

Pamper Treatments

Treat yourself to a relaxing body treatment in the comfort of your suite. We have highly qualified therapists on call to take care of your pampering needs. As our therapists are not on the property we require a minimum of 12 hours' notice to try and schedule an appointment for you. Your flexibility in this regard will be greatly appreciated as we will endeavour to meet your needs for a treatment as best as we can.

Please note that should you wish to cancel any treatments a cancellation policy applies:

- 1 -3 hours before the booking time - 100% cancellation fee
- 3 -4 hours before the booking time - 50% cancellation fee

Beautiful Face, Hands & Feet

Manicure

Treatment consists of hand exfoliation, cuticle treatment and nail filing.
Ending off with a hand massage and nail varnish of your choice. R610

Pedicure

Treatment consists of exfoliating, cuticle treatment, nail and foot filing.
Ending of with foot massage and nail varnish of your choice. R635

Facial

Facial – Rejuvenating, rehydrating and exfoliating. R720

Massages

Full Body Aromatherapy Massage

Combines the use of gentle, rhythmic massage with the therapeutic effects of Essential Oils. This is not a vigorous massage but rather a gentle treatment used for relaxation. Please inform reception if you are pregnant or nursing as some oils are regarded as dangerous in these circumstances.

60 min – R880

Swedish Massage

This treatment includes all those massage therapies that manipulate the soft tissues of the body. Since emotional, mental and physical tension is stored in the muscle tissue, skilled massage applied to the soft tissue encourages the muscular and nervous systems to relax and release tension from the system.

60 min – R850

Hot Stone Massage

This treatment uses warm black volcanic stones to release and drain trapped tissue fluids thereby encouraging circulation throughout the body.

The pressure and gentle heat of the stones ease tight, concentrated muscles introducing a deep sense of relaxation.

45 min – R770

60 min – R920

Reflexology

Reflexology is a method of stimulating the body's healing mechanisms through the massage of certain reflex points on the feet. Working through the various reflex points, the reflexologist can draw up an accurate map of where there are blockages in energy flow, which is closely correlated to health problems. Massaging these reflex points, congested areas are unblocked, and energy flow is restored enabling the process of healing to begin. This is an excellent therapy for those people who prefer not to have full body massages but would still like to derive the same benefits.

45 min –

R720

60 min – R800

Indian Head & Shoulder Massage

This treatment involves work on the upper back, shoulders, neck, scalp and face. A variety of massage movements are used to relieve accumulated tension, stimulate circulation and restore joint movement. Indian head massage is also used to aid the condition and health of the hair, particularly when combined with the use of natural organic oils. Indian head massage helps to reduce stress fatigue, increase mental clarity, and relax and rejuvenate the receiver.

45min– R700

Back, Neck & Shoulder Massage

This is a relaxing massage therapy concentrating on the back, neck and shoulder muscles. The treatment is designed to relax and ease tension in the areas of the body where muscle problems most often occur.

30 min – R630

45 min – R700

If you have any queries regarding additional treatments or require salon bookings, please do not hesitate to speak to us at Reception and we will gladly assist.