

Your Healing Earth Retreat

* Connect * Embrace * Inspire *

Embark on a spa journey. A place of profound peace deep within. Put aside all considerations of life's daily routines and challenges. Visualise yourself in a safe place of non-judgement, peace and tranquillity. We welcome you to the divine sanctuary of a Healing Earth retreat. Give thanks to all that is good in your life. A renewed sense of purpose and gratitude.

Allow the soothing sounds of the Cape West Coast's Atlantic oceans to serve as your guiding light. Keep an open heart and mind as you indulge in the fine art of doing "sweet nothing" for the next hour or day(s)...



YOUR RETREAT PAMPER MENU

Africa is where the first peoples were documented north of the Cape West Coast in the sands of the Kalahari Desert. The African continent continues to inspire as the world begins to gain a broader understanding of our contribution towards the globe's knowledge base. We honour the abundance of healing indigenous plants, herbs and seeds. Welcome to our world. Allow us to pamper you in a uniquely holistic spa experience that honours the uniqueness that is YOU!

FACIALS

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. We introduce you to the powerful marriage of anti-oxidants in tandem with your skin's inherent ability of nature to replenish itself through restoring hydration.

THE ESSENTIAL 'ROLLS ROYCE' ROSE QUARTZ PAMPERING ***60min*** ***R490***

Mother Nature's gift to you, sourced from African desert sands... The healing properties of Rose Quartz help smooth your complexion and stimulate circulation, soothing for skin and senses. This is after all, the crystal of love and devotion, of radiance, rejuvenation and harmony. Rose Quartz serves as an adjunct for helping aid the serum's absorption into your skin. Specially created serums are applied that stimulate lymph gland drainage.

THE HERBAL FACE COMPRESS *Baobab & Jasmine* ***60min*** ***R490***

Centuries-old wisdom is reflected in our herbal face compresses that penetrate skin at a cellular level, restoring elasticity. The seed pods of Madiba's (Nelson Mandela's) favourite tree, the Baobab of the northern-most corners of South Africa, are combined with Jasmine. The addition of organic herbs and plants complete your warm herbal face compress experience. Indulge in a facelift that will turn heads and have everyone wanting to stroke your glowing cheeks. The multi-sensory experience of aromatherapy adds to your pleasurable experience.

JADE CRYSTAL FACIAL ***60 min*** ***R490***

Puffy, sagging or discolouration in your complexion? Here's something the boys will also want! The men can opt for an eye and temple treatment – or your entire face. Included in this powerful facial is the soothing use of cool Jade stone rollers. Blood flow and lymphatic drainage are stimulated. Serum ampoules including rose geranium, Ylang-Ylang and neroli will be specially targeted for your skin type to invigorate your skin tissue, providing a supple skin, minimising wrinkles and bringing about a younger you.

THE SUPER ACTIVE VINE LIFT THERMO FACIAL ***90min*** ***R690***

Do you seek the Grace Kelly look... classic movie star skin? Renew even the most lifeless, city-jaded skin. Your personal therapist will use a thermal heat mask that penetrates active vine therapy-based ingredients. A deep replenishing and hydrating treatment partners in a perfect marriage with our trademark lymphatic drainage techniques. To complete the experience, your therapist will smother your hands and feet in African Shea butter. Who doesn't enjoy life's little indulgences...?

SIGNATURE FACIAL *THE HEALING EARTH YOUTH BOOSTER* 120min R790

Experience an emotional connection with the African plant kingdom. Explore on a remarkable journey to unlock ages old beauty secrets. The aromas of pure Neroli & Rose, Ylang-ylang and Pinotage converge to restore, purify and revitalise your skin. This is achieved through the strategic placement of warm and cold crystals that stimulate lymph drainage and stimulate cell renewal.

This ultimate facial is highly effective, stimulation of your skin's own ability to replenish itself through nutrient rich ingredients that have been hailed by indigenous communities long before spas became a commercialised "Western" concept. We make use of Pinotage, fruits of the vine, Vitamins A, C, E and the essential fatty acid polyphenol. A serum massage crystal and African Shea butter hand and foot wrap complete this multi-sensory experience!



