

SPIER

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HEALING TOUCH

Organic Body Massage	60 min	R1500
	90 min	R1900
Bespoke Massage	60 min	R1500
	90 min	R1900
Swedish Massage	60 min	R1500
	90 min	R1900
River Stone Massage	60 min	R1650
	90 min	R2050
Deep Tissue Massage	60 min	R1700
	90 min	R2250
Infrared Sauna	Add 20 min	R400
Steam Session	Add 20 min	R400

BODY BOTANY

Foot Relief Therapy	45 min	R880
Cape Earth Full Body Exfoliation and Steam	75 min	R1550
Fynbos Rejuvenation Wrap	90 min	R1990
Muscle Release Scalp and Foot Ritual	45 min	R980

SKIN HEALTH

Recovery Remedy Facial	60 min	R1420
Luminous Flora Facial	75 min	R1600
Wildcrafted Signature Facial	90 min	R1870
Collagen Eye Treatment	Add 20min	R550
Targeted Back, Neck and Shoulder Massage	Add 20min	R590

CAPE HERBAL BATH HOUSE

Signature Experience	3 hours	R4790
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SPIER SPA JOURNEY

Half-day Retreat	4 hours	R4800
Full-day Retreat	6-7 hours	R6450

CONNECT TOGETHER

Couples' Healing Touch	90 min	R3400 per couple
Ancient Escape	180 min	R5600 per couple

GROOMING TOUCHES

Manicure	60 min	R420
Pedicure	60 min	R520
Foot Peel	30 min	R320
Gel add-on	30 min	R250
Gel Removal	45 min	R180
Brow/lip Wax	15 min	R150
Brow/eyelash Tint	15 min	R150

EXPRESS

Back, Neck and Shoulder Massage	30 min	R750
Recovery Bespoke Facial	30 min	R800
Manicure	30 min	R320
Pedicure	30 min	R420
Full-body Exfoliation	30 min	R700

WELLNESS

Mindful Movement Studio

Private Mindful Movement Session	45min	R450
Group Classes Please enquire at the spa reception for days and times	45min	R150
Private Pilates Session	45min	R550
Infrared Sauna	30min	R450
Steam Session	30min	R450
Lymphatic Drainage	40min	R980

*All spa guests enjoy access to our pool area and are invited to indulge in our wholesome spa lunch menu.

Pregnancy treatments: Please note that all treatments and packages can be tailored to suit expecting moms.

SPA FACILITIES, SERVICES & ETIQUETTE

Cape Herbal Bath House – with heated exfoliating slab

Mindful Movement Studio

8 Single Treatment Rooms

2 Double/triple Treatment Rooms

Infrared Sauna

Manicure & Pedicure Room

2 Steam Rooms

Cold Therapy

Lymphatic Drainage

Private Pool

Spa Arrival

Late arrivals may result in a shortened treatment to ensure the next guest is not delayed. Please arrive at least 15 minutes early to enjoy your full experience.

To respect the privacy and serenity of all guests, we kindly ask that you switch off your cell phones during your visit.

Please inform us of any health conditions, such as high blood pressure, allergies, pregnancy, or other health-related concerns, when booking your appointment. This ensures we can tailor your experience to meet your needs safely and effectively.

If you are under medical supervision or taking medication, please consult your doctor before using the spa's heat and water facilities to ensure your safety.

Please note: Right of admission is reserved

Cancellation Policy

If you are unable to attend your scheduled appointment, please notify us at least 24 hours in advance to avoid cancellation charges. Same-day cancellations or failure to arrive for your appointment will incur a fee equal to 100% of the treatment's value. Hotel guests with bookings are also subject to a 100% cancellation fee for same-day cancellations or no-shows.

Make a Booking

We highly recommend booking your treatment in advance to ensure that your preferred time and service are available.

Hours of Service

Spa: 09h00 to 19h00