

### THE ART OF WELL-BEING

Visit Delaire Graff Spa and embark upon a journey of holistic healing and self-discovery within a beautifully curated art-inspired wellness sanctuary. Every artwork that adorns the Spa has been carefully selected for inclusion by the Owner of Delaire Graff Estate, Laurence Graff OBE, from his personal collection which includes many of South Africa's most celebrated contemporary artists.

Expert therapists draw inspiration from these magnificent artworks and are guardians of stillness, peace and serenity. We invite you to reflect on these insightful pieces crafted by artists including Deborah Bell, Ndikhumbule Ngqinambi and Lionel Smit during your time with us. Our magnificent infinity pool, luxurious sauna and steam room, heated jacuzzi and relaxation room also provide the perfect places to pause between half or full-day treatments.

At Delaire Graff Spa, our philosophy is centred around immersive and deeply personal rituals, delivered with intention to ensure complete physical and emotional well-being. In addition to our extensive treatment list, we craft be spoke experiences that focus on your needs – or the results you would like to achieve.

We welcome you to Delaire Graff Spa and invite you to experience the art of well-being.





#### THE BRANDS

# Discover expert, globally renowned products

### JARDIN DE DELAIRE

From the moment you arrive at Delaire Graff Estate, acres of tranquil gardens and vineyards beautifully designed to engage the senses greet you. Jardin de Delaire is an exquisite reflection of this botanical paradise, with a revitalising and uplifting fragrance profile. Hand-crafted by local artisans it remains true to the Estate's philosophy of social responsibility and eco-sustainability.

### AUGUSTINUS BADER

Professor Augustinus Bader is a biomedical scientist, physician and one of the foremost experts in stem cell biology and regenerative medicine. Inspired by 30 years of research and innovation, he created revolutionary, high-performance skin and hair care. Powered by TFC8® technology, it guides vital nutrients and powerful natural ingredients to cells, developing and supporting cellular renewal.

### DR BARBARA STURM

Dr Barbara Sturm is renowned for her anti-inflammatory philosophy and non-surgical anti-ageing skin treatments. Translating science from her clinical research and orthopaedic practice into the field of aesthetics, she has become one of the most sought-after beauty doctors in the world. Her skincare range is formulated for those requiring a regime that provides hydration, nutrition and a regenerative glow.

### ILA

An ancient Sanskrit word for Mother Earth, ila is a beyond-organic skincare brand founded by Denise Leicester. Channelling the raw remedial power of nature, ila uses the purest sources of energy – plants, flowers, and herbs – proving that results-driven treatments can go hand-in-hand with the highest standards of natural and ethical integrity. Created in a meditative environment by hand in the Cotswolds, it is imbued with an intent to nurture.

# BESPOKE EXPERIENCES

Delaire Graff Spa is renowned for curating bespoke experiences. Our expert therapists are dedicated to crafting treatments tailored to your needs. We invite you to book a timeframe of your choice, and we will create an experience just for you.

Alternatively, please choose from our extensive treatment list.

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DELUXE WELL-BEING	45 Minutes   R 1 650
LUXURY WELL-BEING	60 Minutes   R 2 200
SUPERIOR WELL-BEING	90 Minutes   R 2 600
ICONIC WELL-BEING	
Half Day Spa Ritual	120 Minutes   R 4 800
Jardin de Delaire Signature Couples Ritual	120 Minutes   R 8 000
Sunburst Chakra Well-Being Ritual	120 Minutes   R 5 500
Lesedi La Rona Ritual	8 Hours   R 18 000
ENHANCEMENTS	30 Minutes   R 850
GROOMING	POA





### DELUXE TREATMENTS

45 Minutes | R 1 650

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# JARDIN DE DELAIRE | STRETCH AND RELEASE

back, neck and shoulder massage, sound therapy, pressure points, deep breathwork

### JARDIN DE DELAIRE | BOTANICAL SCRUB

full body exfoliation, softening, sensory experience, deeply hydrating

AUGUSTINUS BADER | THE METHOD FACIAL MASSAGE AND EYE DETOX re-sculpting facial massage, bright eyes, lymph drainage, hot and cold therapy

### DR BARBARA STURM | STURM GLOW FACIAL

deep cleanse, plumping, micro-current, lifting massage and hydrating mask application

### ILA | SHIRODARA LUXURY HAIR AND SCALP TREATMENT

third eye oil pouring, Indian head massage, decongesting and deeply relaxing

# ILA | ORGANIC CBD LOWER LEG AND FEET WARM POULTICE MASSAGE

inner peace scrub, deeply relaxing, reduces stress and strengthens immunity

# ILA | ADAPTOGENIC WRAP

organ specific oils and scrubs, lower leg scrub and acupressure feet massage, warm oil swaddle on area of concern. Adreno Exhaustion Wrap / Vitality Wrap / Hormone Wrap

