



FIJNEBOS SPA

WELLNESS DAY SPA



A Botlierskop Experience



AFRICAN MASSAGES

African Calabash

60 min R1200

A soft pressure full body massage with traditional African roots, using the African Calabash to replicate the traditional massage therapy

African Rungu

60 min R1200

A deeply stimulating massage using long strokes that reduce pain and aches, improves blood circulation, lymph drainage and muscle toning

African Bamboo

60 min R1200

A traditional massage using heated bamboo to roll and knead the muscles to create an extreme sense of relaxation and well-being

To customise your massage, choose one of our signature oils

- Cashmere** - Relaxing Essential oil
- Velvet** - Detoxifying Essential oil
- Silk Touch** - Balancing Essential oil

BODY TREATMENTS

Miracle Repair SOS – African Potato Balm

60 min R1250

A skin healing full body massage using the award winning African Potato Balm, ideal for sunburnt, problematic skin and dry skin

Intensive Detox Treatment

90 min R1550

A stimulating full body massage, ideal for post travel aches and water retention, followed by a detoxing Mongongo Nut Body wrap and shower

Cellulite, Slimming Detox Treatment

90 min R1550

A firming full body massage followed by a Coffee, Cinnamon & Orange wrap and shower

SIGNATURE MASSAGES

Elephant Mud Mask

90 min R1450

Inspired by an elephant wallowing in a mud bath, this mineral rich warm African clay cools and comforts the skin

African Zen Escape

120 min R2150

Brighten - Firm - Revitalize - Sculpt

A Blissful full body massage, using our secret Coffee & Traditional Spice infused oils and botanical balms will leave you relaxed radiant and energized

MASSAGE TREATMENTS

Back, Neck And Shoulder Massage

30 min R650

45 min R890

An indulgent treatment to release tension, soothe sore muscles, leaving you completely relaxed

Scalp, Neck and Shoulder Massage

30 min R650

Pressure points on the Scalp, Neck & Shoulders to relieve tension

Deep Tissue Full Body Massage

60 min R1200

Deep pressure to relax muscles, increase blood flow and release muscle tension

Swedish Massage

60 min R1100

A medium pressure massage to improve blood circulation, flexibility and reduce stress

Lava Shell Massage

60 min R1200

Innovative self-heating Lava Shells. Reduce muscular tension, swelling and water retention

Hot Stone Full Body Massage

60 min R1200

Heated Volcanic Basalt stones melt away tension and promote deep muscle relaxation

Pregnancy Massage With Tummy Rub

60 min R1150

A soft, gentle massage to alleviate discomfort, reduce stress and enhance relaxation

SPA EXPERIENCES

African Experience

120 min R1850

Treat yourself and experience Africa with a 60 min full body African Massage of your choice and a Deluxe Spa Pedicure with paraffin wax to increase blood flow, relax muscles and leave your skin silky and smooth

Fijnebos Journey

150 min R1900

This ultimate trio of treatments starts with a 45 min Back, Neck & Shoulder massage, followed by a 60 min Spa Pedicure and finally a 60 min Hydrating Facial leaving you with a radiant complexion

Elephant Experience

120 min R2000

Inspired by the majestic elephant, this treatment includes a Spa Pedicure and a Full Body Massage with an Elephant Mud Mask with mineral-rich warm African clay

FACIAL THERAPY by OPTODERM

Brightening Facial with Nano-needling & LED light therapy

60 min R990

Designed to accelerate cell turnover, support collagen production, boost anti-oxidants, reduce uneven skin tone and pigmentation, brighten and increase skins radiance while hydrating at the same time

CBD Facial with Nano-needling & LED light therapy

60 min R990

Designed to rejuvenate, repair the skin barrier, diffuse inflammation, replenish epidermal lipids and up and down regulate the functions of the epidermis to bring out homeostasis, reduce sebum production and inhibits acne-causing bacteria, promotes cell renewal and healing

Green Tea & CBD Express Facial

30 min R400

Express facial to hydrate and balance the skin. To promote barrier function, healing and reduce inflammation within the skin

FACIAL THERAPY by THERAVINE

*Your delicate face is the outer expression of that which lies deep within.
Your skin tells a tale as unique as your fingerprint.
The secret lies in the correct diagnosis of your skin's unique picture.*

Balancing Facial (pro youth clarifying) Combination/Oily/Problematic skin

60 min R750

A deep-cleansing facial to gently remove surface impurities using a customised purifying mask while specially selected aromatic botanicals restore balance to the skin

Hydrating Facial Dehydrated/Sensitive skin

60 min R750

A facial designed for extreme relaxation with the aromatic scent of essential oils designed to deeply hydrate your skin, leaving you with a radiant complexion

Advance Cellular Gold Facial Advanced Anti-Ageing

60 min R990

Using TheraVine™'s breakthrough anti-oxidant technology, this anti-ageing concept along with the revolutionary soft 24K gold and diamond dust collagen film mask, promotes the skin's DNA repair system while luxuriously soft and delicately scented creams, serums and balms transport your skin to an advanced state of renewal

