

HOW TO GET PAMPERED

WHEN SHOULD I ARRIVE FOR MY APPOINTMENT?

Please arrive **10 - 15 minutes** prior to booking to check in, change and familiarise yourself with our facility. We recommend that you shower and begin to relax by, utilizing the steam or sauna before your treatment.

WHAT SHOULD I BRING?

Robes and towels are provided by the spa.

CAN I ASK THE THERAPIST TO ADJUST CERTAIN THINGS TO INCREASE MY COMFORT?

Definitely. It is your time and you should enjoy the experience to the fullest. For example, ask for the massage pressure to be adjusted, or for your favourite aroma oil blend.

WHAT IF I HAVE SPECIAL HEALTH CONSIDERATIONS?

Please inform your therapist of any medical conditions such as, diabetes, high blood pressure, epilepsy, allergies or if you are expecting.

DO YOU HAVE TREATMENTS FOR WOMEN AND MEN?

Our retreat caters for both; and there are various treatments available on our retreat menu specifically designed to benefit all.

CANCELLATIONS OR NOT SHOWING UP

2 Hours prior notice is required for cancellation, after which **50%** of the treatments cost will be charged. We will however assist in rescheduling your appointments where possible. In case of late arrivals, treatment duration will be reduced accordingly, unless accommodation can be made within the schedule.

All prices and treatments are subject to change without prior notice.



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PILGRIMS REST RETREAT TREATMENT MENU



The Pilgrims Rest Retreat offers an escape to enjoy some pampering. Awaken your senses and allow us to rejuvenate body, mind and soul. Inspired by surrounding elements that guide us, our selection of body and beauty treatments cater for both women and men.



Facial Treatments



TheraVine facials provide the perfect skin maintenance to hydrate, rebalance and nourish; while its aroma & texture provides for a multi-sensory experience.

EXPRESS FACIAL 30 min R250

Experience Vine therapy facial boost customised to your specific skin concerns in just thirty minutes.

BALANCING FACIAL 60 min R390

A deep-cleansing facial customised to gently remove surface impurities followed by a luxurious relaxing massage followed up by a personalised mask while utilising specially selected aromatic botanicals for restoring balance to the skin, leaving your skin soft and restored

Specialized Body Treatments



An innovative and unique body therapy spa range containing an abundance of exotic aromatic scents and natural herbal infusions with reputed healing properties, Africa provides the ultimate sensory experience for natural therapy as well as complete relaxation & rejuvenation.

May this journey into African open your eyes to preserve our beautiful continent.

FULL BODY EXFOLIATION TREAT

A cleansing full body scrub, made with 100% natural blend of plant botanicals that will revitalize the skin and leave the body with a radiant glow; Followed by a refreshing shower and an application of nourishing Baobab lotion.

Apricot Kernel Body Cream Scrub 40 min R300

Marula & Sandalwood Sugar Buff 40 min R300

BODY WRAPS

Commence this sensory journey with a full body exfoliation, then let your mind drift off whilst you are cocooned in a comforting envelopment of fragrant oils and African wraps from our therapeutic range. Let your mind drift away whilst you receive a relaxing scalp massage. Bringing this journey to a close is the healing touch of your therapist applying nourishing Baobab lotion to the entire body.
A truly "out of Africa" experience!

Detoxifying Mud Wrap 60 min R490

Uplifting Mud Wrap 60 min R490

Relaxing Aloe Ferox Gel Wrap 60 min R490

Revitalizing Gel Wrap 60 min R490

RELAXING BACK BLISS 40min R400

Treat that part of your body that always gets neglected. Start off with an invigorating back scrub and end off with a relaxing back, neck and shoulder massage.

Massages

AFRICAN HEAD MASSAGE 20min R225

This is a wonderful relaxing head, neck & scalp massage, which increases blood circulation to the scalp.

AFRICAN FUSION MASSAGE

Back & Neck 30 min R300

Full Body 60 min R500

Enjoy the freedom of choosing your favourite scent from our selection of Marula-herb infused Fusion body oils to address your every need whilst restoring balance.

PEACE – Relaxing RECHARGE – Uplifting

STORM - Detoxifying

AVO AND SHEA BODY BUTTER MASSAGE

Back & Neck 30 min R300

Full Body 60 min R500

Enjoy the freedom of choosing your favourite scent from our selection of luxurious herb-infused Avo and Shea- massage butters.

SUNSET – Relaxing DAYBREAK - Uplifting

STORM – Detoxifying

STRESS BUSTER 50 min R500

A combination of favourites, concentrating on the back, neck & shoulder area, followed by a deep scalp massage & ending off with a pressure point treat on the feet.

DEEP TISSUE MASSAGE

Back & Neck 30min R350

Full Body 60min R600

This is perfect for tense, tight muscles. An intensive high pressure, vigorous massage. Using a combination of compressions, stretches and cross fibre friction to help loosen and improve tense muscles.

MELT AWAY HOT STONE 60min R650

Imagine the sensation of skilled hands together with hot stones flowing over your body. The temperature and pressure of the strokes simultaneously relax and stimulate your muscles, improving circulation and restoring the body's natural balance.

Signature Massages

TRI-SCENTED SHEA BODY NUGGETS MASSAGE 90min R750

Inspired by the people of Africa, this unique ritual was created to encompass our connection with nature and celebrating the circle of life. Small blocks of aroma infused Shea butter are placed on different areas of your body which will aid circulation, relax and clear areas of congestion. Experience the soothing warmth as the butter melts under your therapist's healing hands leaving you utterly relaxed and your skin nourished and hydrated.

AFRICAN WOOD MASSAGE

90 min R795

Mimicking the rhythmical patterns of an African dance, and incorporating nourishing warm Olive and Shea butter ointments, the Pilgrims Rest signature massage blends light stretching techniques and specially designed body and facial implements to relax and restore your weary body.

Hand and Feet Treats

Manicure 45min R250
Indulge in an African inspired spa manicure, treating your hands and forearms to a gentle exfoliation followed by a customised African fusion massage, whilst including nail and cuticle attention, followed by a nail colour of your choice for rejuvenated younger-looking hands.

Pedicure 60min R300
A revitalizing pedi designed to perk up even the most over-taxed feet. A customised nourishing African Avo and Shea butter dumbbell massage, including nail and cuticle attention, followed by a nail colour of your choice for rejuvenated gorgeous new feet.

Enhancement Services

Add French Hands or Feet R45.00
Polish Change Hands or Feet R50.00

Finishing Touches

Eye Brow (Tweezing) R30.00
Eye Brow Tint R30.00
Eye Lash Tint R50.00

Waxing

Lip R35 Half Arm R100
Eye Brow R45 Full Arm. R150
Chin R45 Chest R175
Underarm R80 Half Leg R175
Bikini Line R100 Full Leg R200
Back R250

Extra time requested on treatments will be charged at R100 for every 15 min extra.

Retail Products

Why not take a taste of your African sense soothing safari back home.

AVO SHEA BODY BUTTERS 100ml R150
FUSION BODY OILS 100ml R185
FOREST STREAM MILK BATH 250ml R150
AFRICAN BODY SCRUB 250ml R250
BAOBAB LOTION 250ml R250