### KNESKO | GEMCLINICAL FACIAL

micro-needling, cryotherapy, collagen mask application, acupressure foot massage

### LUXURY TREATMENTS

60 Minutes | R 2 200

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JARDIN DE DELAIRE | BOTANICAL WARM OIL MASSAGE deeply relaxing, detoxifying, eases muscle aches, warm poultices, hot stones

AUGUSTINUS BADER | THE METHOD FACIAL signature bader fascia massage, treats specific skin concerns, firmness, reduces puffy eyes

AUGUSTINUS BADER | MANUAL FASCIA BODY MASSAGE dry full body brushing, hot stones, reduces swollen legs, detoxifying body oil and body cream application

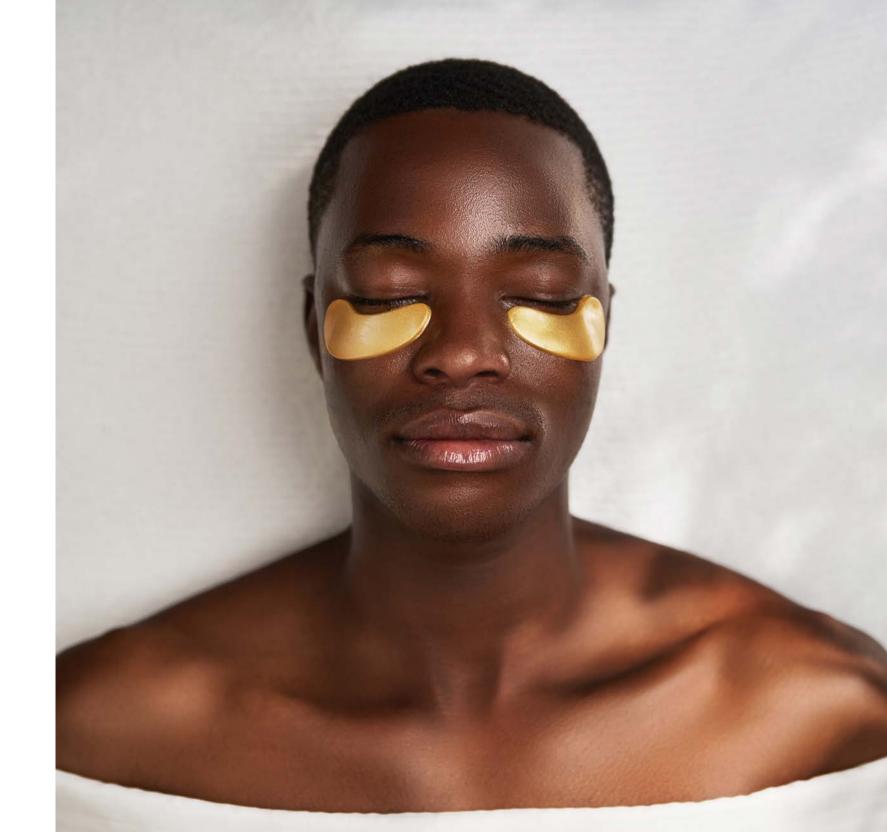
DR BARBARA STURM | GLOW FACIAL THERAPY deep cleanse, plumping, micro-current, lifting massage and hydrating mask application

