

Traditional Touch Therapies

Aromatherapy Massage (60 min / 90 min)

R1 100 / R1 500

A holistic treatment, Aromatherapy essences are absorbed by the skin and inhaled through the nose creating a deeper and longer lasting effect. This treatment combines the relaxing effects of touch and smell to ease body and mind.

(Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 200** per person)

Swedish Full Body Massage (60 min / 90 min)

R1 100 / R1 500

Swedish massage involves the use of hands, forearms and elbows to manipulate the superficial layers of the muscles to improve mental and physical health. The benefits of Swedish massage include increased blood circulation, mental and physical relaxation, decreased stress and muscle tension. Swedish massage is a medium pressure massage.

(Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 200** per person)

Swedish Back, Neck, Head and Shoulder Massage (30 min / 45 min)

R 740 / R 880

This massage helps relieve areas of tension, concentrating on the head, shoulders, upper and lower back. Stones are then bathed in warm water, anointed with spicy, sensual aromas and then placed on key energy points of the body stimulating circulation.

(Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 200** per person)

Deep Tissue Massage Full Body Massage (60 min / 90 min)

R 1 350 / R 1 600

Deep Tissue Massage is a type of massage therapy that focuses on realigning deeper layers of muscles and connective tissue. The Deep Tissue Massage is deep pressure from beginning to end releasing toxin build up from within the muscle.

(Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 200** per person)

Deep Tissue Back, Neck, Head and Shoulder Massage (30 min / 45 min)

R 850 / R1 100

This massage is especially helpful for chronically tense and contracted areas such as stiff necks, lower back tightness and sore shoulders. (Get close to nature and upgrade to the Mountain Spa Gazebo at an additional surcharge of **R 200** per person)

Pressure Point Foot Therapy (30 min / 45 min)

R 740 / R 880

Treat your feet to the ultimate relaxation that will achieve therapeutic results through to your entire body. Choose between 30 minutes or 45 minutes and let your stress and tension disappear.

Please note: Treatment time includes consultation and welcoming touch.

The spa treatment menu is valid from 01 Feb 2021 – 31 March 2022 • Seasonal rates apply from 15 December 2021 – 16 January 2022

All prices are quoted in South African Rand (ZAR) • All prices are quoted per person, per treatment unless specified otherwise.