



Spa Arrival

Please arrive 15 minutes before the scheduled time.

Spa Etiquette

Please note that smoking is not allowed in the Spa and cell phones need to be switched off.

Dress Code

The Spa operates on a strictly no nudity policy.

BODY THERAPY

Traditional Massage (60 min/ 90 min)

A full body Swedish massage with medium pressure to relax mind and body.

R1250/R1400

Aroma Massage (60 min/90 min)

A massage combining a blend of aromatherapy oils to ease muscular pains and create an olfactory experience that enhances deep relaxation.

R1390/R1550

Hot Stone Massage (60 min/90 min)

A massage using heated basalt stones to assist in creating comfort and warmth while easing tension.

R1390/R1550

Rungu Massage (90 min)

A unique full body massage administered with the help of a Rungu, a traditional wooden baton from East African culture.

R1550

Tension Release Massage (90 min)

An intense targeted deep tissue massage.

R1550

Signature Deluxe Massage (90 min)

A warm hydrating soy candle massage includes back exfoliation.

R1550

Back, Neck, Scalp and Shoulder Massage (45min)

Warm oil is drizzled into the hair, nourishing the scalp and relieving tension in the upper shoulders, neck and head area.

R990

Foot Massage (45min)

A pressure point foot massage. Includes warm ginger and orange foot exfoliating scrub.

R700



SIGNATURE THERAPY

Residence Couples Escape (3 hours)

R5700/Couple

It begins with a 30 min foot massage, followed by a 90 min Aroma massage and 60 min QMS hydrating facial.

Residence Healing Journey (2 ½ hours)

R2100 p/p

Your journey begins with a 30 min foot massage, followed by body exfoliation to prepare for the healing oils of holy basil and lemongrass. A 90 min deep muscle massage will ensure you emerge from this treatment with renewed energy.

Signature Spa Day (4 ½ hours)

R5500 p/p

Indulge in a full day of pampering as you are welcomed with a glass of bubbles and treated to a cleansing foot scrub and foot massage. Unwind as your body is polished with a lavender sugar scrub, followed by a deeply hydrating papaya body wrap. Enjoy a full body massage before experiencing the benefits of a QMS collagen renewal facial. A healthy spa lunch awaits. To complete this journey a deluxe pedicure will leave you feeling luxuriously pampered.

FACIAL THERAPY

QMS Hydrating Facial (60 min)

R1300

Dedicated to supreme nourishment, this facial is the perfect solution to deeply cleanse and re-activate healthy glowing skin.

QMS Collagen Renewal Facial (90 min)

R1600

Feel the benefits of 70% natural soluble collagens. Skin is immediately more luminous, and texture is improved.

FINISHING TOUCHES

Classic Manicure

R500

Classic Pedicure

R650

Add on Gel/Medi Pedi/Hydrating Dip/Soak Off

R150