

# THE SPA

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## BUSHMANS KLOOF

### A SANCTUARY OF STILLNESS

#### **Where Earth Heals and Stillness Begins**

Set within the mystical beauty of the Cederberg wilderness, the Bushmans Kloof Spa is a refuge for the soul. Here, the raw power of nature meets centuries of healing wisdom. Our treatments draw inspiration from indigenous traditions and global wellness, tailored by expert therapists to nurture, renew, and awaken. This is your invitation to slow down, breathe deeply, and reconnect , with nature, with yourself, with stillness.

Our spa treatment menu offers an extensive variety of health and beauty enhancing treatments to ensure that our guests are nurtured, purified, pampered and relaxed.

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## SPA FACILITIES AND SERVICES

### **Elemental Treatment Rooms**

Four serene spaces — for individual or dual rituals — designed with natural textures and warm earth tones to evoke harmony and intimacy.

### **The Crystal Steam Room**

A quartz-infused sanctuary of aromatic mist, maintained at a deeply therapeutic 42–45°C. The centrepiece, a raw rock quartz crystal, amplifies healing energy while heated stone benches and floors envelop the body in grounding warmth.

### **The Tranquillity Lounge**

A cocoon of calm between treatments. Recline in comfort, lose yourself in a book or quiet contemplation, with soft music and the scent of the wild fynbos carried through the air.

### **The Rooibos Health Bar**

Nourish from within with seasonal herbal infusions, including freshly brewed Rooibos tea, and wholesome, house-made snacks — all inspired by the land.

### **The Riverside Gazebo**

A one-of-a-kind dual treatment pavilion perched at the water's edge, where birdsong and the gentle breeze become part of your ritual. This open-air setting invites deep immersion in the sights and sounds of the wilderness.

### **Rainfall Showers & Private Changing Areas**

Thoughtfully appointed with secure lockers, plush robes, towels, and slippers to ensure comfort and care throughout your experience.

### **Nature-Inspired Fitness Centre**

Featuring a complete range of resistance and cardio equipment, with views over the landscape to inspire movement and mindful exercise.

### **Heated Rock Pool**

A naturally framed swimming pool with breathtaking Cederberg views — perfect for reflection, floating, or restorative laps.

### **Holistic Wilderness Experiences**

Complimentary yoga mats in all rooms and access to mountain biking, canoeing, and curated hiking trails through the ancient sandstone cliffs and wild flora of the reserve.

“

WATER CAN CARRY OUR EMOTIONS,  
CHOOSE THE EMOTION YOU WOULD LIKE  
TO FEEL AND ALLOW THE WATER TO  
CLEANSE YOUR FEET AND FLOURISH WITHIN  
YOU. YOUR BODY IS MADE OF WATER,  
WITHOUT WATER WE ARE NOTHING.

WATER IS LIFE GIVING.

A STONE OF THE EARTH – THE ELEMENT OF  
STABILITY AND NURTURING. LET THIS EARTH  
AND WATER INSPIRE AND BALANCE YOU,  
ALLOWING YOUR JOURNEY OF  
RELAXATION TO BEGIN.

”

## BRAND PHILOSOPHY

### ELEMIS

Your skin, your body and your wellness lie at the heart of Elemis. Hands-on, our Elemis therapists harness the power of nature and science to create ground-breaking formulations that genuinely transform your skin. Personally prescribed. Sublimely sensory.

The experience is exceptional, the results are real. The Elemis Spa philosophy is designed to respect the body's complex physiology, Elemis spa-therapies work in natural synergy with the skin, body and mind. Every treatment is specifically designed to offer a unique experience, using powerful massage sequences and the most potent actives available in the world today

### ESSE

Esse is a professional microbiome skincare brand.  
For skin to be more youthful and resilient, it must first be sustainably healthy.  
We achieve this by shifting and rebalancing the microbiome with products at the forefront of ethical science.

This is how you reclaim the skin you were born to have.

This is skin as it should be.

### ENVIRON

Environ Skin Care is a professional, results-driven skincare brand that focuses on scientifically backed, vitamin-infused products to promote healthy, radiant skin. Founded by Dr. Des Fernandes, Environ's products are designed to support skin health and address various skin concerns, such as aging, hyperpigmentation, and acne.

With a range of products containing powerful antioxidants like vitamins A, C, and E, Environ's skincare philosophy emphasizes consistent use and tailored professional treatments to achieve optimal results. Environ products are recommended by professional skincare therapists.