MASSAGES

60min R450

90min R590

CONNECT to that powerful Source within that brings about inner peace and healing...

THE MUSCLE DE-STRESS MASSAGE (60 or 90 min)

Distressed? We invite you to *de-stress* with our quintessential deep stimulation massage dedicated to those stiff muscles and joints aching for attention. For those of you that are interested in the theory behind the massage, you will be interested to know that “feeling is believing” after your therapist has worked on each and every pressure point and *chakra* (energy centre).

THE DETOX MASSAGE (60 or 90 min)

An indulgent full body pampering that improves lymphatic flow. It benefits your circulatory system while aiding in the removal of toxins. This is the massage of choice for those of you looking for that quintessential pre- or post- operative treatment. It’s also great if you are suffering from cellulite and water retention.

THE ENERGISE & UPLIFT MASSAGE (60 or 90 min)

This traditional massage loosens tight muscles, increases circulation and improves overall skin and muscle tone. The result? An immediate sense of complete relaxation.

THE HEALING EARTH CELEBRATED AFRICAN SHEA BUTTER MASSAGE (60 or 90 min)

Can any pampering rival this African-themed one...? African Shea butter has long been hailed for its powerful healing and nourishing effects. Relaxing, nourishing and energising, this full body massage targets specific areas of tension and muscular discomfort. Employing deep tissue techniques, pain is alleviated and muscle mobility is dramatically improved.

THE FOOT & LEG PAMPER

60min R 390

Surrounded as we are by the healing salty waters of the Cape West Coast, we felt it fitting to include a mineral salt scrub in our foot and leg pampering. This is followed by the application of our nourishing, anti-ageing African Shea butter mask. Your personal therapist follows through next with an invigorating foot and hand massage with Healing Earth foot gel. Honour and energise your entire being through this pedi-pampering that’s rounded off with a nail filing, shaping and cuticle treatment before we paint your toenails with your favourite colour.



SIGNATURE TREATMENTS

EMBRACE the *Healing Earth* difference!

THE COUPLES MASSAGE: GRATITUDE JOURNEY (60 or 90 min)

60min R980 per couple

90min R 1150 per couple

Bring along your loved one for a synchronized, energy infusing massage. Crystal Quartz is the stone of love, commitment and joy. It represents the essence of peace within every heart. This is a silent massage and treasured affirmation of the beauty of your partnership. Every couple engaging in this bonding experience receives a crystal as a token of gratitude for allowing us to be part of your unique couple connection encounter. We make use of African Shea butter or Healing Earth organic oils of your choice. Honour the deep connection that exists between your divine loved one and your soul.

THE CRYSTAL WAND HEALING SELENITE MASSAGE (60 or 90 min)

60 min R 490

90 min R 590

Selenite stone works on your emotional and physical body by helping free up the energy flow to release blockages in the body that are aggravated by daily stress and tension. Transcend the demands of everyday life by allowing us to balance your meridians. Your personal therapist spends one time working on your feet, stimulating reflexology points during this memorable full body massage. If the eyes are the window to your soul then your feet are indeed the barometer for your wellbeing.

THE ULTIMATE ABALONE SHELL MASSAGE

60 min

R 490

Support the birth of your authentic self. The soothing vibrations of Cape West Coast Abalone Shell help stimulate psychic development and intuition while pandering to your imaginative muse. This full body ritual employs the use of African Shea butter and our unique blend of Healing Earth organic oils. We round off this sublime experience with the gentle application of a warm herbal compress.

THE ORGANIC HERBAL COMPRESS RITUAL

60min

R 490

The Indian ritual of applying poultices to bring about healing comes full circle. We make use of indigenous knowledge systems by including African plants and herbs in our compress. These include Rooibos, Aloe, Kalahari Melon, and Buchu. Hot compresses are gently applied to lift away stress from deep within. This sensual experience strengthens your circulatory system while simultaneously bringing about an increase in energy levels.

