



# DELAIRE GRAFF LODGES & SPA

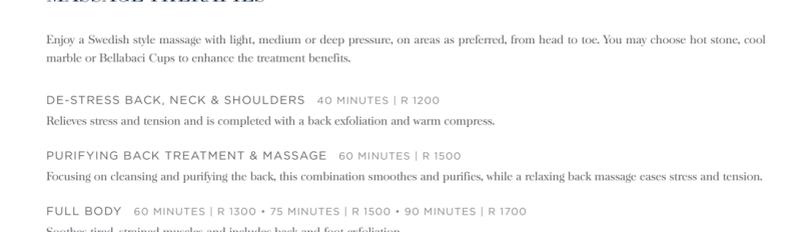
## SPA TREATMENT MENU & PRICE LIST

### *An Estate of mind*

Your journey to total relaxation and well-being begins at Delaire Graff Spa. Set in exquisite surroundings, it features five elegant spa suites for guests to experience an altogether more rarefied calm, where skin perfection and treatments leave the body and mind glowing.

Expert hands guide guests in indulgent all-day spa rituals, pampering and wellness. A holistic experience from beginning to end, the spa welcomes everyone. Lodge guests, and those joining us for a half or full day Journey Package, can also take time out in the stunning infinity pool and Asian-influenced restaurant, Indochine.

With treatments available for all ages, Delaire Graff Spa crafts its spa experiences using the finest beauty products from Swiss Perfection, Aromatherapy Associates, Terres d'Afrique and Margaret Dabbs London.



## MASSAGE THERAPIES

Enjoy a Swedish style massage with light, medium or deep pressure, on areas as preferred, from head to toe. You may choose hot stone, cool marble or Bellabaci Cups to enhance the treatment benefits.

**DE-STRESS BACK, NECK & SHOULDERS** 40 MINUTES | R 1200  
Relieves stress and tension and is completed with a back exfoliation and warm compress.

**PURIFYING BACK TREATMENT & MASSAGE** 60 MINUTES | R 1500  
Focusing on cleansing and purifying the back, this combination smoothes and purifies, while a relaxing back massage eases stress and tension.

**FULL BODY** 60 MINUTES | R 1300 • 75 MINUTES | R 1500 • 90 MINUTES | R 1700  
Soothes tired, strained muscles and includes back and foot exfoliation.

**FULL BODY EXFOLIATION** 45 MINUTES | R 1200  
Full body exfoliation to remove dry, dead skin cells followed by a body cream application to leave skin soft and smooth.

**OUR SIGNATURE MASSAGE** 120 MINUTES | R 2500 • 150 MINUTES | R 2800  
This treatment features a rasul ritual in the sauna and steam room with a face and body exfoliation as well as face and body treatment masks, applied by your partner, with a full body massage either before, or after the ritual. This treatment is recommended by our Spa Director for the ultimate pampering experience to revitalise the body and mind as well as for couples.

### WELL-BEING AROMATHERAPY MASSAGE

Body brushing combined with deep pressure point and lymphatic massage techniques, soothing strokes and exquisite essential oils make this experience the Spa Director's body treatment of choice. A 15 minute consultation with a smell test to determine an essential oil blend for your treatment and is followed by a 90 minute massage.

**DE-STRESS MIND** Helps the mind unwind and re-focus, getting you back on track. 105 MINUTES | R 2000

**DE-STRESS MUSCLE RELEASE** For stiff, tight, aching muscles, to release pain and tension. 105 MINUTES | R 2000

**RELAX LIGHT** For day-to-day stressful lifestyles in need of all-round relaxation. 105 MINUTES | R 2000

**RELAX DEEP** To induce serious relaxation and prepare for a good night's sleep. 105 MINUTES | R 2000

**SUPPORT EQUILIBRIUM** Helps lift your mood to harmonise and rejuvenate the spirit. 105 MINUTES | R 2000

**SUPPORT BREATHE** An immune system recovery to cleanse, clear and decongest. 105 MINUTES | R 2000

**REVIVE JET LAG CURE** A detoxifying treatment for weary travellers. 105 MINUTES | R 2000

**INNER STRENGTH** This powerful therapeutic blend of restorative oils helps to fortify, nurture and re-charge. 105 MINUTES | R 2000

### BODY EXFOLIATION, HYDRO JET BATH & TREATMENT COCOONS

Beautifully your skin with a full body exfoliation followed by a relaxing hydro jet bath. Your treatment commences with a layering massage of essential oils, gels, creams and serums. Be gently cocooned in Egyptian cotton for the ultimate absorption of products. Your treatment is completed with a choice of a relaxing pressure point massage on the neck, head and forehead or leisurely foot massage.