## SACRED JOURNEYS

*Rooted Rituals to Ground, Rebalance, and Renew*

### **Cederberg "Soul"ution (90 mins)**

A soul-deep signature ritual honouring the natural wisdom of Fynbos and Rooibos, warm stone therapy, and healing waters in our Riverside Gazebo.

R2 250

### **Celebration of Life (90 mins)**

A ceremony of touch and stillness — full-body massage, facial and foot ritual to mark a moment, memory, or transition.

R 2 250

### **Bushmans Kloof Signature Massage (60 mins)**

A fusion of Swedish, reflexology, and deep tissue practices – traditional hands-on healing, rooted in local energy.

R 1 600

### **Rose Quartz Massage (90 mins)**

A heart medicine ritual using the sacred stone of love to open the chest, clear emotional tension, and align the upper chakras.

R 2 450

## HANDS OF THE ANCESTORS

*Therapies Guided by Nature and Intuition*

### **Swedish Massage (60 mins)**

Classic, fluid, and deeply restorative.

R 1 150

### **Chakra Candle Massage (60 mins)**

A colour-infused ritual using warm soy candles and scent to balance and realign.

R 1 600

### **Heated Stone Massage (45 / 60 / 90 mins)**

Mother Earth's basalt stones work their warmth into your energy centres.

R 1 450 / R 1 750 / R 2 250

### **Scalp & Foot Grounding (30 mins)**

A ritual of soles and crown, pressure points to reconnect, reawaken.

R 850

### **Back, Neck & Shoulder Ritual (45 mins)**

Focuses on tension-held places; ideal for release after travel or trail.

R 1 200

### **Bellabaci Fire Cupping Massage (60 mins)**

Cupping tradition reinterpreted – lymphatic drainage, energy shift, deep detox.

R 1 650

Optional extra: Get close to nature and book the Riverside Gazebo with any of the Signature Experiences, Touch Therapies and Facials at an additional surcharge of R 200. Please Note: Treatment time includes consultation and welcoming foot ritual.

## FOOTPRINTS & FINISHING TOUCHES

*Earth Rituals for Hands, Feet & Form*

### **Sole of the Earth Foot Ceremony (75 mins)**

Hot stone foot massage, copper soak, and healing masque for the traveller's journey.

*R 1 250*

### **San's Hand Ritual (75 mins)**

A restorative manicure steeped in hydration and age-defying touch.

*R 1 250*

### **Classic Manicure / Pedicure (60 mins)**

*R 660*

### **File, Buff & Paint (20 mins)**

*R 390*

### **Facial & Waxing Enhancements**

#### **Lip / Chin Wax**

*R 185*

#### **Half Leg**

*R 400*

#### **Brow Tint or Shape**

*R 185*

#### **Bikini**

*R 400*

#### **Lash Tint**

*R 185*

#### **Full Leg + Bikini**

*R 870*

#### **Lash & Brow Tint Combo**

*R 340*

#### **Underarm**

*R 190*

#### **Full Leg Wax**

*R 530*

## THE SALT & SOIL RITUALS

*Body Polishes & Natural Skin Awakening*

### **Baobab Salt Scrub**

Mineral salt and ancient baobab exfoliate, awaken, and refresh the whole body.

*R 860*

### **Elemis Lime & Ginger Glow**

Zesty sea salt polish followed by botanical oil infusion for luminous skin.

*R 1 100*

### **Elemis Frangipani Glow**

A silky ritual that melts into the skin with floral warmth and deep hydration.

*R 1 100*

# ELEMIS

London

## FACIAL TREATMENTS BY ELEMIS

Our skin care therapists are highly qualified and trained to provide the ultimate skincare treatments. All our treatments begin with a thorough consultation to assess your individual concerns so as to give the most appropriate treatment, ensuring that your experience is all you would expect and more! Each 60-minute superior treatment is enhanced by a luxurious hand and arm massage and de-stress scalp treatment for the ultimate in scientific skin-therapy.

## ELEMIS TOUCH FACIALS

### ELEMIS EXPERT Touch Nourish Facial (60 mins)

CLEANSE, REBALANCE & REVIVE

Boost skin radiance with our triple-cleanse facial infused with a blend of antioxidant-rich facial oils, leaving your skin feeling nourished, rebalanced and revived.