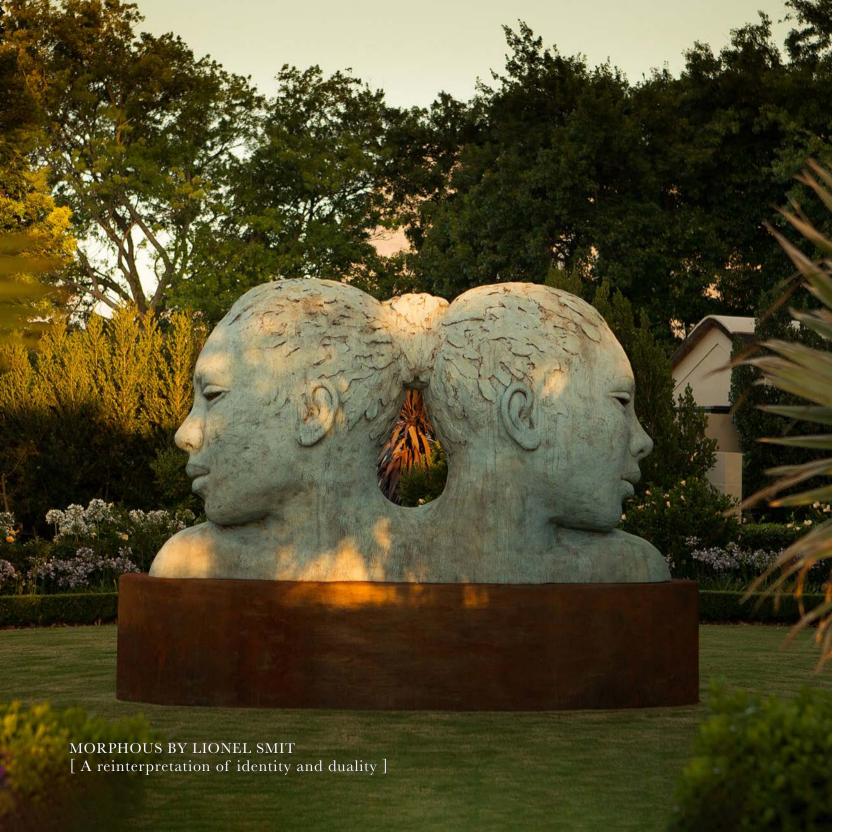
DR BARBARA STURM | SKIN FIRMING FULL BODY MASSAGE dry body brushing, skin firming massage, cryotherapy, energising

ILA | VITAL ENERGY SWADDLE body exfoliation, energising back massage, lemongrass infused shirodhara oil pouring

ILA | INNER PEACE RITUAL foot soak, palo santo smoke, koshi chimes, grounding massage to calm the body and mind

KNESKO | GEMCLINICAL FACIAL micro-needling, cryotherapy, collagen mask application, acupressure foot massage





#### SUPERIOR TREATMENTS

90 Minutes | R 2 600

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# JARDIN DE DELAIRE | SIGNATURE DEEP TISSUE MASSAGE

trigger point therapy, stretching, Bella Baci cups, warm poultices

#### JARDIN DE DELAIRE | BOTANICAL REST AND RESTORE BATH RITUAL

full body exfoliation, muscle relaxing bath, Knesko collagen face mask, back, neck & shoulder massage

#### AUGUSTINUS BADER | THE METHOD FACIAL

butterfly pea flower foot soak, exfoliation, signature bader fascia massage, vegan algae sheet mask application, warm hair oil and scalp treatment

#### AUGUSTINUS BADER | MANUAL FASCIA BODY MASSAGE

full body massage, hot stones, rosemary and geranium infused Himalayan salt cold water immersion bath \*please bring a swimming costume

### DR BARBARA STURM | RESCULPTING LIFTING FACIAL THERAPY

deep cleanse, plumping, micro-current, lifting massage and hydrating mask application

# DR BARBARA STURM | SKIN FIRMING FULL BODY MASSAGE

dry body brushing, skin firming massage, cryotherapy, energising

### ILA | CBD BODY BALANCING RITUAL

blissful scrub, sound healing, kundalini back treatment, glowing radiance facial with light chemical peel, heated Himalayan salt poultices, assists sleep

# ILA | HEART OF THE EARTH - PERFECT FOR MOTHER TO BE

sound healing, dry body brushing, rose geranium balm lower leg massage, cooling collagen face mask

# KNESKO | GEMCLINICAL FACIAL

micro-needling, cryotherapy, collagen mask application, acupressure foot massage

# ICON JOURNEYS



# DELAIRE GRAFF HALF DAY SPA RITUAL

R 4 800 per person

### 120 MINUTE SPA TREATMENT

Your choice of 120 minutes of spa treatments from the Deluxe and Luxury options.

