

# Fynbos on Sea

SIMBAVATI  
LODGE COLLECTION

## Spa Menu

### SIGNATURE JOURNEYS

---

#### **A Herbal Healing Journey**

**120 min - R1,400**

A full-body healing experience that combines a Himalayan salt and fynbos-infused body scrub, followed by a deep tissue tailored massage using our signature home-distilled fynbos oil blend. Complete the journey with an antioxidant-rich mini facial to cleanse, soften, and hydrate the skin. This ritual concludes with a soothing fynbos honey blend tea ceremony.

#### **Detoxifying Mongongo Journey**

**90 min - R1,200**

Begin your detox journey with a welcoming foot ritual, soaking in our beautifully scented forest crystal salts for a relaxed cleanse. Progress to a deep cleansing back exfoliation with our intensive detoxifying Mongongo Nut polish. Relax with soothing hot compress removal before indulging in a one-hour lymph-clearing massage, ensuring you feel refreshed and rejuvenated.

#### **Self-Celebration**

**120 min - R1,500**

Enter the ultimate sanctuary to rejuvenate your mind, body, and soul. Begin with a full-body exfoliation of your choice to revitalise weary and dull skin, followed by a tension-relieving tailored full-body massage using our potent indigenous helichrysum oil blends. Incorporating bamboo shoots helps target deep-seated muscle tension, easing away any stiffness and discomfort. Surrender into a Pure Radiance facial, using our signature antioxidant-rich Pinotage range to deeply revitalise tired skin in need of radiance and glow.

#### **Himalayan Body Restore**

**60 min - R1,000**

Harness the powerful, mineral-rich properties of Himalayan salt therapy to deeply exfoliate and hydrate the skin. Infused with a specially selected blend of fynbos, personally harvested from the surrounding landscape, this treatment aligns you with the beauty of nature. After a warm shower, enjoy a full-body massage application with a choice of deeply nourishing body butters, leaving the skin soft and fully restored.

Enhance your experience by booking an additional 30-minute massage at an extra cost.

#### **Hot Stone Massage**

**60 min - R1,100**

**90 min - R1,300**

Experience ultimate relaxation with this unique massage that uses hot stones and fynbos essential oils to release tension and promote a sense of well-being. Select from our signature home-distilled oils. Paired with ancient techniques using heated basalt stones, your muscles will relax and warm. Tailored to your needs and targeting tension zones, this massage promotes detoxification and alleviates built-up tension. Complete the experience with a cooling muscle ease gel to soothe tension.

*Africalm*  
IS OUR PROMISE

## Spa Menu

### MASSAGE

Indulge in a serene aromatherapy massage tailored to your needs, using our potent indigenous helichrysum blends. This experience ensures relaxation, skin hydration, and a radiant glow.

#### Body Rebalance

60 min full body - **R1,000**

45 min back, neck and shoulders - **R850**

30 min express back relax - **R650**

#### Enhancements To Any Massage

30 min rebalancing indigenous back mask - **R350**

30 min wild sage & lavender face and scalp massage - **R350**

30 min revitalising mini facial - **R550**

30 min restoring full body polish - **R450**

#### Deep Tissue Massage

60 min **R1,000**

90 min **R1,300**

A firm, targeted massage that works into deeper muscle layers to relieve chronic tension, knots, and stiffness. Ideal for guests needing strong pressure and recovery.

#### Pregnancy Massage

60min **R1,100**

A gentle, supportive massage designed for expectant mothers to ease back tension, leg discomfort, and promote relaxation.

Suitable from 12 weeks onwards.

### FACIAL THERAPY

#### Express Facial

30 min - **R600**

Pressed for time but seeking a radiant complexion? Our express facial, tailored by expert therapists, delivers immediate rejuvenation.

#### Pinotage Facial

60 min - **R850**

Experience our unique Healing Earth aromatherapy blend, designed to relax, purify, and moisturise. Infused with pure neroli & precious rose extracts, this facial includes a stimulating massage to enhance your radiance and glow.

#### High Performance Facial

60 min - **R1200**

A revitalising blend of marula, rose, geranium, & ylang-ylang essential oils promises sheer skin delight. Perfect for weary, dehydrated skin, this facial evens out texture, imparts a radiant glow, and combats the signs of aging.

### HANDS AND FEET

#### African Handprint Ritual (Manicure)

60 min With mask and polish - **R850**

60 min Standard Manicure - **R600**

30 min Gel add-on - **R350**

30 min Soak Off - **R150**

Experience the ultimate hand ritual. Your hands are refined with an indigenous shea butter polish & rejuvenated with healing oils. Enjoy a massage using African Potato Balm, enhanced with warm mitts. As these oils absorb, drift into relaxation with a shoulder and scalp massage. Concluding with Pinotage oil, your hands emerge invigorated.

#### African Footprint Ritual (Pedicure)

60 min With mask and polish - **R900**

60 min Standard Pedicure - **R600**

30 min Gel add-on - **R350**

30 min Soak Off - **R150**

Pamper your feet with this luxurious pedicure. Delight as they're immersed in an African Joy salt soak, exfoliated with peppermint foot polish enriched with Pinotage oil, and then cocooned in African Potato Balm. Drift away with a shoulder and scalp massage as the botanical balm revitalises. Conclude with a blissful foot and leg massage using enriching Pinotage oils.

#### Additional Spa Facilities

**R250 per hour** of use. Please make a booking in advance to confirm availability of the Kolkol, Sauna, Steam Room, and Ice Bath.

If the total of your spa package is **R1,300** or more, the facilities listed above will be available to you free of charge.