FIJNEBOS
SPA & WELLNESS

AFRICAN MASSAGES AND BODY TREATMENTS

African Calabash 60 min 1300

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

African Rungu 60 min 1300

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

African Bamboo 60 min 1300

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

Cellulite, Slimming Detox Treatment 90 min 1680

A nourishing full-body wrap that purifies and hydrates the skin, with a short scalp, hand or foot massage, followed by a 60-minute full-body massage

Intensive Detox Treatment 90 min 1680

A detoxifying Mongongo nut body wrap with a refreshing shower, followed by a stimulating full-body massage — ideal for relieving post-travel fatigue and reducing water retention

Miracle Repair SOS-African Potato Balm 60 min 1360

A healing full-body massage with award-winning African Potato Balm—ideal for sunburned, problematic, and dry skin

To customise your massage, choose one of our signature essential oils:
Cashmere *- Relaxing oil,* ***Velvet*** *- Detoxifying oil,* ***Silk Touch*** *- Balancing oil*

SIGNATURE MASSAGES

African Zen Escape 120 min 2350

Brighten - Firm - Revitalised - Sculpt

This luxurious journey begins with a full-body exfoliation, nourishing body wrap and is completed with a soothing full-body massage, leaving you relaxed, refreshed, and glowing

Elephant Mud Mask 90 min 1580

Inspired by an elephant wallowing; this mineral-rich mud wrap detoxifies the skin, with a short scalp, hand or foot massage, followed by a 60-minute Marula Neroli oil massage.

MASSAGE TREATMENTS

Deep Tissue Full Body Massage 60 min 1300
Deep pressure to relax muscles, increase blood flow and release tension 90 min 1900

Lava Shell Massage 60 min 1300
Innovative self-heating lava shells. Reduce muscular tension, swelling and water retention

Hot Stone Full Body Massage 60 min 1300
Heated volcanic basalt stones melt away tension and promote deep muscle relaxation

Swedish Massage 60 min 1200
A medium pressure massage to improve blood circulation, flexibility and reduce stress

Back, Neck and Shoulder Massage 30 min 695
An indulgent treatment to release tension, soothe sore muscles, leaving you completely relaxed 45 min 970

Scalp, Neck and Shoulder Massage 30min 695
Pressure points on the scalp, neck & shoulders to relieve tension

Pregnancy Massage with Tummy Rub 60 min 1250
A soft, gentle massage to alleviate discomfort, reduce stress and enhance relaxation

SPA EXPERIENCES

Fijnebos Journey 165 min 2400
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 150 min 2200
Inspired by the majestic elephant, this treatment includes a spa pedicure and a full-body massage enhanced with a warm mineral-rich, African clay mud mask

African Experience 135 min 2010

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

FACIAL THERAPY BY BABOR

Glowing Radiance Facial 75 min 1350

*A meticulously crafted facial experience featuring advanced **BABOR hero products** that resurface, smooth imperfections, and enhance the skin's natural functions. This transformative treatment targets specific concerns while supporting anti-aging and barrier repair, unveiling a revitalized complexion that radiates health and luminosity*

BABOR Hydra Facial with Nano Needling & LED Light Therapy 90 min 1200

*Experience the epitome of luxury with this **BABOR Signature Treatment**. This elite ritual combines our most coveted hero products to deliver unparalleled radiance and rejuvenation. Enjoy an essential hydrating glow enhanced by the powerful benefits of **Nano Needling** and **LED Light Therapy** for visibly smoother, firmer, and more luminous skin*

Wellness Restore Facial 75 min 990

*Experience the ultimate in skincare with our **Microbiomic Facial Treatment**, enriched with postbiotics. This **DOCTOR BABOR** treatment focuses on balancing the skin's microbiome and repairing the skin barrier, leaving your complexion healthy, well-balanced, and deeply hydrated*

BABOR Facial Add On's: Perfect Glow | 120, SOS Calming | 120, Collagen Booster | 120

FACIAL THERAPY by THERAVINE

Advance Cellular Gold Facial 90 min 1300

Advanced Anti-Ageing

Using TheraVine®'s breakthrough anti-oxidant technology, this anti-aging 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. Treatment includes resurfacing hand treatment

MelanoVine™ Pro-Brilliance Brightening Facial 60 min 1080

Dull/Hyperpigmented skin

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

Balancing Facial (pro youth clarifying) 60 min 820

Combination/Oily/Problematic skin

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 60 min 820

Dehydrated/Sensitive skin

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

ENHANCEMENTS: to all facial treatments 220

(RET) Ultravine™ Advanced Contouring Retinol Eye Treatment

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 820

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 780

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 30 min 430

Cut, File and Paint

Spa Pedicure with Gel Overlay 70 min 700

Spa Manicure OR Pedicure 60 min 630

Deluxe Manicure OR Pedicure 75 min 750

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 440

GEL Soak 30 min 150

BODY SUGARING

Eyebrow OR Lip OR Chin 15 min 150

Underarm 20 min 195

1/2 Leg OR Bikini 30 min 330

Full Leg 50 min 460

Back 50 min 490

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) 60 min 600

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

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

Deluxe Hammam Experience 90 min 1800

Your journey starts in our hammam with a foamy cleansing ritual and full-body exfoliation, followed by a sensory shower. You'll then continue with your therapist to a private chamber for a bespoke massage using heated stones to soothe aching muscles and relieve tension

Essential Hammam Experience 60 min 1400

Experience our traditional hammam ritual with a foamy cleansing and full-body exfoliation that leaves your skin soft and glowing. After cleansing under a sensory shower, your treatment concludes with a nourishing body butter application

Rasul and Hammam experiences – best enjoyed as a couple

SPA GROOMING

Eyelash OR Eyebrow Tint	20 min	160
Eyelash and Eyebrow Tint	30 min	240

YOUNG ONES (ages 6-12)

Giraffe Back, Neck & Shoulder Massage *A calming massage that improves circulation while soothing sore muscles*	30 min	430
Hydrating Youth Facial	30 min	380
Buffalo Footprint Massage *A gentle foot massage promotes relaxation, balance, and better sleep*	30 min	270
Lion Paw Mani *A nourishing hand soak and massage, followed by nail polish application*	30 min	270
Cheetah Paw Pedi *A relaxing foot soak and massage, followed by nail polish application*	30 min	270

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 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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