a 30 min full-body wrap R1450 | 60 min

\*An alternative body scrub is available for individuals who may be sensitive to honey.

## FACIALS AND BEAUTY

### Express Facial R850 | 30 min

Introduction to our facial ranges – choose between a QMS or Esse facial. Skin analysis and exfoliation, followed by a soothing mask, serum and hydrating moisturiser.

### QMS Rebalance Facial R1400 | 60 min

To achieve the best results, we do a thorough skin analysis in order to tailor a treatment that will address your individual skin conditions and needs. Your skin will be left revitalised and restored.

### QMS Anti-Ageing Collagen Booster Facial R1650 | 90 min

Give your skin a powerful collagen boost that will restore, rejuvenate and revitalise with this advanced anti-ageing treatment. It features QMS Medicosmetics' unique system of high-grade collagens combined with advanced exfoliation technology to reveal firmer, healthier skin that glows.

### Esse Basic Facial R1250 | 60 min

An organic skincare range based on the use of probiotics. Skin analysis and exfoliation followed by a soothing mask, serum and hydrating moisturiser, as well as a hand or foot massage.

### Esse Comprehensive Facial R1550 | 90 min

Esse's organic, probiotic active ingredients calm and heal the skin. After skin analysis, we exfoliate and apply a soothing mask. This is followed by a serum and hydrating moisturiser. A hand or foot massage as well as a back scrub and back massage are included.

## TINTS

Brow R120

Lash R140

Brow and lash R220

## WAXES

Brow R150

Upper lip/chin R150

\*Body waxing treatments available upon request

## WRAPS

Our spa favours Lilian Terry wraps. A full-body scrub and wrap are followed by a shower. We conclude the treatment with the application of a body oil, leaving you revitalised and energised.

### Anti-cellulite Body Wrap R1350 | 75 min

Improves lymph circulation in areas with cellulite and aids detoxification.

### Detox Wrap R1350 | 75 min

Draws toxins out of the body. Great to use in conjunction with a weight loss regimen.

### Skin-hydrating Wrap R1350 | 75 min

Softens, soothes and moisturises the skin. Safe to use during pregnancy.

### Muscle Ease Body Wrap R1350 | 75 min

Assists with the repair of aching and painful muscles.

## HANDS AND FEET

### Express Treatment R400 | 30 min

Hand or foot treatment – we cut, file and treat cuticles with a balm application. No varnish.

### Manicure R580 | 60 min

A manicure that will leave your hands soft, supple and perfectly groomed, including nail varnish of your choice.

### Pedicure R630 | 60 min

Soak, scrub, massage and varnish – a proper treat for your feet.

### Deluxe Pedicure R700 | 75 min

A luxurious foot pampering including varnish. The specialised heel treatment and soothing, hydrating wrap makes this ideal for cracked heels.

## PACKAGES

### Half-day package R2100 | 2 hours

Unwind and enjoy our spa facilities before or after your 30 min facial, 30 min pedicure (no varnish), 30 min manicure (no varnish) and 30 min back massage.

### Full-day package R3000 | 3 hours

Unwind and enjoy our spa facilities before or after your choice of three of the following treatments: 60 min QMS facial, 60 min therapeutic massage, 60 min pedicure, 60 min manicure or 60 min body wrap. Relax in our chill room or bamboo garden, whilst indulging in one of our delicious lunch options and a seasonal cold-pressed juice from our Juicery.