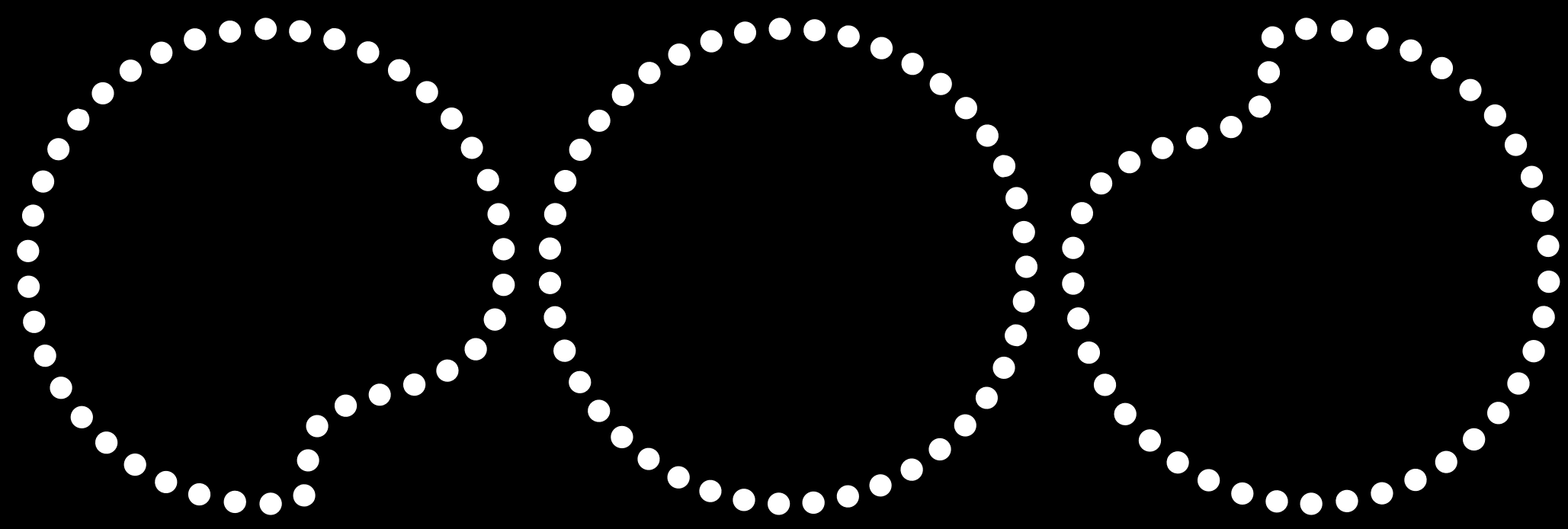




Relax. Restore. Re-you.

FACIALS

Treatments that meet your skin where it is -
and leave it somewhere better.

BESPOKE FACIAL

DEEP CLEANSE & RENEWAL

A considered cleanse using gentle exfoliation and warm compresses.
Tailored to your skin on the day - nothing unnecessary, nothing missed.

60 min R960 | 90 min R1 260 (incl. neck & décolleté)

BODY

Choose your intention.
Your therapist does the rest.

MAJESTIC AWAKENING

NECK, SHOULDER & SCALP

Targeted pressure and aromatherapy dissolve the tension that collects
between the shoulders and behind the eyes. Brief and deeply effective.

30 min R680 | 45 min R780

BESPOKE HERBAL OIL MASSAGE

FOUR OILS, FOUR OUTCOMES

Relaxation, Muscle Relaxant, Energising, or Cellulite Detox —
select the oil that speaks to what you need today.

60 min R980 | 90 min R1 480

HOT STONE MASSAGE

HEAT & DEEP RELEASE

Warmed stones carry heat deep into fatigued muscle,
releasing what hands alone cannot reach. Profoundly settling.

60 min R1 040 | 90 min R1 560

FULL BODY EXFOLIATION

POLISH & RENEW

A full-body treatment that lifts the skin and restores
its softness. A quiet essential.

45 min R540

HANDS & FEET

The details matter.
All care, no compromise.

MANICURE

Classic 45 min R560 | Gel 60 min R620

PEDICURE

Classic 60 min R660 | Gel 60 min R720

SOAK OFF

Gel 30 min R150

All treatments include massage, nail shaping,
and deep hydration using natural products.

YOGA

To move with intention is its own kind of rest.
Led by our resident practitioner, these sessions
meet you wherever the morning finds you
— and carry you further than you expected.

MORNING FLOW

ENERGISING

A Vinyasa-inspired sequence to awaken the body, build gentle heat,
and set a clear tone for the day. Breath-led, continuous, grounding.

Private R1 000

Group 30 min R300 | Group 60 min R450

FLOW + YIN

RESTORATIVE

Slow floor postures held long enough to reach deep.
Breathwork quiets the mind. The nervous system finds its reset.

Private R1 000

Group 30 min R300 | Group 60 min R450

Group sessions run on alternate mornings.
Private sessions available on request, subject to availability.



TO BOOK

Speak to reception or dial
extension [000] from your room.



HOURS

08:00–18:00 Daily

CANCELLATION POLICY

Please provide 24 hours' notice for cancellations.
A cancellation fee applies for late notice or no-show.