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# HŌSEKI LUNCH EXPERIENCE | THREE-COURSE MENU

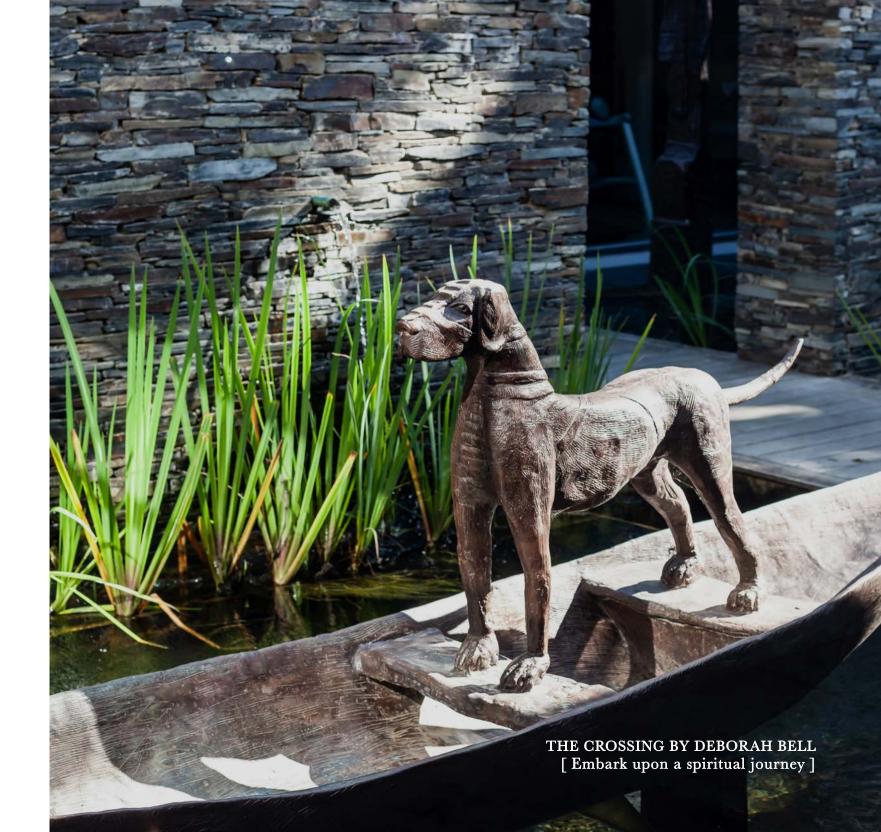
Experience contemporary Japanese cuisine imbued with the creative flair and vibrancy for which Head

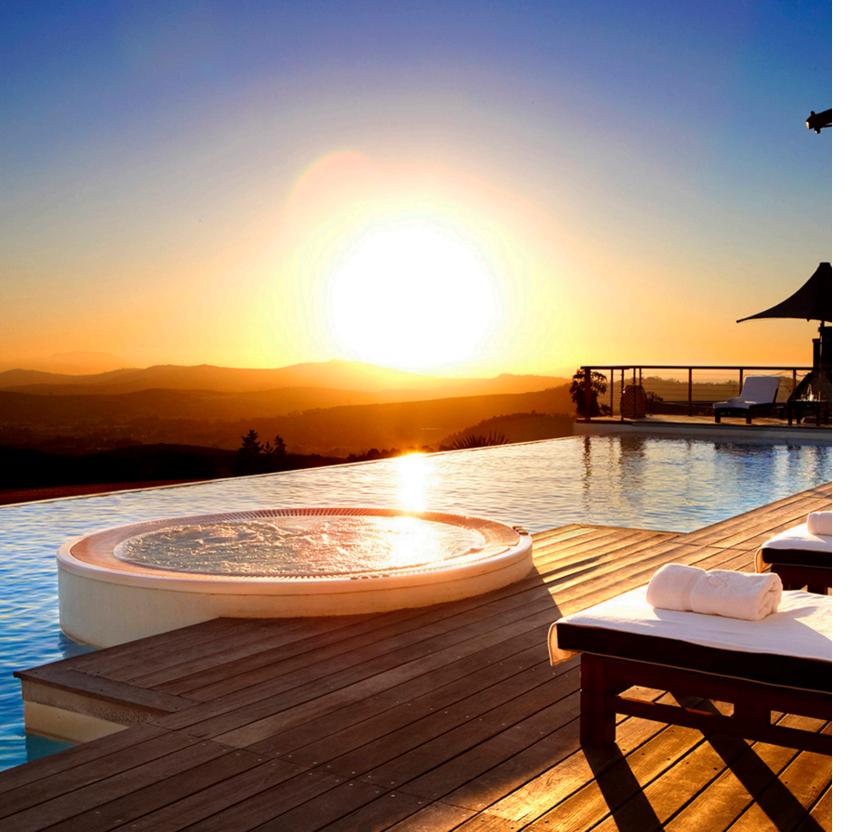
Chef Virgil Kahn is renowned.

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# SPA FACILITIES | INFINITY POOL AND JACUZZI

After a three-course lunch at HŌSEKI, enjoy the use of our beautiful spa deck with views across to Table Mountain.





### JARDIN DE DELAIRE SIGNATURE COUPLES EXPERIENCE

R 8 000 per couple | 120 min

A ritual inspired by the magnificent floral gardens of Delaire Graff Estate. This sensory journey begins with a sacred African oil couples massage. You are then invited to blend your own botanical scrub with ingredients sourced from our gardens, and apply this along with a rooibos-infused body mask to each other in our private sauna and steam room.

