



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 help tired muscles to ease and relax.

Private Hammam Water Ritual - R2050 | 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 our two delicious lunch options and a freshly squeezed juice (included in this treatment).

Hammam Traditional Soap Treatment - R2050 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 R1050 | 30 min

*For the ultimate indulgence, combine this treatment with our duo massage at R3700 per couple.

Hammam Honey and Salt Scrub with Steam - R850 | 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 R1150 | 60 min

*An alternative body scrub is available for individuals who may be sensitive to honey.

FACIALS AND BEAUTY

NEW Express Facial - R700 | 30 min

Introduction to our facial ranges – choose between a QMS, Esse or a Dr. Hauschka facial. Skin analysis and exfoliation, followed by a soothing mask, serum and hydrating moisturiser.

NEW QMS Deep-Cleansing and Detoxifying Facial - R1150 | 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 - R1350 | 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 - R1050 | 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 - R1250 | 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.

*Add-on: active ampoule for R150

FACIALS AND BEAUTY (continued)

Dr. Hauschka Basic Facial - R1150 | 75 min

This medicinal, organic range fortifies the skin's natural activity. Skin analysis and deep-cleansing mask followed by a hydrating or soothing mask with activating ampoules. Also included is a hand or foot massage.

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 - R1050 | 75 min

Improves lymph circulation in areas with cellulite and aids detoxification.

Serenity Body Wrap - R1050 | 75 min

Anti-ageing wrap with regenerating properties.

Vitality Body Wrap - R1050 | 75 min

Boosts immune and hormone function as well as blood circulation for overall vitality.

Muscle Ease Body Wrap - R1050 | 75 min

Assists with the repair of aching and painful muscles.

HANDS AND FEET

NEW Express Treatment - R350 | 30 min

Hand or foot treatment where we cut, file and treat cuticles with a balm application. No varnish.

Manicure - R480 | 60 min

A manicure that will leave your hands soft, supple and perfectly groomed, including nail varnish of your choice.

Pedicure - R530 | 60 min

Soak, scrub, massage and varnish – a proper treat for your feet.

Deluxe Pedicure - R660 | 75 min

A luxurious foot pampering including varnish. The specialised heel treatment and soothing, hydrating wrap makes this ideal for cracked heels.

MASSAGES

Bamboo Massage - R1550 | 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 our two delicious lunch options and a freshly squeezed juice.

NEW Stretching Massage - R1200 | 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 one of our two delicious lunch options and a freshly squeezed juice (included in this treatment).

Duo Massage - R2100 per couple | 60 min

Share this experience with someone special.

Massage is performed by two therapists in the same room.

Therapeutic Massage - R1300 | 90 min, R950 | 60 min, R700 | 45 min, R600 | 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 - R1400 | 90 min, R1050 | 60 min, R750 | 45 min, R650 | 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 - R1400 | 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 - R1100 | 60 min, R700 | 30 min

Oils and techniques used are safe during weeks 12 to 32 of pregnancy.

This treatment helps relieve tension in the back and reduces swelling of the hands and feet.

Relaxing Foot and Lower Leg Massage - R600 | 30 min

Natural oils are used to stimulate and soothe in this deeply relaxing foot and lower leg massage.

Scalp Massage - R600 | 30 min

Unwind with our specialised massage, concentrating on the scalp, décolleté, neck and face.

Also included is a neem hair oil treatment.

TINTS

Brow tint	R100 15 min
Lash tint	R120 15 min
Brow and lash tint	R190 30 min

WAXES

Brow	R150 15 min	Hollywood	R500 60 min
Upper lip/chin	R150 15 min	Brazilian	R450 45 min
Underarm	R180 15 min	Half leg	R250 30 min
Bikini	R250 30 min	Full leg	R450 60 min

NEW PACKAGES

Half-day package - R1800 | 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 - R2500 | 3 hours

Unwind and enjoy our hot spa facilities before or after your 60 min facial, 60 min manicure/pedicure (no varnish) and 60 min body wrap. Relax in our chill room or bamboo garden, whilst indulging in one of our two delicious lunch options and a freshly squeezed juice (included in this treatment).