

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 R2700 | 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 chilli room or bamboo garden, whilst indulging in one of our delicious lunch options and a seasonal cold-pressed juice from our Juicery.

Hammam traditional soap treatment R2700 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).

*For the ultimate indulgence, combine this treatment with our duo massage at R4850 per couple.

*Also available as treatment for one R1800 | 40 min

Hammam honey and salt scrub with steam R1300 | 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. 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 R1800 | 60 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 our private steam chamber. Finish with a refreshing and calming peppermint mist.

Rasul for two with duo massage R3450 | 90 min

Includes a glass of Babylonstoren Mourvèdre Rosé

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

FACIALS AND BEAUTY

QMS anti-ageing oxygen facial R1950 | 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 R1550 | 60 min R1850 | 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.

Esse live probiotic facial R1350 | 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 R1700 | 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 rewiring the skin. The inclusion of a back massage further enhances treatment outcome and promotes complete relaxation.

WAXING/TINTS

Available on request.

WRAPS

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.

Body wrap R1500 | 75 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.

Manicure R600 | 60 min

Gel manicure R800

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

Pedicure R650 | 60 min

Gel pedicure R850

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

Deluxe pedicure R750 | 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

NEW Herbal poultice massage R1500 | 60 min R1900 | 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.

Bamboo massage R1900 | 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. Relax in the chill room or bamboo garden, whilst indulging in one of our delicious lunch options and a seasonal cold-pressed juice from our Juicery.

Stretching massage R1650 | 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 the chill room or bamboo garden, whilst indulging in one of our delicious lunch options and a seasonal cold-pressed juice from our Juicery.

Duo massage R2700 per couple | 60 min

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

Deep-tissue massage (full body) R1800 | 90 min R1350 | 60 min

A firm massage to work deeper on the muscles and tailored to suit your needs. The therapist will use a combination of dynamic and softer strokes, pressure points and kneading techniques to increase circulation and soften tight body tissue. Upon request, cupping techniques can be added on for problematic areas.

Therapeutic massage (full body) R1650 | 90 min R1250 | 60 min

A gentler massage with flowing strokes and medium pressure to restore a tired body and mind. Drift away with this relaxing massage.

Hot stone massage R1800 | 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.

Mother-to-be massage R1450 | 60 min

The massage focuses on the back, shoulders and feet and helps to alleviate muscle tension and fatigue, while assisting to ease any discomfort during your pregnancy. Oils and techniques used are safe from the second trimester onwards.

Add-on massage treatments

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

Back massage R950 | 45 min R800 | 30 min

Relaxing foot and lower leg massage R800 | 30 min

Scalp massage R800 | 30 min

PACKAGES

Half-day package R2300 | 2 hours

Experience a renewing ritual from top to toe. Combining stimulating body brushing techniques and an area-specific body wrap with a powerful oxygen facial to tighten and brighten the skin. Complemented by a body and facial balm application, leaving you with a glowing skin.

Full-day package R3300 | 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 a 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.

Vouchers can be purchased at the spa reception or online.

Packages for groups – enquire directly with spa reception.

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