Following your ritual, we invite you to enjoy a delicious three-course lunch and a bottle of Delaire Graff Sunrise Brut Cap Classique while enjoying breathtaking views across to the Hottentots Nature Reserve and Table Mountain.

### INCLUDES

60-minute African botanical massage

Jardin de Delaire botanical massage scrub

Rooibos aloe soufflé body mask

Private sauna and steam room session

Use of our private facilities

Bottle of Sunrise Brut Cap Classique

Three-course lunch at HŌSEKI

### SUNBURST CHAKRA WELL-BEING RITUAL

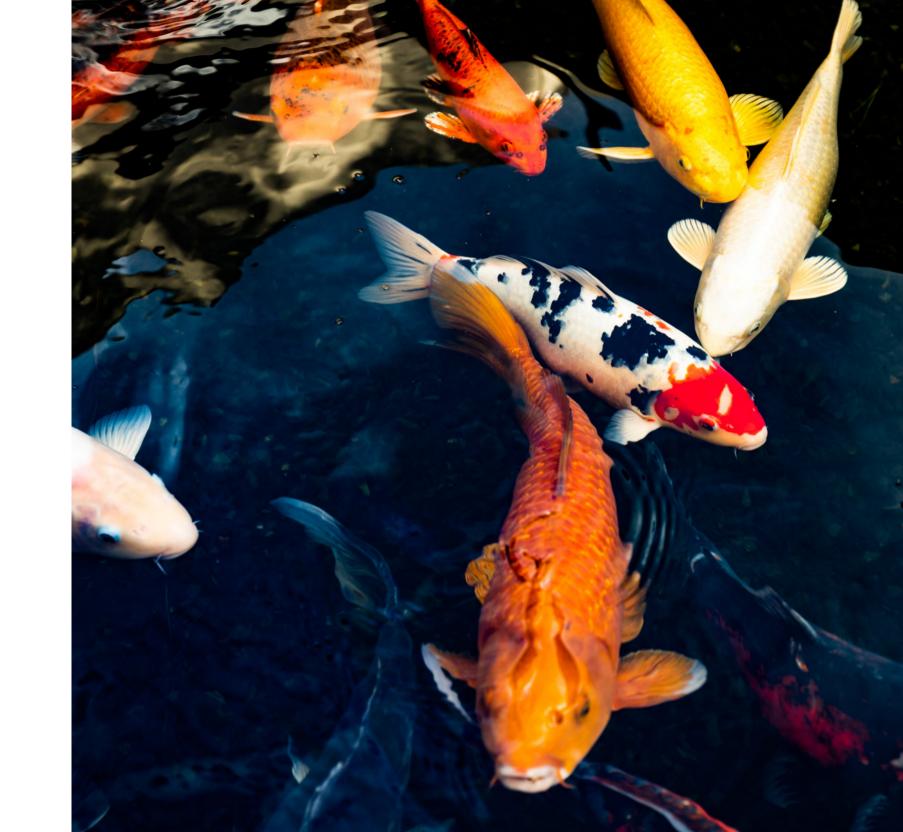
R 5 500 per person | 120 min

An exceptional bespoke, holistic treatment that focuses on the muscles, lymph and nervous system. Centred around seven chakra-balancing essential oils, each personalised ritual involves a deep relaxation of the nervous system, lymphatic drainage, gentle chakra healing and the pouring of warm oil over the third eye to restore and relax every sense.

The ultimate ritual for restoring mind, body and soul.

### INCLUDES

Grounding juniper and rose geranium Himalayan salt foot ritual
Shiatsu acupressure on head, hands and feet
Chakra oil botanical scrub
Chakra healing massage
Facial and third eye oil pouring
Use of our private facilities
Three-course lunch at HŌSEKI
Bottle of Delaire Graff Sunburst Noble Late Harvest





#### LESEDI LA RONA RITUAL

# R 18 000 per person

The 302.37 carat Lesedi La Rona is the world's largest square emerald cut diamond, expertly cut and polished by Graff's world-leading team of gemmologists and master polishers. This rare marvel required over 18 months of meticulous craftsmanship and marks an historic moment in diamond history.

Inspired by this miracle of mother nature, we invite you on a journey of transformation, elevating your spiritual vibration and exploring your inner sensory journey – to active change and ensure personal repositioning. Be immersed in the art of well-being as we take you on an iconic journey.