SPA PAMPER ESCAPES (PACKAGES)

Our Healing Earth spa journeys combine African elements with eastern and western wisdom. We invite you to embark upon a journey of unrivalled proportions. Your rites of passage include a holistic renewal of body, mind, and spirit. You have chosen your destination well, for the Cape West Coast has long been hailed as one of our planet's most exquisite destinations. In this place of great healing you can look forward to a complete overhaul of your soul while you bliss out on one of our tantalising spa escapes...

THE QUIET MIND JOURNEY

2 hours

R 750

You are encouraged to create a personal affirmation that will become your mantra to quieten your mind and body. This silent treatment entails a journey inwards to shift your energy through reclaiming an unconditionally accepting sense of self. This transformative ritual creates a true essential inner and outer beauty. Your full body massage is tailor made for your specific needs of that particular day – be it a massage for back, neck, shoulder, deep tissue, aromatherapy, reflexology, or even an indulgent African Shea butter massage.

THE RADIANT GLOW

2.5 hours

R990

Discover your skin's unique ability to transform to a silky glow as you indulge in our unique Healing Earth polishes that include a body **polish, body wrap** and full body **massage**.

Choose from:

- Kalahari Melon (the ultimate in nourishment)
- African Ginger (good for firming and slimming)
- Mongongo Nut (detoxifying)
- Marula & Neroli (relaxing and balancing)
- Coffee, Cinnamon & Orange (detoxifying and helpful in cases of water retention)

THE PINOTAGE CELEBRATION AFRICAN RESERVE

2.5 hours

R990

This includes our perennially popular Pinotage crystal bath, body exfoliation, anti-oxidant body clay wrap and wickedly indulgent Pinotage body oil massage. Experience firsthand the luxurious world of the much talked about vino therapy. Our heady aromatic hydrotherapy bath essential oils remove dead skin cells and improve your circulation. The treatment is concluded with an anti-oxidant wrap and full body massage.

THE ULTIMATE SELF CELEBRATION PACKAGE!

5 hours

R 1650

Our Deluxe 90-minute facial is followed by an aromatic African Shea butter full body massage. This is concluded by a luxurious spa pedicure and manicure and a crystal bath. What better way to indulge and honour your inner-most being?

A DAY OF SHEER INDULGENCE TAILOR-MADE FOR HIM

4 hours

R1350

✓ Anti-oxidant facial, individually tailored.

✓ Hand and foot massage

✓ De-stress full body massage

✓ Crystal bath

THE ULTIMATE CAPE WEST COAST PAMPER PARTY!

4.5 hours

R1690

- 90-minute individually tailored facial per your skin type
- Crystal bath, followed by exfoliation of your choice

Choose from:

- Kalahari Melon (the ultimate in nourishment)
- African Ginger (good for firming and slimming)
- Mongongo Nut (detoxifying)
- Marula & Neroli (relaxing and balancing)
- Coffee, Cinnamon & Orange (detoxifying and helpful in cases of water retention)
- Body wrap, followed by a Marula & Neroli massage
- Soothing pedicure, including a full leg massage

BUSINESS CLASS: THE ESSENTIAL EXECUTIVE 'BURN OUT' BOOTCAMP

4.5 hours R1600

- 90-minute Full Executive Body De-stress Massage (we make use of individually selected organic oils or African Shea butter of your choice).
- 90-minute Full Executive Facial, with anti-oxidant and moisturising properties (includes head massage).
- Indulgent foot pampering, with peppermint Healing Earth gel to revitalise and balance your entire being. Your personal therapist runs selenite stones over your feet to alleviate tension,

stress and bodily imbalance. Reflexology honours the correlation between pressure points in your feet and their impact on alleviating issues in other parts of your body.



BEAUTY & THE MOON

2.5 hours each

R 1250 each

Let your body dance to the rhythm of the moon, guiding you towards your authentic and beautiful being... This Healing Earth menu was created with a specific purpose in mind: to serve as a catalyst for you to embrace a world of total relaxation where your mind is at one with the world and your body reverts to its original balanced state. This is your special time! We have created four unique rituals in line with the moon's cycles which affect the tides and allow us to bring our unique strengths to the fore. 78% of the human body comprises water. We honour the changing phases of the moon in a meaningful way that unites our innermost being with the heavens...

