

## *Signature Treatments*

*The heart and soul of our spa. Carefully designed to envelop you in pure relaxation, using our incredibly natural Grootbos product ranges. Feel tension slip away and your body and mind revitalised.*

### **REVITALISING FACIAL**

90 MINUTES / R1420

Grootbos Private Nature Reserve has recently partnered with Spacology, a vegan, natural skin and body care product range, to create the exclusive Grootbos Signature Facial Treatment, targeting dull skin caused by long-distance travel or lack of quality sleep.

This unique facial treatment focuses on deep cleansing and shedding of dry skin through enzymatic exfoliation with fynbos. It provides intense hydration with a floral and plant-based mask, sealed in by an alginate peel-off mask.

This luxurious treatment includes a face and décolletage massage, designed to revitalise tired skin and relax your travel-weary body.

### **SENSES**

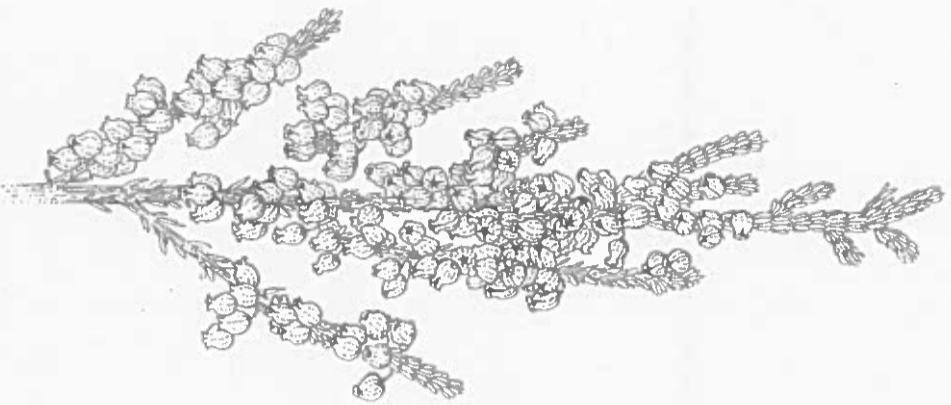
75 MINUTES / R1150

Awaken your senses with this relaxing and refreshing experience. Enjoy a head, foot and exfoliating body massage, with the stimulation and release of pressure points.

### **RENEWAL**

75 MINUTES / R1150

A revitalising, stimulating and detoxifying treatment. Included is a detoxifying body wrap and a lymph drainage massage, using our beautiful range that contains aromatherapy oils and fynbos from the nature reserve.



# GROOTBOS

*Private Nature Reserve*

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## Classic Menu

### SUPREME FACIAL 90 MIN

R1220

A classic, deep-cleansing, relaxing facial treatment, with exfoliation using papaya enzymes and fynbos from the reserve. A moisturising mask containing extracts of rose, neroli and geranium. Anti-ageing peptide collagen serum. A sublime face, neck and décolletage massage, leaving your skin silky soft, smooth and hydrated.

### BESPOKE FACIAL 60 to 90 MIN

from R650

Allow our highly-trained facial specialists to analyse your skin and design a custom-made facial to the very specific needs of your skin. Treatment includes a luxurious face, neck and décolletage massage.

### GROOTBOS EXPRESS 30 MIN

R430

A quick fix, if you don't have time for more. A good cleanse and tone, exfoliation with papaya extract and fynbos, a 10-minute mask and off you go again to explore the wonders of Grootbos Private Nature Reserve, with a silky soft, smooth skin.

### GROOTBOS SHIATSU 60 MIN

R750

This is an alternative technique that involves manual pressure applied to specific points on the body meridians with elbows, arms and knees in an attempt to relieve tension and pain. The treatment ends with some assisted stretching.

### FULL BODY RECOVERY MASSAGE 60 MIN

R920

A deep-tissue massage using specialised muscle-relief oils such as rosemary, wintergreen and black pepper that relaxes tight and sore muscles.

### BACK AND NECK MASSAGE 30 MIN

R550

Choose from a selection of plant-based massage oils.

### REFLEXOLOGY 60 MIN

R650

A therapeutic method of relieving pain and disease from the body by stimulating pressure points on the feet. Highly relaxing and de-stressing.

### MANICURE 60 MIN

R480

Ultra luxurious treatment for total nail and hand care. Includes a forearm and hand massage with a rich, whipped body butter and hydrating mask for the hands.

### PEDICURE 60 MIN

R480

A wonderfully relaxing foot bath, exfoliation, nail and dry skin treatment, including a foot and lower leg massage.

**SPECIALISED PEDICURE** Please prebook before arrival.

R625

## Indulgence Days

A LIGHT SNACK WITH AN ANTI-OXIDANT FRESH JUICE ON THE DECK IS INCLUDED IN ALL OUR LUXURY PACKAGE TREATMENTS

### LUXURY PACKAGE 4 HOURS

R2250

A sublime combination of treatments pampering you from head to toe. Start with our Signature Grootbos Supreme Facial, which includes a face, neck and décolletage massage, then move onto a complete head massage, a foot mask and full manicure and pedicure.

### BODY PACKAGE 3 HOURS

R2100

What better place to pamper, relax and revitalise your body, than in the middle of the milkwood forest? This holistic package includes a luxurious full body massage that ends with the release of some pressure points on the feet, as well as a pedicure and manicure.

### COCCOON BODY PACKAGE 3 HOURS

R2000

Imagine being wrapped up in a warm cocoon, where you listen to the sounds of nature right outside and inhale the fragrance of a million fragrant molecules from the milkwood forest wafting into your room. This unique body package consists of a full body exfoliation, using papaya enzymes and fynbos from the reserve. You are then covered in a luxurious rich body mask; your choice of warm cocoa and vanilla or zesty lemon and orange. Your body is wrapped in a kikoï. During this time, you have a head massage and foot massage. Following your body wrap, you have an option of a Express Facial with a manicure or a pedicure.

## Grootbos Kids

FOR CHILDREN UP TO THE AGE OF 12.

### BACK AND HEAD MASSAGE 30 MINUTES

R250

### PEDICURE OR MANICURE 30 MINUTES

R250

This includes a foot or hand bath.

## Customised Packages

WE CREATE CUSTOMISED TREATMENTS TO SUIT YOUR NEEDS. PLEASE DISCUSS OPTIONS WITH YOUR THERAPIST.

### SPA ETIQUETTE AND INFORMATION

- Please arrive ten minutes before your treatment begins.
- We are looking forward to pampering you and hope to exceed your expectations in quality of service.
- All our specialised Grootbos body and facial products can be purchased. Please consult your therapist for further details.