*R 1 950*

### EXPERT Touch Reveal Facial (60 mins)

RESURFACE, SMOOTH & GLOW

Powered by our patented Tri-Enzyme technology, this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

*R 1 950*

### ELEMIS EXPERT Touch Renew Facial (60 mins)

HYDRATE, LIFT & FIRM

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

*R 1 950*

### ELEMIS EXPERT Touch Define Facial (60 mins/90 mins)

ENERGISE, REJUVENATE & SCULPT

This innovative facial captures the power of clinically proven intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted-looking skin.

For the ultimate facial experience book our 90min option.

*R 1 950 / R 2 450*

### ELEMIS Skin Booster Facial (30 mins)

Maximum results with minimum time. Your skin will be rejuvenated after this hands-on treatment. Our therapists will cleanse, tone, exfoliate your skin and leave you feeling relaxed and your skin glowing.

*R 1 300*

# ELEMIS

London

## ELEMIS BODY RITUALS

### **ELEMIS Detox Duo (90 mins)**

Awaken your senses and reset your body with this invigorating detox ritual.

Begin with a revitalizing lime and ginger body exfoliation that stimulates circulation and smooths the skin, preparing it for deeper renewal. A detoxifying massage follows, using Elemis Cellutox oil to target areas of concern, enhanced by Bellabaci cupping to encourage lymphatic drainage and reduce fluid retention. The experience concludes with a refreshing detox smoothie, nourishing your body from within and leaving you feeling lighter, brighter, and rebalanced.

*R 3 200*

### **ELEMIS Nourishing Wrap (75 mins)**

This deeply hydrating ritual begins with your choice of exfoliation, gently polishing the skin to perfection. You're then enveloped in a warm milk bath wrap infused with skin-softening botanicals, while a soothing scalp massage melts away tension. To finish, your body is treated to a luxurious application of Frangipani Monoi oil, leaving your skin silky, radiant, and delicately perfumed. A true indulgence for dry or depleted skin, this wrap restores moisture and serenity in equal measure.

*R2 850*

### **ELEMIS Aromastone Therapy (90 mins)**

Designed to release deep-seated tension and restore balance, this grounding treatment begins with dry body brushing to awaken circulation and gently exfoliate.

A 75-minute hot stone massage follows, using Elemis Muscleease oil to penetrate tired muscles and soothe aches. The warmth of the stones combined with the therapeutic oil creates a profound sense of relaxation, making this the ideal choice for those seeking relief from stress or muscular fatigue.

*R 2 250*

### **Peaceful Pregnancy Massage (75 mins)**

Mothers to be are restored to optimum wellness. This massage is intuitive and relaxing while hydrating skin that is expanding to accommodate a growing baby.

Please note: Mothers to be must be past the first trimester of pregnancy to experience this massage.

*R 2 020*



# ESSE

Skincare

## ESSE LUXURY FACIAL COLLECTION

Experience the science of nature with each touch, each breath,  
and each transformative moment.

### **THE ESSE EXPERIENCE – A Personalized Ritual of Renewal (60 mins)**

Tailored to your unique skin needs, this luxurious facial redefines skincare  
with Biotherapeutic ingredients.

A tranquil infusion of nature's finest ingredients restores balance, vitality, and deep  
hydration. Acupressure techniques enhance circulation and skin health, leaving your  
complexion supple, radiant and vibrantly alive.

*R 1 750*

### **LIVE PROBIOTIC THERAPY – A Revolution in Skin Restoration (90 mins)**

The gold standard in skin healing and renewal, using live probiotics  
to combat inflammation and signs of aging.

From the very first touch, warmth spreads as nutrient-rich ampoule caress the skin,  
with superior hydration immersing you in deep relaxation. Designed to enhance barrier  
function and calm sensitivity, this therapy is an unparalleled experience in skincare luxury.

*R 2 250*

### **TIMELESS ESSENCE – Anti-Aging Elixir (75 mins)**

A specialized treatment for mature skin, blending probiotic power with potent botanicals.  
Lavish layers of regenerating formulations compliment the skin, stimulating collagen and  
elastin production and softening fine lines. Experience an age-defying glow as massage  
techniques lift, sculpt, and restore youthful suppleness.

*R 1 950*

### **SOOTHING SENSITIVE – for Soothing Skin Serenity (75 mins)**

A soothing sensitive facial designed to nurture delicate skin.

