



The Garden Spa

MASSAGES

Bamboo Massage

R1700 | 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 the delicious lunch options from our Greenhouse and a seasonal cold-pressed juice from our Juicery.

Stretching Massage

R1350 | 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 the delicious lunch options from our Greenhouse and a seasonal cold-pressed juice from our Juicery.

Duo Massage

R2300 per couple | 60 min

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

Therapeutic Massage

R1400 | 90 min

R1050 | 60 min

R750 | 45 min

R650 | 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

R1500 | 90 min

R1150 | 60 min

R800 | 45 min

R700 | 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

R1500 | 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

R1200 | 60 min

R750 | 30 min

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

R650 | 30 min

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

Scalp Massage

R650 | 30 min

Unwind with our specialised massage, concentrating on the scalp, décolleté, neck and face. Also included is a neem hair oil treatment.

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 help tired muscles to ease and relax.

Private Hammam Water Ritual – R2250 | 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 from the Greenhouse and a seasonal cold-pressed juice from our Juicery.

Hammam Traditional Soap Treatment – R2250 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 – R1150 | 30 min

*For the ultimate indulgence, combine this treatment with our duo massage – R4050 per couple

Hammam Honey and Salt Scrub with Steam – R950 | 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 – R1300 | 60 min

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

FACIALS AND BEAUTY

Express Facial – R800 | 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 – R1250 | 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.

NEW QMS Anti-Ageing Collagen Booster Facial – R1500 | 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 – R1150 | 60 min

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

*Add-on: active ampoule for R150

Esse Comprehensive Facial – R1400 | 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.

Facial add-on

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| Brow tint | R120 |
| Lash tint | R140 |
| Brow and lash tint | R220 |
| Brow, upper lip or chin wax | R150 |

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 – R1200 | 75 min

Improves lymph circulation in areas with cellulite and aids detoxification.

Detox Wrap – R1200 | 75 min

Detoxifying wrap, great to use in conjunction with a weight loss regimen.

Skin-hydrating Wrap – R1200 | 75 min

Hydrating and moisturising. Safe to use during pregnancy.

Muscle Ease Body Wrap – R1200 | 75 min

Assists with the repair of aching and painful muscles.

HANDS AND FEET

Express Treatment – R380 | 30 min

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

Manicure – R530 | 60 min

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

Pedicure – R580 | 60 min

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

Deluxe Pedicure – R650 | 90 min

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

WAXES

Body waxing available upon request

PACKAGES

Half-day package – R1950 | 2 hours

Unwind and enjoy our hot 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 – R2750 | 3 hours

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