



LEEU SPA

LEEU GYM

PAM HAMMOND STUDIOS

LEEU SPA
At Leeu Estates

A serene, contemporary wellness space designed to restore both body and mind. Tailored treatments, inspired by Africa’s rich heritage, are delivered by skilled therapists in a peaceful atmosphere. Leeu Spa offers four treatment rooms, along with separate changing areas and steam rooms for male and female guests. The tranquil plunge pool overlooks a lily pond, creating a quiet pause between treatments, and guests are invited to enjoy the relaxation lounge pre- and post-treatments. A fully equipped gym featuring TechnoGym equipment is available for those seeking a more active experience.

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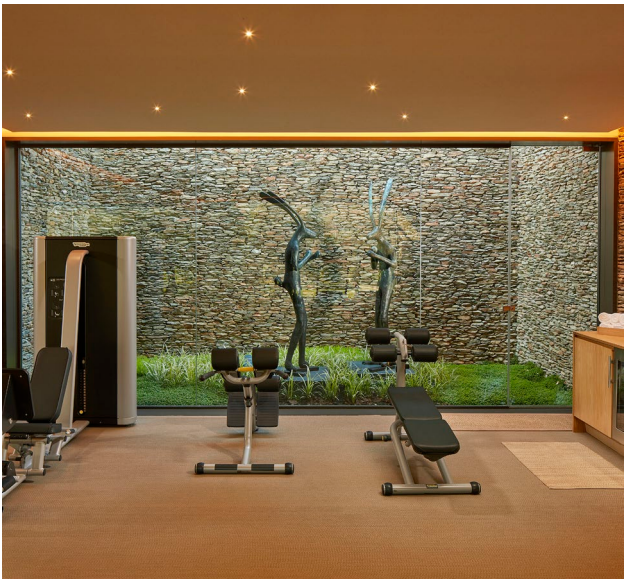


LEEU GYM
At Leeu Estates

The spacious gym with its premium TechnoGym fitness equipment offers framed views of the majestic mountains. The gym, which caters exclusively to resident Leeu Collection guests.

- Our machines include:
- A professional treadmill and exercise bike
 - Excite+ Crossover machine
 - Vario equipment
 - Plurima

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PAM HAMMOND STUDIOS
Franschhoek

Pam Hammond Studios in Franschhoek offers expert, personalised Pilates classes, including mat, reformer, and barre, for all levels. The studio focuses on strengthening, toning and life coaching. They are known for promoting holistic physical and mental well-being.

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Please note offerings are subject to change without warning. Contact reservations for the most up to date offerings.

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