**VANILLA ENRICH NOURISHMENT** A deep nourishing and conditioning treatment for dry skin. 120 MINUTES | R 2500

**ROSE HYDRATING & RENEWING** An intensely hydrating treatment for delicate and sensitive skin. 120 MINUTES | R 2500

**LAVENDER & PEPPERMINT COOLER** Powerfully soothing, healing and hydrating – excellent after-sun care. 120 MINUTES | R 2500

**GRAPEFRUIT & JUNIPER DETOX** For cellulite, water retention and moments of over indulgence. 120 MINUTES | R 2500



## FACIAL TREATMENTS

Highly active anti-ageing products from around the world ensure a prescriptive facial for every skin concern. Our therapists will guide you in choosing a treatment to suit your skin type. Combine this with add-on layering technology for advanced treatment benefits. A choice of a brow shaping, lash and brow tint is included with the longer treatment option.

60 MINUTES | R 1500 • 75 MINUTES | R 1800

**ORGANIC BALANCE & DEEP CLEANSE** Suits combination, breakouts and oily skin.

**SOOTHING, CALMING & COMFORTING** For delicate, irritated, sensitive, allergy-prone skin.

**ROSE INFINITY HYDRATING & FIRMING** For fine lines, lack of elasticity and dehydrated skin.

**NOURISHING & SMOOTHING** Suits visible ageing, wrinkles, dry and dull skin.

**REFINERY MEN'S FACIAL TREATMENT** Power packed for all skin types.

### LAYERING TECHNOLOGY

To enhance your facial treatment, select from the below added benefits.

**INTENSIVE FACE SERUM MASK** Oxygen, vitamin C, collagen, hyaluronic acid, acne treatment or skin brightening. R 250

**DIAMOND TIP MICRODERMABRASION** For intensive exfoliation and skin brightening. R 250

**ANTI-AGE EYE SERUM MASK** For puffiness, dark circles, fine lines and wrinkles. R 250

**INTENSIVE NECK SERUM MASK** Firm and tone to moisturise and smooth wrinkles. R 250

**MICRO CURRENT FACE LIFT** Firming and lifting. R 250

**BACK MASSAGE** Add a back massage to any facial experience. 30 MINUTES | R 900

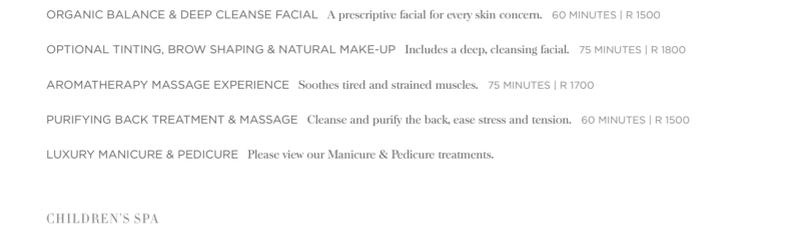
**LED (LIGHT THERAPY)** Recommended for anti-ageing, hydrating, acne or pigmentation.

MONTHLY MAINTENANCE: 60 MINUTES | R 800  
COURSE OF SIX TREATMENTS: 60 MINUTES | R 4000

### SIGNATURE TREATMENT

**OUR SIGNATURE FACIAL EXPERIENCE** 90 MINUTES | R 3500

The ultimate in luxurious pampering and technology-driven to provide results, this stand-alone treatment is the Spa Director's facial of choice. Highly soluble collagen fibres, with intense moisture retention capabilities, encourage a deep, long lasting improvement for the architecture of the epidermis and skin. Add-on layering technology is included to enhance your treatment benefits. To determine your product and technology of choice, please contact the Spa Director for a consultation.



