



GARDEN SPA

Use of our hot spa facilities are included in all treatments.

Vouchers can be purchased at the spa reception or online.

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HAMMAM *(Turkish bath)*

All hammam treatments incorporate the water ritual, where lukewarm water is repeatedly poured over the body. In addition, the hammam's heat and steam ease and relax tired muscles.

Private hammam water ritual **R3900 | 60 min**

Our signature treatment includes a full-body exfoliation, dynamic flexing, body butter application, and a head-and-scalp treatment.

Hammam traditional soap treatment with duo massage **R6800 per couple | 90 min**

The ultimate couples' experience consists of a relaxing steam treatment, full-body scrub, soap massage and full-body massage. Performed by two therapists in the double hammam treatment room.

Hammam traditional soap treatment **R4100 per couple | 80 min**

An ancient cleansing ritual that consists of a relaxing steam, full-body scrub, and full-body and scalp oil application.

Performed by one therapist, with each guest enjoying a 40 min treatment.

**Available as a treatment for one R2300 | 40 min*

Hammam honey-and-salt scrub with steam **R2000 | 30 min**

A relaxing steam treatment followed by a full-body coarse and fine salt scrub and a scalp treatment.

This is a stand-alone treatment, or an ideal precursor to any other facial or body treatment.

**Combine with a 30 min full-body wrap R2800 | 60 min*

**Combine with a 60 min full-body massage R3100 | 90 min*

Hammam scrub and facial cleanse **R3300 | 60 min**

Experience the benefits of steam by detoxifying your skin and enjoying a full-body scrub along with a relaxing facial treatment.

RASUL

A traditional Arabian-inspired cleansing experience designed for two and carried out by yourselves. A full-body scrub, hair mask, and a face and body mud application, finished with a refreshing and calming peppermint mist.

Rasul for two with duo massage **R4800 | 90 min**

Enquire at Spa Reception to add the Rasul to any spa service.

WRAPS

Nourishing wrap **R2400 | 90 min**

A gentle body scrub, followed by a warm herbal mud wrap. Whilst wrapped, you receive a scalp and foot massage, followed by the application of a deeply hydrating body oil.

Cellulite/detox wrap **R2400 | 90 min**

Invigorating dry body brushing, followed by a cool detoxifying body wrap. Whilst wrapped and lying on a heated bed, you receive a scalp and foot massage, followed by the application of a cellulite oil.

**Combine with cupping techniques focused on cellulite reduction R200*

JOURNEYS

Garden Spa Herbal Journey **R5000 | 120 min**

This is the ultimate treatment for a tired mind and body. We start your journey with a relaxing foot bath with fresh garden herbs whilst sipping on Babylonstoren garden herbal tea, whereafter a relaxing full-body herbal poultice massage and facial cleansing ritual will conclude your journey.

MASSAGES

Duo massage R3900 per couple | 60 min

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

Herbal poultice massage R2700 | 90 min

A warming treatment with heated herbal poultices and warm massage oil, to soothe a tired mind and tense muscles.

Hot stone massage R2500 | 90 min

Heated volcanic basalt stones facilitate deep relaxation, relieving exhaustion and replenishing energy levels.

Bamboo massage R2500 | 90 min

A firm, full-body massage that starts with stretching. Performed with heated bamboo sticks, to relax and revitalise tired muscles.

Balance massage R2200 | 90 min - R1900 | 60 min

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 R1800 | 60 min

Invigorating dry body brushing techniques, followed by a detoxing massage.

Mother-to-be massage R1800 | 60 min

A safe, bespoke treatment to address all pregnancy needs from the second trimester to birth, including skin moisturising 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 R1300 | 45 min - R1200 | 30 min

Relaxing foot and lower leg massage R1200 | 30 min

Scalp massage R1200 | 30 min



FACIALS AND BEAUTY

Esse live probiotic facial R1900 | 60 min

A bespoke treatment with advanced pre- and probiotics to improve the skin's microbial balance.

Esse experience facial with back massage and oxygen R2500 | 90 min

A world-class live probiotic experience designed to restore microbial balance and rewild the skin. A back massage promotes complete relaxation.

QMS anti-ageing oxygen facial R2800 | 90 min

Our signature QMS oxygen facial promotes cell renewal with 95% pure oxygen. Visibly plumps and firms the skin after just one treatment.

QMS anti-ageing collagen booster facial R2300 | 60 min - R2700 | 90 min

A powerful treatment featuring QMS Medicosmetics' unique system of high-grade collagens combined with advanced exfoliation technology.

HANDS AND FEET

Mediheel products leave your hands and feet silky smooth and soft.

All treatments include nail varnish.

Manicure R800 | 60 min

A luxury manicure for nourished hands and nails. Kindly inform us of existing gel polish for removal.

Pedicure R900 | 60 min

A relaxing pedicure for soft, hydrated feet. Kindly inform us of existing gel polish for removal.

Deluxe pedicure R1000 | 75 min

A luxurious foot pampering with specialised heel treatment and a hydrating wrap. Kindly inform us of existing gel polish for removal.