



SPA PACKAGES

(Packages include accommodation in a luxury room, full breakfast daily and unlimited use of gym. All extras for own account – e.g. meals not specified, drinks, telephone, gratuities etc)

One Night Relaxing Package:

Day One:

- Welcome Drink on arrival
- Hydrotherapy Bath with Aromatherapy Oils (30min)
- African Apricot Kernel Scrub (20min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Two:

- Africa Awakening Massage (75min)
- Luxurious Hand or Foot Treatment (60min)

One Night Wellbeing Package:

Day One:

- Welcome Drink on arrival
- Hydrotherapy Bath with Aromatherapy Oils (30min)
- Foot Massage (30min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Two:

- Specialised Skin Treatment (90min)
- Hot Stone Back Neck & Shoulder Massage (45min)

One Night De Stress Package:

Day One:

- Welcome Drink on arrival
- Marula and Sandlewood Sugar Buff (30min)
- Detox Mud Wrap (30min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Two:

- Sauna (30min)
- Spa Manicure/Hand Grooming for Men (60min)
- Spa Pedicure/Foot Grooming for Men (60min)
- Aromatherapy Back, Neck & Shoulder Massage (45min)

One Night Rebalancing Package:

Day One:

- Welcome Drink on arrival
- Hydrotherapy Bath with Aromatherapy Oils (30min)
- African Head Massage (30min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Two:

- African Apricot Kernel Scrub (20min)
- Aromatherapy Full Body Massage (60min)

Two Night Relaxing Package:

Day One:

- Welcome Drink on arrival
- Hydrotherapy Bath with Aromatherapy Oils (30min)
- African Apricot Kernel Scrub (20min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Two:

- African Wood Massage (60min)
- Luxurious Hand or Foot Treatment (60min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Two Night Wellbeing Package:

Day One:

- Welcome Drink on arrival
- Hydrotherapy Bath with Aromatherapy Oils (30min)
- Aromatherapy Back, Neck & Shoulders (30min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Two:

- Specialised Skin Treatment (90min)
- Spa Manicure/Hand Grooming for Men (60min)
- Spa Pedicure/Foot Grooming for Men (60min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Two Night De Stress Package:

Day One:

- Welcome Drink on arrival
- Marula and Sandlewood Sugar Scrub (30min)
- Nourishing Aloe Wrap (30min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Two:

- Sauna
- Spa Manicure/Hand Grooming for Men (60min)
- Spa Pedicure/Foot Grooming for Men (60min)
- Hot Stone Back, Neck & Shoulder Massage (45min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Two Night Rebalancing Package:

Day One:

- Welcome Drink on arrival
- Hydrotherapy Bath with Aromatherapy Oils (30min)
- Foot Massage (30min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Two:

- Geranium and Pine Sugar Scrub (20min)
- Nourishing Aloe Wrap (30min)
- Hot Stone Back, Neck & Shoulder Massage (45min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Three Night Revival Package:

Day One:

- Welcome Drink on arrival
- Vichy Shower Experience
- Marula and Sandlewood Sugar Buff (30min)
- Nourishing Aloe Wrap (30min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Two:

- Specialised Skin Care Treatment (90min)
- Spa Manicure/Hand Grooming for Men (60min)
- Spa Pedicure/Foot Grooming for Men (60min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Three:

- Hydrotherapy Bath with Aromatherapy Oils (30min)
- African Wood Massage (90min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Three Night Soul Getaway Package:

Day One:

- Welcome Drink on arrival
- Sauna (30min)
- African Head Massage (30min)
- Swedish Back, Neck & Shoulder Massage (30min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Two:

- Classic Skin Treatment (90min)
- Luxurious Hand or Foot Treatment (60min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Three:

- Hydrotherapy Bath with Aromatherapy Oils (30min)
- Foot Massage (30 mins)
- Sundowner Snacks
- Gourmet 6 course Dinner

Three Night Sleep Enhancer Package:

Day One:

- Welcome Drink on arrival
- Aromatherapy Back, Neck & Shoulder Massage (45min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Two:

- Classic Skin Care Treatment (75min)
- Paraffin Wax Manicure/Hand Grooming for Men (80min)
- Sundowner Snacks
- Gourmet 6 course Dinner

Day Three:

- African Mud Wrap (20min)
- Vichy Shower Experience
- Marula and Sandlewood Sugar Buff (20min)
- Sundowner Snacks
- Gourmet 6 course Dinner

	Winter 2011 01 May – 20 Sep		Summer 2011 – 2012 21 Sep – 30 Apr	
	Per person	Single	Per person	Single
One Night Relaxing	R2130	R2130	R2510	R3060
One Night Wellbeing	R2310	R2310	R2690	R3240
One Night De-Stress	R2700	R2700	R3080	R3630
One Night Rebalancing	R1995	R1995	R2375	R2925
Two Night Relaxing	R3200	R3200	R3960	R5060
Two Night Wellbeing	R3525	R3525	R4285	R5385
Two Night De-Stress	R3710	R3710	R4545	R5570
Two Night Rebalancing	R3400	R5260	R4255	R5260
Three Night Revival	R5335	R5335	R6610	R8260
Three Night Soul Getaway	R4350	R4350	R5625	R7275
Three Night Sleep Enhancer	R4660	R4660	R5935	R7585