## DAY JOURNEYS & PACKAGES

Enjoy luxury pampering in total relaxation with serene countryside, use of our spa facilities including the deck, infinity pool, sauna and steam room as well as a welcome drink. Exclusively reserved and limited to six guests per day.

**HALF-DAY JOURNEYS & RITUALS** 09:00-13:00 OR 13:00-17:00 | R 3200

A two-hour treatment of your choice in our tranquil spa tailored to your personal needs.

**FULL-DAY JOURNEYS & RITUALS** 09:00-17:00 | R 5800

A four-hour course of pampering treatments of your choice, tailored to your needs and requirements.



## SPECIALITY TREATMENTS

Discover a range of treatments tailored to pamper and revitalise, customised for pregnancy, teenage years or childhood.

Delaire Graff Spa has developed a number of exclusive treatment options featuring some of the world's finest ingredients. Each treatment offers an unparalleled experience leaving the mind and body glowing.

### LUXURY MANICURE & PEDICURE

Treat your hands and feet to the ultimate in luxury.

**SUPREME MANICURE** 45 MINUTES | R 550

A nourishing exfoliation, nail and cuticle work with super shine buff to improve nail health and an indulgent massage completes the treatment.

**SUPREME PEDICURE** 60 MINUTES | R 700

Rich exfoliation and heel therapy, nail and cuticle work with super shine buff to improve nail health, complete with indulgent massage.

**EXPRESS MANICURE** 20 MINUTES | R 300

Choose the treatments of your choice.

**EXPRESS PEDICURE** 30 MINUTES | R 400

Choose the treatments of your choice.

### ENHANCEMENTS

**CLASSIC, FRENCH OR GEL VARNISH** Your choice of varnish treatment. 15-30 MINUTES | R 300

**GEL SOAK OFF** A treatment to remove old gel and prepare nails for nourishment. 30 MINUTES | R 300

### SPA PREGNANCY

Filled with essential oils of rose, these renewing body care treatments are ideal to help prevent and reduce stretch marks and dry skin. The restorative rose massage and body oil, with its nourishing texture, leaves skin feeling soft and supple while delighting the senses.

### TREATMENTS FROM WEEK ONE

**PERSONALISED FACIAL** A prescriptive facial for every skin concern. 60 MINUTES | R 1500 • 75 MINUTES | R 1800

**LUXURY MANICURE & PEDICURE** Please view our Manicure & Pedicure treatments.

### TREATMENTS FROM WEEK FOURTEEN

**DE-STRESS BACK, NECK & SHOULDER MASSAGE** Relieves tension, includes a back exfoliation. 40 MINUTES | R 1200

**FULL BODY MASSAGE** Soothes tired and strained muscles. 60 MINUTES | R 1300 • 75 MINUTES | R 1500 • 90 MINUTES | R 1700

**PURIFYING BACK TREATMENT & MASSAGE** Cleanse and purify the back, ease stress and tension. 60 MINUTES | R 1500

**FULL BODY EXFOLIATION** A layer of rose oil, gel and cream leaves skin soft and supple. 45 MINUTES | R 1200

**AROMATHERAPY & WELLBEING TREATMENT MASSAGE** 105 MINUTES | R 2000

A guided choice of oils, followed by body brushing and gentle lymphatic massage strokes with layers of oil, gel and cream leaves the skin soft and smooth, providing a wonderful sense of well-being.

