

SPA TREATMENT MENU

VALID FROM 1 JANUARY 2021 TO 31 DECEMBER 2022

Take advantage of our exclusive & luxurious spa treatments, inspired by the pure and natural richness of Mother Earth, that will refresh and revitalize 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 60 minutes</p> <p>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"> • <i>Kalahari Melon (hydrating)</i> • <i>Mongongo Nut (detoxifying)</i> 	<ul style="list-style-type: none"> • <i>Coffee, Cinnamon and Orange (defining)</i> 	ZAR 530
<p>Refreshing Foot and Leg Ritual 60 minutes</p> <p>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"> • <i>Mongongo Foot and Leg Polish</i> • <i>Detoxifying Foot and Leg Wrap</i> 	<ul style="list-style-type: none"> • <i>Stimulating African Ritual</i> • <i>Feather Light Leg Cooling Gel</i> 	ZAR 610
CLEANSE	FACIAL THERAPY	
<p>Hydrating - Marula 60 minutes</p> <p>Enhance your natural beauty, through a Marula facial treatment with organic actives. Quenching the skin's thirst, using nature's most hydrating ingredients, deep cleansing and rehydrating giving the skin its natural glow.</p>		ZAR 710
<p>Anti-aging - Baobab 60 minutes</p> <p>Restore and renew your skin's health with an anti-aging Baobab facial ritual, infused with nourishing omegas. Stimulating, restoring and rebalancing will aid in anti-ageing. Focused on increasing circulation and stimulating we are promoting new collagen and elastin, tightening and firming the skin texture.</p>		ZAR 710
<p>Balancing - Neroli 60 minutes</p> <p>Regain control and mattify your skin with a unique Healing Earth aromatherapy formulation to relax, balance and restore. Pure extracts of Marula and Neroli are combined with a trademark facial massage create ultimate radiance and glow creating balance.</p>		ZAR 710
<p>Men's Face Treatment 60 minutes</p> <p>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
SIGNATURE AFRICAN EMBRACE MASSAGE		
<p>African Earth Soul Massage 90 minutes</p> <p>Alleviate stress and indulge yourself. Experience our signature massage with a combination of Calabash and Bamboo massage tools, for an unforgettable full body massage.</p>		ZAR 870

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TOUCH	MASSAGE THERAPY	
Healing Full Body	60 minutes / 90 minutes	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	60 minutes / 90 minutes	ZAR 1300 / ZAR 1680 (per couple)
Share a bonding experience with your partner by indulging in a full body couple's massage.		
Back & Neck & Shoulder Massage	45 minutes	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	45 minutes	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.		
Deep Tissue Massage	60 minutes	ZAR 810
Using a firmer pressure, these techniques are designed to release tension with a deeper pressure and slow strokes to reach a deeper layer of the muscle. This will aid in pain and stress relief and improve stiffness.		
African Head Massage	45 minutes	ZAR 480
While using ancient techniques on the head, neck and shoulders, this traditional treatment will focus on relieving tension, headache pain, improving circulation and promoting hair growth. Using our miracle balm African Potato to give the added benefits of these ingredients to heal and repair.		
African Revitalizing Foot Ritual	45 minutes	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 revitalized, fresh feeling.		
BLISS		
Footprint Celebration	60 minutes	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 moisturizing Shea butters.		
Handprint Celebration	60 minutes	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		
Couple's Journey	150 minutes	ZAR 3200 (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 	

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