

# SANBONA

GONDWANA SPA MENU



SIGNATURE JOURNEYS

KAROO WELCOME - HAND OR FOOT SOAK, EXFOLIATION, MASSAGE AND MASK 45 min R 850

Begin your journey with a choice of a soothing hand or foot bath infused with Fijn Fynbos salts. Gentle exfoliation smooths the skin and stimulates circulation before a cooling mask is applied. The ritual ends with a warmed balm massage leaving your hands or feet nourished, refreshed and ready for the experiences ahead.

THE FARMSTEAD FLOW - HEAD-TO-TOE RITUAL 120 min R 2000

Start with a warm foot soak and full-body dry brushing. A flowing massage with Fijn Keisie oil – rich in rose geranium, neroli and ylang ylang to calm and tone the skin, followed by our radiance facial and a cooling jade eye mask.

MASSAGE TREATMENTS

RESTORATIVE BACK RITUAL - BACK SCRUB, BACK, NECK, SHOULDER AND SCALP MASSAGE, WITH HEATED OIL 45 min R 850

A cleansing Fynbos scrub smooths the back before warm Fijn Kogman oil – a refreshing blend of lavender, rose geranium, buchu, and Cape May (uplifting and clarifying) – is massaged into the back, neck, and shoulders. A soothing scalp massage completes this grounding ritual.

HANDS OF THE EARTH - FULL BODY SWEDISH OR DEEP TISSUE 60 min R 1150

Inspired by the San’s ancestral tradition of healing through touch, this massage celebrates the connection between human hands, the land and the body’s natural rhythms. Using your choice of Fijn Keisie oil (calming, skin

toning) or Fijn Kingna oil (muscle restoring, tension releasing), the therapist’s hands work in flowing movements to restore balance and release tension – grounding you in the energy of the Karoo.

RIVERSTONE WARMING MASSAGE - FULL BODY HOT STONE MASSAGE 60 min R 1150

Echoing the smooth stones of Karoo riverbeds, heated basalt stones enhance circulation and ease muscle tension. Fijn //Khawa oil – with buchu, lavender, and cinnamon leaf to warm and relieve pain – works in synergy with the stones for a deeply soothing, elemental experience.

EARTHWOOD MASSAGE - FULL BODY RHYTHMIC MASSAGE 60 min R 1150

This restorative treatment blends flowing massage with the grounding touch of warmed wooden tools, echoing the natural textures of the earth. The warmth and pressure help ease muscle tension, stimulate circulation and promote deep relaxation. Fijn //Khawa oil — with buchu, lavender, and cinnamon leaf — enhances the experience with soothing warmth and anti-inflammatory benefits.

FACIAL THERAPIES

FYNBOS SCALP AND FACIAL RELEASE - MYOFASCIAL RELEASE OF SCALP, FACE AND NECK 60 min R 1150

Designed to ease tension in the scalp, face and neck, this restorative treatment uses gentle myofascial techniques to melt away stress and calm the nervous system. Ideal for those experiencing migraines, insomnia, or anxiety, this ritual concludes with a deeply hydrating hair and scalp therapy using Fijn Kogman oil to refresh and uplift.

<b>RADIANCE FACIAL - FYNBOS FACIAL WITH GUA SHA AND JADE MASK</b>	<b>75 min R 1 200</b>
A gentle cleanse and rice-based exfoliation prepare the skin for a hydrating clay mask. Rose quartz and jade stones sculpt the face, followed by a cooling jade eye mask to soothe and refresh. The treatment is completed with a facial massage incorporating the Fijn Alabaster Botanical Serum – a potent blend of Kalahari melon seed, black seed, and argan oils to balance oil production, reduce inflammation, stimulate skin regeneration and leave the complexion plump and luminous.	
<b>BODY THERAPIES</b>	
<b>*JIGAMMI - AROMATIC STEAM, FULL BODY EXFOLIATION AND MASSAGE</b>	<b>90 min R 1 695</b>
Named after the San word for “water,” this elemental ritual begins as you recline on a heated stone slab in the Hammam, where aromatic Fynbos steam opens pores and eases muscles. A full-body Fijn Fynbos foam wash and scrub smooths and revitalises the skin, followed by a refreshing cold plunge. The journey concludes with a flowing massage using Fijn Kingna oil and warmed wooden tools, restoring the body and connecting you to the life-giving essence of water. <i>*Treatment takes place in the Hammam</i>	
<b>**HYDRO RITUAL - EXCLUSIVE USE OF THE HYDRO POD FOR 60 MIN</b>	<b>Solo R 750</b>
Enter into solitude and stillness with exclusive access to our private Hydro Pod. This self-guided journey allows you to follow the ancient rhythm of contrast therapy – alternating between the Fynbos-infused steam of the Hammam and the invigorating cold plunge. As warmth opens the pores, softens muscles and clears the mind, the cooling immersion revitalises circulation, sharpens focus and strengthens resilience. We invite you to repeat the cycle at your own pace for deep restoration and renewal.	
	<b>Couple R 1 200</b>