### TEEN SPA

**ORGANIC BALANCE & DEEP CLEANSE FACIAL** A prescriptive facial for every skin concern. 60 MINUTES | R 1500

**OPTIONAL TINTING, BROW SHAPING & NATURAL MAKE-UP** Includes a deep, cleansing facial. 75 MINUTES | R 1800

**AROMATHERAPY MASSAGE EXPERIENCE** Soothes tired and strained muscles. 75 MINUTES | R 1700

**PURIFYING BACK TREATMENT & MASSAGE** Cleanse and purify the back, ease stress and tension. 60 MINUTES | R 1500

**LUXURY MANICURE & PEDICURE** Please view our Manicure & Pedicure treatments.

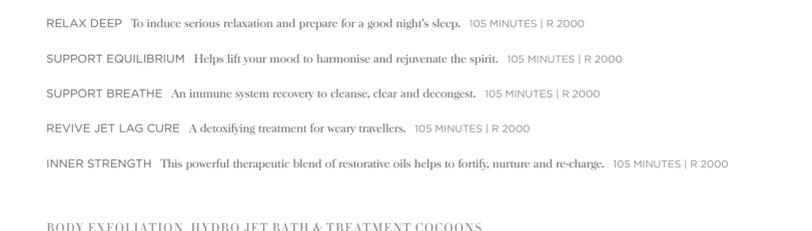
### CHILDREN'S SPA

**PRINCESS ROSE BUBBLE BATH** With hot chocolate drink and a rose body lotion application. 30 MINUTES | R 600

**SOOTHING LAVENDER FACIAL TREAT** With lip gloss and eye glitter for a perfect finish. 30 MINUTES | R 600

**CHILDREN'S VARNISH HANDS & FEET** Choose from a selection of fun colours. 30 MINUTES | R 600

**RELAXING ORGANIC COCONUT BACK MASSAGE** With your choice of pink or blue porcelain massage shells. 30 MINUTES | R 600



## ABOUT US

### OPENING HOURS

09:00 - 18:00 Daily

### SPA FACILITIES FOR LODGE GUESTS & DAY SPA PACKAGES ONLY

- One couple's suite with en suite shower and hydrotherapy bath.
- Two single treatment suites with en suite shower and hydrotherapy bath.
- Two single treatment suites.
- Steam room and Swedish sauna.
- Ladies and gentlemen's cloakrooms: secure locker with gowns, towels and slippers as well as showers with shampoo, conditioner, body wash and body lotion.
- 22-metre outdoor infinity pool with heated jacuzzi.

### RESERVATIONS

We recommend reserving a treatment 48 hours in advance. Please contact us on +27 (0) 21 885 8160 or info.spa@delaire.co.za.

### ARRIVAL

Treatment sessions begin and end at the indicated times. Please arrive 30 minutes ahead of your appointment to relax and enjoy a welcome drink before your treatment begins. Late arrival will result in your treatment time being reduced accordingly, while being charged at full price.

### RE-SCHEDULING

Treatment times have been reserved for you, therefore kindly let us know at least 24 hours in advance if you would like to reschedule or cancel. Please note you will be charged for any sessions not cancelled 24 hours in advance.

### VALUABLES

We recommend not wearing jewellery or valuables. Delaire Graff Lodges & Spa cannot be held responsible for any loss or theft.

### SPA ETIQUETTE

The spa is designed for relaxation and tranquillity, therefore it would be appreciated if you could please refrain from using mobile phones.

### AGE REQUIREMENT

We welcome all ages to the spa, but ask that children under 12 are accompanied by an adult.

### HEALTH CONDITIONS

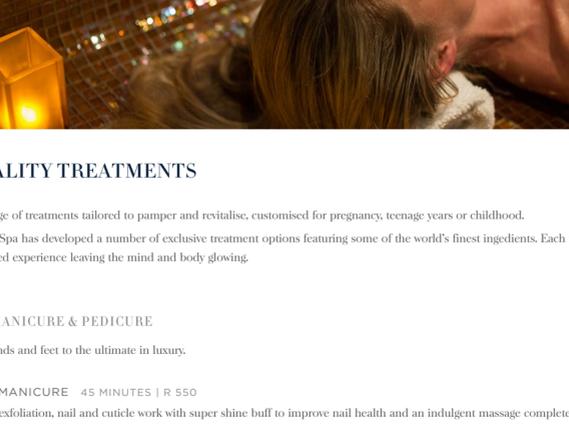
Please be sure to tell us about any health conditions, injuries or allergies that could affect your treatment or use of spa facilities when completing the guest questionnaire.

### GIFT VOUCHERS

Gift vouchers are available. To enquire, please email info.spa@delaire.co.za.

### GROUP SPA

Indulge in your selection of luxurious treatments for bridal parties, corporate bookings or group celebrations. Packages are charged per person and tailored to suit your personal needs and desires with a deposit required for 3 or more guests. For more information, please email our Spa Director on spa@delaire.co.za.



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