Melanovine™ Pro-Brilliance Brightening Facial Dull/Hyperpigmented skin

60 min R990

Diminish uneven skin tone while minimizing the appearance of fine lines and wrinkles. Targeting hyperpigmentation with scientifically advanced actives and natural lightening plant extracts, this treatment will leave your skin looking luminous and feeling radiant

ENHANCEMENTS: to all facial treatments

(RET) Ultravine™ Advance Contouring retinol eye treatment

20 min R200

An advanced eye mask treatment combined with a super-charged serum that helps to smooth away lines and wrinkles, creating a fresh and radiant looking eye contour, while visibly reducing the signs of ageing

MENS RANGE

Theravine™ Men Daily Active Facial

60 min R750

3 key fundamentals: cleanse, hydrate and revitalise help restore freshness and clarity whilst leaving the skin comfortably soothed

Theravine™ Men Clarifying Back Treatment

45 min R720

Aimed at purifying the skin whilst reviving tension areas on the Back, Neck & Shoulders. This rebalancing treatment combines deep cleansing exfoliation while detoxifying actives restore a weary mind, body and soul

HANDS & FEET

Express Pedi OR Manicure Cut, File and Paint

30 min R395

Spa Pedicure with Gel Overlay

70 min R670

Spa Manicure OR Pedicure

60 min R580

Deluxe Manicure OR Pedicure

75 min R690

With hot stone hand or feet massage, including paraffin wax to increase blood flow, relax muscles to leave skin silky and smooth

Fabulous GEL Overlays (Hands or Toes)

60 min R400

GEL Soak

30 min R140

WAXING

Eyebrow OR Lip OR Chin

15 min R140

Underarm

20 min R180

½ Leg OR Bikini

30 min R300

Full Leg

50 min R420

Back Wax

50 min R450

RESTORATIVE TREATMENT JOURNEY

Our restorative treatment journeys have been custom designed around a traditional Arabian-inspired cleansing, exfoliation and detoxifying ritual to restore and renew the skin, body and mind

Rasul Mud Exfoliation (Self-application)

An ancient traditional Middle Eastern cleansing ritual using steam & water in our custom-built Rasul Chamber with heated concrete benches, ideal for couples. This self-treatment, in combination with mineral-rich mud and body scrub, offers an experience that will both de-stress and detoxify the body. Start with a skin-smoothing self-exfoliation and apply a mineral-rich mud to rejuvenate the skin

Rasul experience per person

60 min

R600 p/p

Rasul experience per couple

60 min

R1200 p/c

Hammam (Bath House)

Our Hammam facility has been designed to incorporate the healing properties of water rituals in form of a luxurious bath and heated marble slabs. Combining the healing properties of ancient African ingredients, warm water and heat, will leave your body relaxed, restored and soothed

Essential Hammam Experience

Begin this journey in our hammam, followed by a foamy cleansing ritual and full body exfoliation which will leave your skin soft and glowing. After cleansing under a sensory shower your treatment will end off with a body butter application

Single occupancy

60 min

R1400 p/p

Couple occupancy

60 min

R2600 p/c

Deluxe Hammam Experience

Same as above, but instead of body butter application you will proceed with your therapist to a private chamber where you will enjoy a bespoke massage using heated stones to soothe aching muscles and relieve tension

Single occupancy

90 min

R1800 p/p

Couple occupancy

90 min

R3200 p/c

SPA GROOMING

Eyelash OR Eyebrow Tint	20 min	R150
Eyelash and Eyebrow Tint	30 min	R220

YOUNG ONES (ages 6-12)

Buffalo Footprint Massage A gentle pressure point foot massage induces relaxation and improves circulation, creating balance and improving children's sleeping patterns	30 min	R250
Giraffe Back, Neck & Shoulder Massage A calming massage that improves circulation while soothing sore muscles ... kids love it!	30 min	R390
Lion Paw Mani A nourishing hand soak and massage, followed by nail polish application	30 min	R250
Cheetah Paw Pedi A relaxing foot soak and massage, followed by nail polish application	30 min	R250
Hydrating Youth Facial	30 min	R350

SPA ETIQUETTE

Age restriction: No children under the age of 6 are allowed to use the spa facilities. Children 6-12 years may be accommodated between 08:00 and 10:00 on sole discretion of management and must be accompanied by an adult. Children should behave at all times or will be asked to leave the spa. No children under 16 years are permitted in our complimentary facility areas.

Reservations: Advance bookings prior to your arrival are strongly recommended to secure your preferred date and time of treatment.

Arrival: We recommend that you arrive 30 minutes prior to your scheduled treatment time to make use of our complimentary facilities, including our Steam Room, Sauna and indoor heated pool.

Please bear in mind that all spa treatments need to end on time and late arrivals will result in shortened treatment time to accommodate other guests fairly. Full treatment price will be charged.

Cancellation policy: As a courtesy, we request that you notify The Spa a minimum of 24 hours prior to your appointment in order to avoid a 100% cancellation charge.

Gift vouchers: Gift vouchers are available from The Spa. The original gift voucher must be presented at the appointment in order to be honoured. Please note that gift vouchers may not be redeemed for cash, are non-transferable and are valid for one year from the date of purchase unless it is a cash voucher.

Note: Treatment durations are an indication only and may fluctuate slightly.



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