

SPA TREATMENT MENU

Valid from 1 November 2018 to 31 October 2019

Take advantage of our exclusive & luxurious spa treatments, inspired by the pure and natural richness of Mother Earth, that will refresh and revitalise your mind, body and soul. We choose Healing Earth because it identifies with our philosophy of eco-friendliness & sustainability. All products are chemical-free and have not been tested on animals, while packaging is either biodegradable or recyclable. 100% healthy and natural - these treatments will protect your skin as much as they protect the environment.

REFINE	BODY EXFOLIATION	
<p>Polishing Body Ritual 60min Relax and feel renewed with a choice of body polish rituals. Designed to increase skin circulation, remove dead skin cells and nourish dry skin. Our polishing scrubs will leave your skin soft, supple and radiant.</p> <ul style="list-style-type: none"> • Kalahari Melon (hydrating) • Mongongo Nut (detoxifying) • Coffee, Cinnamon and Orange (defining) • African Ginger (firming) 		ZAR 530
<p>Refreshing Foot and Leg Ritual 60min Refresh and recharge a tired body with a foot and leg ritual. Our wellness therapists will work to drain away any excess fluid stored in the legs, using a Mongongo polishing scrub, followed by a leg wrap and cooling gel, to increase circulation and simulate skin renewal. You will also be treated to a blissful detoxing face masque to enhance your relaxation.</p> <ul style="list-style-type: none"> • Mongongo Foot and Leg Polish • Detoxifying Foot and Leg Wrap • Stimulating African Ritual • Feather Light Leg Cooling Gel 		ZAR 610
CLEANSE	FACIAL THERAPY	
<p>Hydrating - Marula 60min Quench your skin's thirst and enhance your natural glow, through a Marula facial treatment with organic actives and rose crystals.</p>		ZAR 710
<p>Anti-aging - Baobab 60min Restore and renew your skin's health with an anti-aging Baobab facial ritual infused with nourishing omegas.</p>		ZAR 710
<p>Balancing - Neroli 60min Regain control and matify your skin with a Neroli facial treatment infused with pure botanicals, using balancing Jade roller crystals to soothe and revitalise your skin.</p>		ZAR 710
<p>Men's Face Treatment 60min A special treat, tailored to the unique skincare needs of men. A deep, thorough cleansing and exfoliation treatment that will leave skin smooth, healthy and refreshed.</p>		ZAR 710
<p>High Performance Facial 90min A multi-sensory experience to enhance your skin's own ability to heal and renew. Enjoy a Collagen stimulating facial treatment with ingredients to ensure effective anti-aging benefits. Jade rollers are used to soothe and revitalise your skin.</p>		ZAR 1,080

SIGNATURE AFRICAN EMBRACE MASSAGE		
African Earth Soul Massage	90min	ZAR 870
Alleviate stress and indulge yourself. Experience our signature massage with a combination of Calabash and Bamboo massage tools, for an unforgettable full body massage.		
TOUCH MASSAGE THERAPY		
Healing Full Body	60min / 90min	ZAR 720 / ZAR 930
Listen to your body and select a 60 or 90 minute massage ritual that will uplift, de-stress, hydrate and detox.		
Duo Relaxation	60min / 90min	ZAR 1,300 / ZAR 1,680 per couple
Share a bonding experience with your partner by indulging in a full body couple's massage.		
Back & Scalp Massage	45min	ZAR 605
Spending days hunched over a computer, behind a steering wheel, or simply sitting with bad posture, results in stiff shoulders, lack of flexibility and headaches. Our therapists will work from your upper back to the crown of your head and melt your worries away, making you feel fresh again.		
Traditional Back, Neck & Shoulder Ritual	45min	ZAR 610
Allow the techniques of ancient therapy to ease muscle tension while encouraging your body to return to its normal, relaxed state. This ritual is ideal for those who need stress removed from their bodies.		
African Revitalising Foot Ritual	45min	ZAR 610
Reflexology is an ancient healing art, dating back many centuries, that works on the feet to assist in restoring balance to the mind, body and soul. This ancient ritual relieves aches and pains by helping the body reach equilibrium. This ritual incorporates the use of Eucalyptus and Peppermint detoxing circular gel, for a revitalised, fresh feeling.		
BLISS		
Footprint Celebration	60min	ZAR 460
Melt your stress away with this special pedicure which will leave your feet feeling not only relaxed, but also silky smooth and beautifully moisturized. Our Footprint Celebration treatment incorporates the use of relaxing oils and moisturising Shea butters.		
Handprint Celebration	60min	ZAR 460
Give your hands a more youthful looking skin that is hydrated, replenished and protected with our unique Handprint Celebration manicure. Spoil yourself with a small but significant indulgence.		
INDULGE SPA PACKAGES		
Couple's Journey	150min	ZAR 3,200 per couple
Release all stresses by spoiling yourself and your partner with a head-to-toe indulgent vino delight.		
This ritual includes the following pleasures:		
<ul style="list-style-type: none"> • Pinotage Facial • Hand & Foot Ritual 	<ul style="list-style-type: none"> • Relaxing Scalp Massage • Pinotage Back Massage 	

<p>Radiant Glow 150min</p> <p>Discover the true path of radiance by indulging in a body polish, body wrap and full body massage.</p> <p>Choose from the following pure African rituals to suit your specific needs:</p> <ul style="list-style-type: none"> • Kalahari Melon (hydrating) • African Potato (healing & repairing) • Marula & Neroli (relaxing) • African Ginger (firming) • Mongongo Nut (detoxifying) • Coffee, Cinnamon & Orange (sculpting) 	ZAR 1,600
<p>Gentlemen's Bliss Ritual 120min</p> <p>Revive and restore your body to its natural state of well-being with this blissful therapy:</p> <ul style="list-style-type: none"> • Men's Reviving Facial • Full Body Massage 	ZAR 1260
<p>Healing Touch 135min</p> <p>Indulge in a treatment designed to unwind your entire body and turn back the hands of time:</p> <ul style="list-style-type: none"> • 45min Full Body Massage • 60min Anti-Ageing Facial • 30min Foot Ritual 	ZAR 1,700
<p>African Moonlight Spa 70min</p> <p>Escape to our out-of-Africa style spa for an evening of dinner and relaxation with your partner. Enjoy a 3-course private dinner, spa treatments and a bottle of Cap Classique:</p> <ul style="list-style-type: none"> • 30min African Earth Soul Massage • 20min African Revitalizing Foot Ritual • 20min African Head Ritual 	ZAR 2,300 per couple

*Pregnancy safe treatments are available. One of our professionally trained spa staff will gladly customise the ultimate mother-to-be spa package for you.

RESERVATIONS

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