Spa – Art – Fragrance – Diamonds – Cuisine – Wine

### INCLUDES

9:00 | Arrival followed by a Lesedi La Rona fragrance consultation
9:30 | Curated Delaire Graff Spa art tour led by your therapist
10:00 - 12:00 | Bespoke spa ritual
12:30 - 14:30 | Hoseki three-course lunch
14:45 - 16:45 | Bespoke spa ritual
17:00 | Appointment at the Graff boutique

Products for you to take home:

Graff Lesedi La Rona fragrance of your choice

Augustinus Bader 30ml cream

Dr Barbara Sturm 10ml serum

Knesko Gemclinical 10ml serum

ila vital energy roller

Bottle of Delaire Graff Sunrise Brut Cap Classique

### **ENHANCEMENTS**

30 Minutes | R 850

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### MICRONEEDLING | DERMAPEN COLLAGEN INDUCTION

advanced skin needling technology, induces collagen production, aids active ingredient absorption

### DELAIRE SPA PEELS | SIMILDIET SPECIALISED PEELS

your choice of Mandelic, Glycolic, Ferulic, Argilac, Azelaico and Yellow peel with visible results

### KNESKO COLLAGEN MASK | DIAMOND & GOLD DUST

reiki infused collagen masks give instant hydrating and anti-aging results

# TECHNOLOGY | SPECIALISED TREATMENTS

LED light therapy

### MEDI HEEL | ENHANCEMENT

nail care, heel peel, long-lasting results

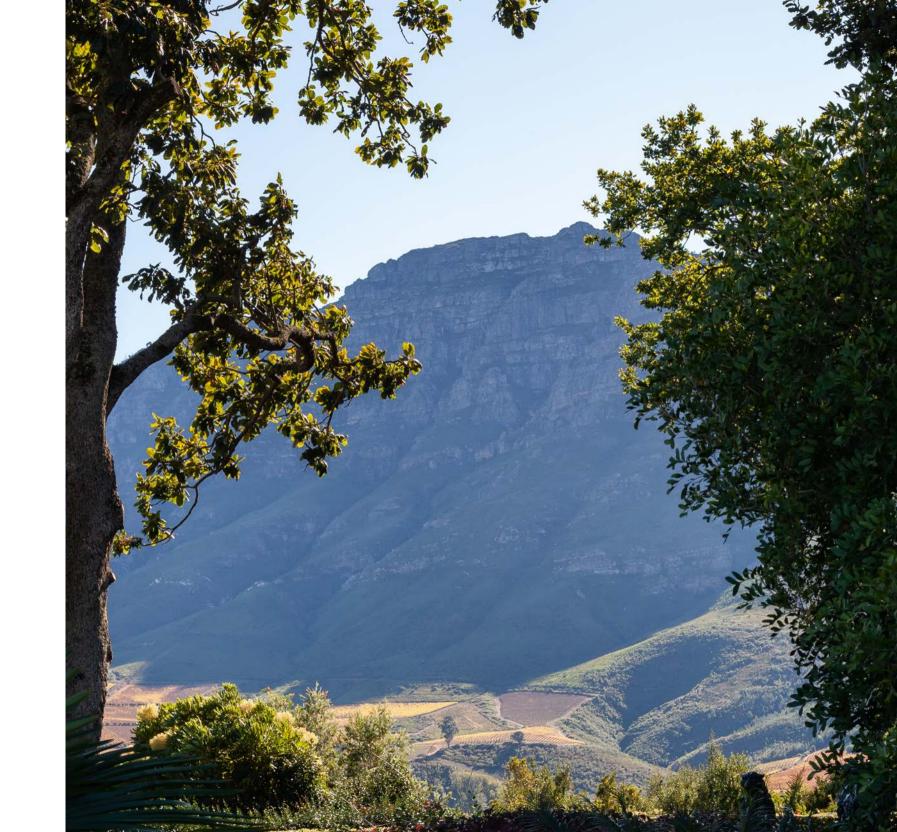
### COLD WATER IMMERSION | CRYOTHERAPY

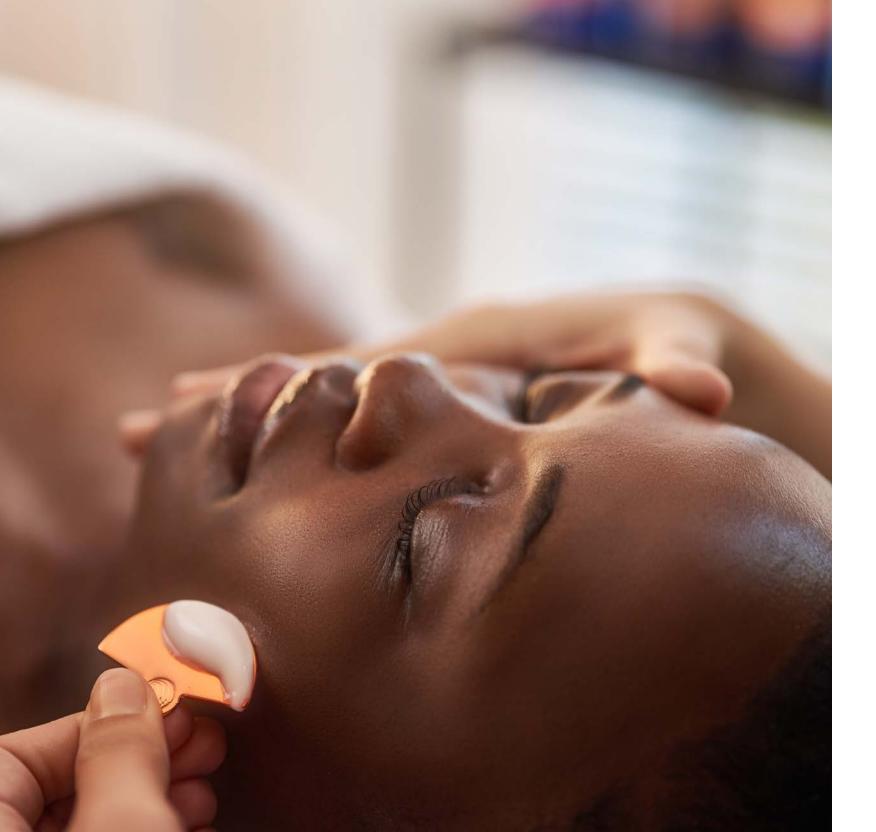
self-dry body brushing, essential oil-infused ice bath, immune boosting, virtual reality meditation

