



DELAIRE  
GRAFF  
LODGES & SPA

## CELEBRATING INNER PEACE AND TRANSITION

1 - 30 November 2021 | 60 minutes (excluding lunch) | R2000 per person

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November symbolises transition as we prepare for seasonal change. Citrine is the yellow birthstone for the month and represents joy and energy.

### AMUSE BOUCHE

Chamomile tea

Digital Detox – no mobile phone in the spa

### STARTER

Solar plexus breathing with visualisation

Pressure point back, neck and shoulder massage

### MAINS

24Karat gold facial

Citrine gemstone facial massage

### DESSERT

Gold chocolate nuggets

3 Course lunch from Indochine

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