It aims to rebalance the microbiome where inflammation is present. This facial will calm,  
restore, balance and strengthen as your skin is recuperated with resilience.

*R1 950*

# ENVIRON

## LUXURIOUS SKINCARE WITH ENVIRON

Where Science Meets Serenity.

Our award-winning **lonzyme® DF Technology** harnesses the power of pulsed Iontophoresis and low-frequency Sonophoresis, channelling essential nutrients 40 times deeper into your skin's layers to restore vitality, youthfulness, and unparalleled luminosity.

### ESSENTIAL FACIAL TREATMENTS

*A Symphony of Skincare Excellence*

#### ESSENTIAL YOUTH RESET (90 mins)

ESSENTIAL Help soften the appearance of fine lines, sun-damage & sagging skin with this peptide and vitamin-packed treatment for a more youthful appearance.

R1 950

#### ESSENTIAL MOISTURE BOOST (90 mins)

Help reduce the appearance of fine lines caused by dehydration and promote a more moisturised glow with this intensive treatment featuring hyaluronic acid as the key ingredient.

R1 950

#### ESSENTIAL COMFORT CALM (90 mins)

A speHelp sooth and comfort sensitive and irritated skin with this treatment which combines powerful ingredients to leave the skin feeling restored with a healthy-looking radiance.

R 1 950

#### ESSENTIAL RADIANCE REVEAL (90 mins)

Help target the signs of sun-damage and pigmentation with this treatment which boosts the skin with the correct combination of ingredients for an even-toned, radiant-looking appearance.

R1 950

## CEDERBERG CEREMONY PACKAGES

**Moments to Mark. Journeys to Honour.**

**Togetherness Ritual (Izithandani) (3.5 hours)**

Rasul, Soul'ution Ritual, Facial, spa picnic & bubbles.

*R 5 500*

**Babymoon Retreat (3.5 hours)**

Pregnancy massage, hand/foot therapy, and facial.

*R 4 700*

**Bridal Beauty (3.5 hours)**

Touch massage, facial, deluxe hands & feet.

*R 4 500*

**Corporate Wellness Escape (75 mins)**

Choice of massage and garden ritual.

*R 4 500*

**SPA'rtly Group Retreat (90 mins)**

Choice of any two treatments

Hot Stone Back, Neck and Shoulder Massage (45 mins)

Hydrating Facial (45 mins)

Bushmans Kloof Back, Neck and shoulder Massage (45mins)

Hydrating full body scrub and shower (45 mins)

Hair treatment and scalp massage (45 mins)

*R 1 900 per person*

The 'SPArties' package is available for groups of 3-6 guests.  
Treatment plans will be tailor-made to your group and includes a cocktail of your choice.

## SPA ETIQUETTE

### Spa Arrival

Arriving late may make it necessary to limit time for your treatment so the next guest is not delayed. Please arrive at least 15 minutes before the scheduled time to check in and prepare to enjoy your treatment.

### Spa Environment

Your spa environment is one of tranquility and relaxation.  
Please respect all spa guests' right to privacy and serenity.  
All family members under 16 years of age must be accompanied by an adult.

### Health Matters

Please communicate health conditions such as high blood pressure, allergies, pregnancy or any other health related concerns you have when making your appointment.  
We do not recommend the consumption of alcohol before or directly after spa treatments.  
Please consult your doctor before using the spa heat and water facilities or exercise equipment if under medical supervision or if you are taking medication. For moms-to-be, we have specifically designed treatments to care for both of you. Please allow our therapists to guide you in selecting which treatments are most suitable for you during this time. We recommend that you drink lots of water after your spa treatments to help accelerate the elimination of toxins.

### Spa Attire

We will provide you with spa attire including a choice of spa underwear or you may choose to wear your own. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy. Valubles We provide a secure place to store your personal items inside the spa locker rooms however do not assume any liability for personal items and recommend you leave valuables in the safe in your hotel room or suite.

### Cancellation Policy

The treatments you select are reserved especially for you. Guests will be charged a 100% cancellation fee for treatments cancelled less than 24 hours from the scheduled appointment time

### Refunds and Returns

Treatments and packages are non-refundable, non-transferable and may not be exchanged for other treatments. For hygiene reasons, products purchased may not be returned or exchanged.

### Hours of Service

Spa: 08h00 to 19h00  
Fitness: 24 hour access  
Outdoor Pools: Sunrise to sunset  
Reservations & Enquiries: Dial extension #9