<b>**STILLWATER COUPLES RITUAL - STEAM, SALT SCRUB AND MINERAL-RICH CLAY RITUAL</b>	<b>45 min R 850 pp</b>
<i>(Recommended for enjoyment with a partner)</i> This restorative ritual begins with a full-body exfoliation using invigorating Fijn Fynbos salt scrub to polish and awaken the skin. You'll then apply warm earth clay, infused with mineral salts and the uplifting botanicals of Fijn Kogman oil – a refreshing blend of lavender, rose geranium, buchu, and Cape May. As aromatic Fynbos steam fills our private Hammam, the clay gently softens, releasing its rich minerals to nourish and purify. The steam opens pores, eases muscle tension and quiets the mind. Hand showers are available to rinse away the clay, leaving the skin smooth, refreshed and deeply hydrated. <i>**Self guided treatment, that takes place in the Hammam</i>	
<b>KAROO SALT GLOW - FULL BODY EXFOLIATION</b>	<b>60 min R 1 150</b>
An invigorating Fijn Fynbos body scrub awakens and polishes the skin. The treatment concludes with a full-body oil application and a 20-minute back massage using Fijn //Khawa oil for warming relief and deep comfort.	
<b>RIVER CLAY COCOON - FULL BODY EXFOLIATION, CLAY WRAP AND BACK MASSAGE</b>	<b>75 min R 1 400</b>
Your body is smoothed with a mineral-rich Fijn Fynbos salt scrub before being cocooned in warm Fijn Fynbos earth clay to detoxify, nourish and restore. Once the clay is gently removed, enjoy a targeted back massage with Fijn Keisie oil for a calming, skin-conditioning finish.	

<b>JUNIOR RETREAT</b>	
For our young spa adventurers aged 7-12 years	
<b>LITTLE KAROO BACK MASSAGE</b>	<b>30 min R 550</b>
A gentle back, neck and shoulder massage using light pressure and soft flowing movements.	
<b>FYNBOS GLOW FACIAL</b>	<b>30 min R 550</b>
A refreshing mini facial with gentle cleansing and a nourishing botanical mask.	
<b>HAPPY HANDS &amp; FEET</b>	<b>30 min R 550</b>
A playful combination of soak, gentle scrub, and soothing massage for hands or feet. (Please choose one)	
<b>RIVERSTONE SCALP SOOTHER</b>	<b>30 min R 550</b>
A calming scalp and head massage inspired by the quiet flow of the Karoo rivers.	
<b>KAROO EXPLORER COMBO</b>	<b>30 min R 550</b>
A delightful pairing of a mini back massage and a gentle foot massage — the perfect choice for those who can't decide.	



### SPA ETIQUETTE

To ensure your experience is as tranquil and restorative as possible, we kindly ask that you adhere to our spa etiquette guidelines. We deeply appreciate your respect of and adherence to these guidelines.

- All treatments will take place in the comfort of the Relaxation Retreat
- A strict cancellation policy will be enforced
- Please inform your therapist if you have any health problems prior to your treatment
- A strict no nudity policy applies
- The Relaxation Retreat has a minimum age restriction of 7 years
- All guests under the age of 18 years require parental supervision when entering and using retreat facilities



### 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.