



THE STORY OF FIJN

Kogman and Keisie Organic Farm, nestled at the foot of the Langeberg Mountains in Montagu, is home to diverse flora, including Succulent Karoo, Fynbos and Renosterveld.

This rich plant life provides the foundation for Fijn Botanicals, who are dedicated to ethically harvesting and crafting an all-natural, biodegradable exclusive range of body and home products. By combining botanical-derived ingredients and Fynbos essential oils, Fijn Botanicals seamlessly blends the essence of nature into everyday wellness.

This connection to the land and its healing plants is reminiscent of the San people, who, centuries ago, inhabited the region of Sanbona.

They skilfully used indigenous plants for medicinal purposes, an ancient practice that continues to inform the therapeutic power of natural oils today.

These oils, rich in plant-based compounds, are known for their ability to nurture mental wellbeing, promote healing and restore balance.

UNTAMED • UNTOUCHED • UNFORGETTABLE



RELAXATION RETREAT MENU



UNTAMED • UNTOUCHED • UNFORGETTABLE

MASSAGE TREATMENTS

THE SENSES SIGNATURE KEISIE - MASSAGE

60min
R 1 290

Breathe in a breath of fresh country air as our signature Keisie massage embodies the refreshing power of selected oils, aromas, candles and unique massage techniques. This unique experience is complimented by binaural beats, calming the mind, body, and soul.

FIJN BOTANICALS AROMATHERAPY BACK AND NECK - MASSAGE, OR FULL BODY MASSAGE

30 min BNS
R 610

Be the master of your own spa destiny by choosing between various essential massage oil blends, ending off with a soothing scalp massage using a specialised hair oil blend.

60 min FBM
R 1 290

MOTHER TO BE MASSAGE

For the tired, expectant mother this massage applies nurturing movements to unwind and calm the body. Available in the second and third trimester.

60 min
R 1 290

KINGNA DEEP TISSUE - BACK AND NECK MASSAGE

An intensive massage through muscle reconditioning techniques to help relieve muscular tension on specific acupressure points, followed by the application of a refreshing circulatory gel.

30 min
R 610

30 min with
hot stones
R 750

KINGNA NEUROMUSCULAR - SPORTS MASSAGE

60min
R 1 290

For the stressed individual, this massage places emphasis on the back of the body. Deep pressure, reflex pressure points and an aromatherapeutic muscle release oil works in synergy to ease muscular strain. Ending this journey includes the application of invigorating circulatory gel to balance and awaken the body.

LUXURY FOOT SPA RITUAL

40min
R 680

Treat the most stressed area of the body by starting with a Fijn Botanicals salt scrub, followed by a reflexology foot and calf massage, melting away all tension. A cooling foot mask is applied, and the feet are wrapped, while the body and mind drifts away in the beautiful music and surrounds.

REJUVENATING FACE GLOW

60min
R 1 150

An introductory neck and shoulder massage is followed by an advance hydrating facial with Fijn Botanicals starting with a facial cleanse, exfoliation, followed by a steam session. A specialised mask application followed by a facial pressure point and scalp massage with Fijn Alabaster Botanical Serum.

FYNBOS BODY BUFF

40min
R 750

An all over body exfoliation, using Fynbos Body Scrub and Soak for stimulating collagen production, improving firmness, skin elasticity and tone and the lymphatic system. Feel invigorated and revitalized as your body is polished to a glowing perfection before receiving a Fynbos Body Lotion or body oil application.