# MEDITATION | PRIVATE COURTYARD SESSION

solitary immersion in nature, herbal tea, pala santo

Please note that enhancements are only available as part of a facial or body treatment and cannot be booked separately.





# GROOMING

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MARGARET DABBS MANICURE nail care, buff, scrub, massage, polish/gel	75 Minutes   R 650
MARGARET DABBS PEDICURE nail care, buff, scrub, massage, polish/gel	75 Minutes   R 850
GEMINI POLISH APPLICATION  nail polish treatment for specific concerns	45 Minutes   R 345
GEL SOAK OFF conditioning, vitamin nail treatment	30 Minutes   R 220
WAXING   LAMICA GENTLE WAX	Prices available on request

\*All treatments include a relaxing eye mask

### OPERATING HOURS

09:00 - 18:00 (daily)

Spa facilities for lodge guests and day spa packages only.

Facility charge for non-resident lodge or spa package guests – subject to availability.

#### **FACILITIES**

One couple's suite with en-suite shower and hydrotherapy bath and outside couples shower in private courtyard.

Two single-treatment suites with en-suite shower and hydrotherapy bath and private courtyard.

One single-treatment suite with en-suite shower.

One single treatment room suite.

Steam room and Swedish sauna.

Cloakrooms with secure lockers, gowns, towels, slippers and showers.

22-metre outdoor infinity pool with heated Jacuzzi.

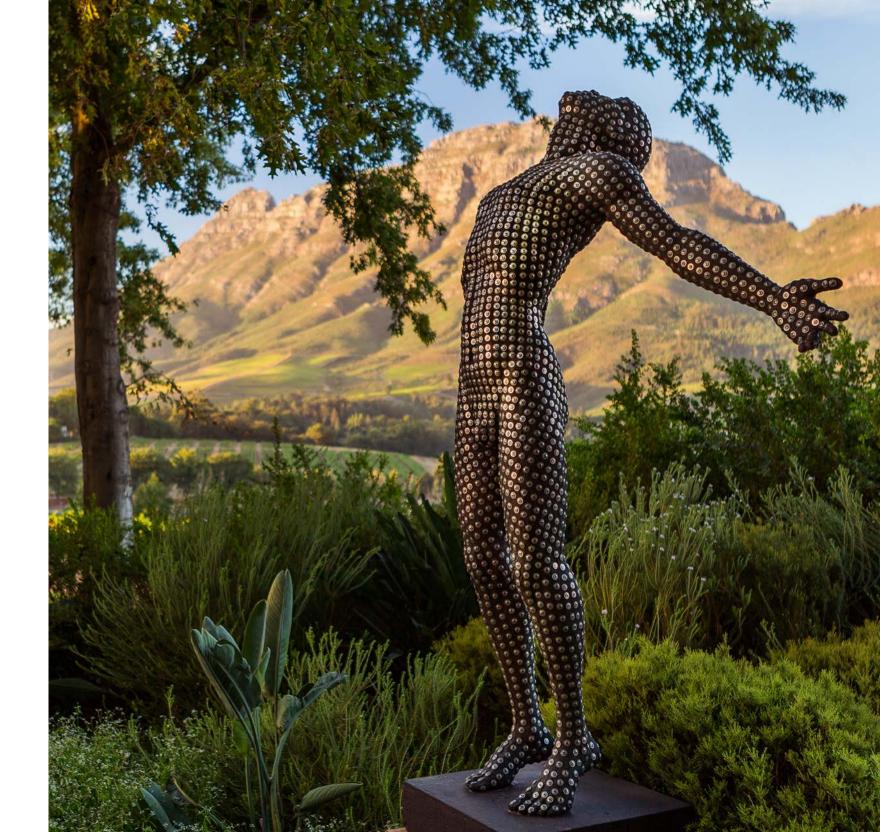
Fully equipped technogym is exclusively for our lodge guests only.

