

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, where lukewarm water is repeatedly poured over the body for the ultimate winding-down experience. In addition, the hammam's heat and steam ease and relax tired muscles.

### Private hammam water ritual R3100 | 60 min

Our signature treatment includes a full-body exfoliation, dynamic flexing, body butter application as well as a head-and-scalp treatment. The private hammam water ritual will leave you feeling invigorated and your skin glowing.

### Hammam traditional soap treatment with duo massage R5500 per couple | 90 min

We recommend this treatment as the ultimate couples' experience. Performed in our double hammam treatment room, the ancient cleansing ritual consists of a relaxing steam treatment, stimulating full-body scrub done with a traditional Turkish kese mitt and a soap massage performed on the back of the body by two therapists. The treatment is concluded with a full-body massage in one of our couples' treatment rooms.

### Hammam traditional soap treatment R3300 per couple | 80 min

This ancient cleansing ritual starts off with a relaxing steam, followed by a stimulating full-body scrub done with a traditional Turkish Kese mitt and a soap massage on the back of the body. The treatment is concluded with an oil application on the entire body and a scalp treatment. This offering is performed by one therapist, with each guest enjoying a 40 min treatment.

\*Available as a treatment for one R2100 | 40 min

### Hammam honey-and-salt scrub with steam R1600 | 30 min

We start with a relaxing steam treatment. Thereafter, a combination of coarse and fine salt is used for an invigorating full-body scrub, leaving you energised and uplifted. A scalp treatment is also included. Although this is a stand-alone treatment, it is ideal as a precursor to any other facial or body treatment.

\*Combine with a 30 min full-body wrap R2200 | 60 min

\*Combine with a 60 min full-body massage R2500 | 90 min

## RASUL

A traditional Arabian-inspired cleansing experience designed for two and carried out by yourselves. Apply a scrub to the whole body, along with a hair mask, followed by the application of face and body mud while you enjoy the private steam chamber. Finish with a refreshing and calming peppermint mist.

### Rasul for two with duo massage R3800 | 90 min

If you wish to add the Rasul to any spa service, kindly enquire at spa reception.

## FACIALS AND BEAUTY

### Esse live probiotic facial R1550 | 60 min

A bespoke facial that harnesses the power of advanced pre- and probiotics to improve the skin's microbial balance. Tailored and customised to best address your specific skin concerns. Benefits include soothing stress relief, boosted collagen production, reduced inflammation and strengthened skin barrier function.



### **Esse experience facial with back massage and oxygen R1950 | 90 min**

This world-class live probiotic experience is designed to reduce inflammation, enhance barrier function and address signs of ageing by restoring microbial balance and rewilding the skin. The inclusion of a back massage further enhances treatment outcome and promotes complete relaxation.

### **QMS anti-ageing oxygen facial R2200 | 90 min**

Our signature QMS oxygen facial promotes cell renewal with 95% pure oxygen. It breathes new life into tired skin with advanced techniques developed to stimulate deep skin cell regeneration. Visibly plumps and firms the skin – results can be seen after just one treatment.

### **QMS anti-ageing collagen booster facial R1700 | 60 min R2100 | 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 firmed, healthier skin that glows.

## **WRAPS**

### **Nourishing wrap**

This comforting body therapy includes a gentle yet effective body scrub, followed by a warm mud wrap filled with fresh herbs from our garden. Whilst wrapped, your therapist will pamper you with a scalp and foot massage. The treatment concludes with the application of a deeply hydrating body oil, which will leave your skin feeling replenished and renewed.

### **Cellulite/detox wrap**

Invigorating dry body brushing techniques are used, followed by the application of a cool detoxifying body wrap. You will then enjoy a scalp and foot massage whilst lying on a heated bed. The treatment concludes with the application of an enlivening cellulite oil incorporating stimulating massage movements.

\*Kindly inform us if you wish to include stimulating cupping techniques focused on cellulite reduction R150

### **Body wrap R1900 | 90 min**

## **HANDS AND FEET**

Get the best treatment for your hands and feet with the use of Mediheel products, leaving your hands and feet silky smooth and soft. All treatments include nail varnish.

### **Manicure R650 | 60 min**

### **Gel manicure R850 | Gel removal R170**

A luxury manicure to leave you with soft, nourished hands and nails. Kindly inform us of existing gel polish for removal.

### **Pedicure R750 | 60 min**

### **Gel pedicure R950 | Gel removal R170**

A relaxing pedicure designed to leave you with pampered and hydrated feet. Kindly inform us of existing gel polish for removal.

### **Deluxe pedicure R850 | 75 min**

A luxurious foot pampering including varnish. The Mediheel specialised heel treatment and soothing, hydrating wrap makes this ideal for cracked heels. Kindly inform us of existing gel polish for removal.



## MASSAGES

### Duo massage R3100 per couple | 60 min

Share this experience with someone special. Massage performed by two therapists in the same room.

### Herbal poultice massage R2150 | 90 min

A beautifully warming treatment that incorporates heated poultices filled with herbs from our garden and warm massage oil. A deeply relaxing and soothing massage that works effectively on a tired mind and tense muscles.

### Hot stone massage R2000 | 90 min

Heated volcanic basalt stones are used along with the healing hands of our therapists. Experience a deep state of relaxation, banishing exhaustion and replenishing energy levels.

### Bamboo massage R2000 | 90 min

A very firm full-body massage that starts off with stretches. Performed with heated bamboo sticks, this massage will deeply relax your muscles, leaving you revitalised.

### Balance massage R2000 | 90 min R1550 | 60 min

A massage tailored to suit your needs and aid in balancing a tired body and mind. We use a combination of dynamic and softer strokes, pressure points and kneading techniques to increase circulation and soften tight body tissue.

### Stimulating massage with dry body brushing R1450 | 60 min

We start the treatment with invigorating dry body brushing techniques, followed by a stimulating massage to promote the elimination of toxins.

### Mother-to-be massage R1650 | 60 min

Our massage is designed to address all pregnancy needs from the second trimester to birth. Oils and massage techniques are safe during pregnancy and moisturise skin to assist with prevention of stretch marks.

### Add-on massage treatments

Can be added to any other spa service and are not stand-alone treatments.

### Back massage R1050 | 45 min R950 | 30 min

### Relaxing foot and lower leg massage R950 | 30 min

### Scalp massage R950 | 30 min

