

## Signature Experiences

Each signature experience starts off with our welcome ritual on the feet and ends off with the sound of a Tibetan Tingsha Bell, taking you on a deep sense of tranquility. Sound healing is an effective and proven modality that uses vibrational sound to help reduce stress, alter consciousness and creating a deep sense of peace, wellbeing and better health.

### **Cederberg “Soul”ution** (90 min)

**R 1 850**

#### **Recommended for enjoyment with a partner**

Get close to nature in the secluded Riverside Gazebo and indulge in a unique combination of soothing therapeutic treatments based on ancient African traditions, and the aromatic power of South African blends of indigenous Rooibos and Fynbos vegetation, combined with healing plant oils. This signature experience includes a relaxing massage utilising hot stones to prepare the muscles, a Rooibos milk bath foot treatment and a face and scalp massage.

### **Celebration Of Life** (90 min)

**R 1 850**

#### **Recommended for enjoyment with a partner**

Surrender yourself with this treatment which includes a back massage, a foot massage concentrating on the pressure points, a pampering hand massage and a revitalising facial which ends with a scalp massage.

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

**R 1 320**

This signature treatment combines various traditional body-touch techniques: Swedish massage, reflexology, and deep tissue manipulation to transform your body into a state of total renewal and relaxation. A traditional healing experience to relax and restore the body.

### **Tata Harper Bespoke Experience** (170 min)

**R 4 200** per person

Beginning with the gentle placement of a singing bowl on the body, soft vibrations and sounds resonate from the bowl's performance as the therapist begins to play. A full body exfoliation prepares the skin for a traditional body massage designed to energize and revitalize the body's natural rhythm. The experience includes an advanced skincare facial combining Tata Harper's signature face massage techniques into one treatment. Benefits: does everything that a good vacation retreat should offer, the body will be buffed and nourished, face will be treated with different massages and mask treatments for ultimate hydration and health.

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

**R 2 050**

Rose quartz, the stone of love, is used to add positive love energy to relationships, enhance compassion and forgiveness and balance the upper four chakras, easing emotional imbalance, stress and tension

The spa treatment menu is valid from 01 April 2023 – 31 March 2024 • All prices are quoted in South African Rand (ZAR)

All prices are quoted per person, per treatment unless specified otherwise.

## The Crystal Steam Room

Heat is a therapeutic agent and has long been used for healing in many cultures. Steam eases stress, relieves muscle tension and stiff joints, increases metabolism, boosts the immune system, improves detoxification of the lymphatic system and stimulates blood circulation.

The crystal steam room featuring a central block of pure rock quartz crystal, renowned as a 'master healer' and deep soul cleanser – as it absorbs, stores, releases and regulates energy and draws off negative energy of all kinds, harmonising the chakras, amplifying energy, balance and revitalising physical, mental, emotional and spiritual planes. It helps cleanse and enhance the organs, connecting the physical dimension with the mind, aids concentration and unlocks memory.

**Crystal Steam Room Session** (30 min)

**R 250**

**The Crystal Steam Rasul Experience** (45 min)

**R 720**

**Recommended for enjoyment with a partner**

This ancient healing ritual and one-of-a-kind Moroccan experience incorporates natural mud masks which are self-applied to all parts of the body and face. Aromatic steam is released, allowing the skin to be moisturised and as the mud softens, its beneficial ingredients and natural minerals are absorbed by the body. Hand showers are available to cleanse the body at the end of the treatment.

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