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

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 – R850 | 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 | 1.2 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 | 1.3 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.