THE NEW MOON JOURNEY

Using Mongongo Nut – detox products

The new moon is symbolic for a time of cleansing, of replenishment, of detoxification. During this phase, you can expect to engage in long and leisurely walks surrounded by the natural wonders. Any cardiovascular activity helps rid the body of toxins. Your personal therapist then brushes your skin in preparation for treatments which are followed through with a cleansing bath and a detoxifying exfoliation with the Mongongo Nut. An indulgent Mongongo Nut body balm massage completes your heady new moon experience.

THE INCREASING MOON JOURNEY

Using Kalahari Melon – Hydrating products

This represents a time to regenerate and be pampered. During this phase, expect dry skin to slough away as your body kicks into a period of regeneration and healing. Our special Kalahari Melon ritual

includes a crystal bath followed by a Kalahari Melon polish. You can expect to feel highly regenerated with our special Kalahari Melon body wrap. This nurturing experience is rounded off with our popular Kalahari Melon body balm massage.

THE FULL MOON

Using Marula & Neroli – Relaxing products

It is now a time to reflect... to cleanse... An entire lifetime of emotional connections sit deep within. Retain only the positive as you embark on a magical Marula & Neroli ceremony. This nourishing treatment is best performed just ahead of the setting of sunset. Your personal therapist will fill your bathtub with Marula & Neroli, which is followed by an invigorating body brushing. This is followed by the application of Marula & Neroli body balm. The experience is concluded following your Marula & Neroli oil massage bliss out.

THE DECREASING MOON JOURNEY

Using Coffee, Cinnamon & Orange products

Now is the time to shed those extra kilograms and to purge excess fluids that your body has been stockpiling. Our Coffee, Cinnamon & Orange treatment does the trick nicely! A herbal body scrub is applied following a body brush and wrap. You are sure to love the sensory experience of our Coffee & Cinnamon bath. A manual lymph drainage helps support your body during this period of welcome change.



THE 'TOTALLY TEENZ' TREATMENT

2.5 hours

R750

- Pure teen refreshing facial (30 minutes)
- BNS massage (30 minutes)
- Manicure & Pedicure (60 minutes)
- Princess varnish (20 minutes)

THE CAPE WEST COAST SALT THERAPY ROOM

The below treatments are performed subject to availability in our innovative Cape West Coast Salt Therapy Room.

Benefits of Salt Therapy:

- Breathe more easily
- Alleviates sneezing, coughing, and shortness of breath
- Decreases your dosage of prescription medications
- Cope more easily with triggers that provoke respiratory illness
- Prolongs remission times
- Feel revitalized
- Improves general health and quality of life

We have specially created this our Cape West Coast Salt Room for help speed the healing process of other treatments listed in the above menus. As such, use of this room is R 100 extra. We invite you to indulge in this unique experience as your entire being stands to benefit to a greater degree.



HANDS & FEET

- *Manicure Classic* **45min R 190**
- *Pedicure Classic* **45min R 200**
- *French Manicure* **1 hour R 220**
- *French Pedicure* **1 hour R 230**
- *Hand or Foot Print Ceremony* **90 min R 300**

Enjoy a luxurious therapy that softens, nourishes and conditions the skin on your hands and feet. This relaxing manicure and pedicure includes a polish as well as a nourishing wrap for both the hands and feet. While this is on the go, we treat your scalp to a gentle massage.

WAXING & TINTING

- *Eyebrow wax* **R 50**
- *Lip wax* **R 60**
- *Underarm wax* **R 70**
- *Standard bikini wax* **R 70**
- *Half leg wax* **R 150**
- *¾ Leg wax* **R 170**
- *Full leg wax* **R 200**
- *Chest wax* **R170**
- *Back wax* **R170**
- *Eyebrow tint* **R 60**
- *Eyelash tint* **R60**
- *Eyebrow & eyelash tint* **R110**

