



DELAIRE
GRAFF
LODGES & SPA

JARDINE DE DELAIRE EXPRESS BOTANICAL RITUAL

30 September - 10 October 2021 | 30 minutes excluding lunch | R1100 per person

Your choice of one the below Jardin rituals followed by a 3-course lunch at Indochine.

Inspired and using elements of our exquisite Delaire Graff Estate gardens like freshly picked lime leaves, rosemary, lavender and bay leaves, we take you on a journey of connection to nature. This intimate space allows for healing on a personal level, nature to skin, skin to heart, and heart to mind. Allow yourself to be mesmerized.

LIME LEAF AND BOABAB SEED ABDOMEN MASSAGE | Aids digestion

Warm poultices, warm oil, invigorating and stimulating, encourages cleansing

ROSEMARY AND BAY LEAF HEAD RITUAL | Headaches and hair growth

Warm poultices, warm oil, pain relief, pressure point head, face and shoulder ritual

LAVENDER AND PINE NEEDLE FEET RITUAL | Insomnia and immunity

Himalayan salt scrub; pressure point leg and feet massage; hydrating herb feet mask

ROSE GERANIUM AND KUMQUAT BACK TREATMENT | Hormone balancing and uplifting

Warm pockets of leaves, organic essential oils, acupressure massage

T&C'S: VALID MONDAY TO THURSDAY | INCLUDES ONE 3-COURSE LUNCH PER R1100 TICKET PURCHASED.

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