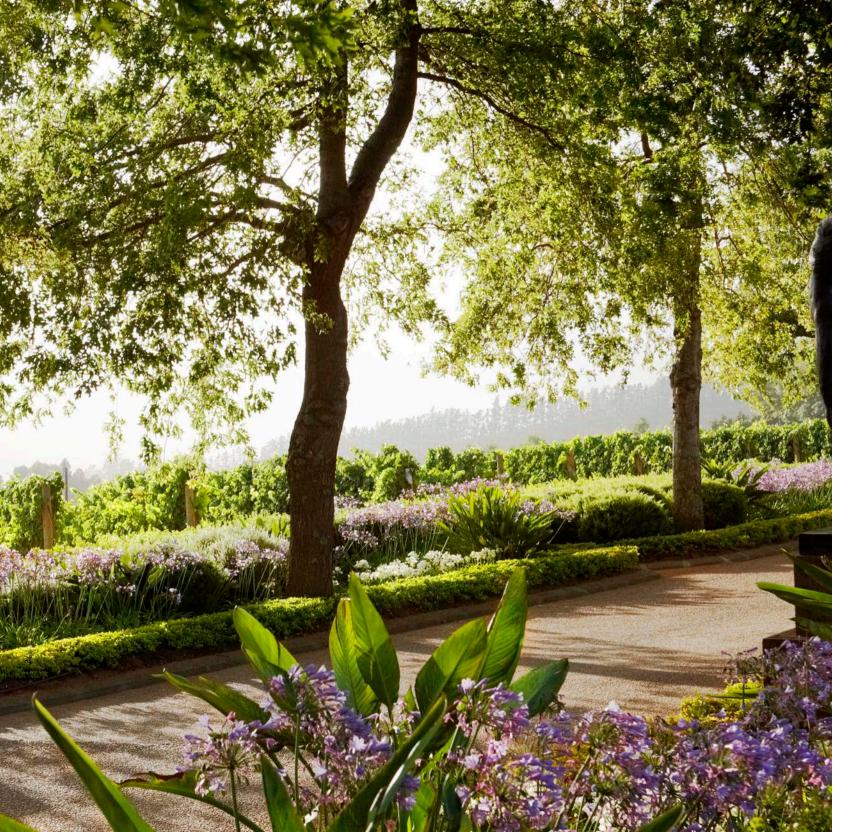
#### SPA QUIET ZONE

We kindly request that you switch off your mobile phone to respect the tranquil spa environment.

#### SPA ARRIVAL

We kindly request that you arrive 15 minutes prior to your spa reservation in order to fill in our guest consultation form, stating any medical conditions you may have. Please be aware that late arrivals may result in a reduction of your treatment time.





#### RESERVATIONS & CANCELLATION POLICY

We recommend scheduling treatments one week prior to your requested date. Should you wish to reschedule or cancel any appointments or packages, please inform the spa 24 hours in advance for a full refund. Missed appointments or no shows will be charged 100% for reserved services.

#### CHILDREN'S POLICY

For children's spa enquiries, please contact our spa reception.

### GIFT CARDS

You are welcome to purchase a Delaire Graff Spa gift card. Please contact our Spa Reception for more information.

#### GUEST FEEDBACK

In order to ensure ultimate guest experience, we greatly appreciate your feedback.

Please feel free to contact the spa manager to share your experience - spa@delaire.co.za.