

# SPIER

S P A



Our spa is situated in the Cape Floral Kingdom, a region of extraordinary biodiversity. Rooted in ancient plant wisdom and modern skin science, our wellness philosophy draws on the nourishing, antioxidant-rich properties of indigenous botanicals, many grown, harvested and dried on the farm under the care of our resident phytotherapist.

We take a highly individualised approach to well-being, tailoring each treatment to your body's rhythms and your specific emotional and physical needs. Vine Therapy, our range of natural, chemical-free formulas for face and body, combines aromatherapy oils, botanical extracts and medicinal Cape herbal essences to restore balance, slow visible signs of ageing and deeply nourish the skin.

Our signature treatment, the Cape Herbal Bath House Experience, is a private bathing ritual that includes a refining full-body exfoliation, a restorative herbal immersion with rooibos, rose pelargonium, gotu kola and Cape rose, and a full-body River Stone massage with shea butter.

A deeply grounding and restorative journey, time at our spa allows you to reconnect with the rhythms of nature and your body's innate ability to heal.



## SPIER'S SIGNATURE CAPE HERBAL BATH HOUSE EXPERIENCE

Cape Herbal Bath House

2.5 hours | R4600

The therapeutic properties of Cape botanicals, hand-harvested herbs, and our exclusive Vine Therapy range harmonise perfectly in our signature Cape Herbal Bath House experience, a three-phased treatment.

### **Begin with Cleansing**

Experience a full-body exfoliation on a warm granite slab with our Refining Body Scrub. This treatment gently removes dead skin cells, stimulating circulation and supporting the skin's natural detoxification process. By opening the pores and sloughing away dry, dull skin, we awaken the lymphatic system and enhance the absorption of healing herbs and minerals throughout the body.

### **Follow with Herbal Immersion**

Once your body has been thoroughly cleansed, you will be immersed in a warm herbal bath and cocooned in a soft linen wrap. Our immersion herbal poultices are handmade by our resident phytotherapist. Infused with our aromatic Cape Herbal Bath formula, containing rooibos, rose pelargonium, gotu kola and Cape rose, this therapeutic blend assists with calming the nervous system, toning and firming the skin, while building collagen and healing the connective tissue. As you drift deeper into relaxation, a pressure-point scalp and neck massage completes this sensory phase. Before your next phase, you will be presented with a cold pressed wellness juice, to cool you down from the inside, and assist in healing the gut with a boost of fresh minerals and vitamins.

### **Seal with a Hydrating Massage**

Bring body, mind and soul into harmony with a full body River Stone massage, incorporating smooth stones collected from the Eerste River that meanders through our farm, and shea butter for the ultimate skin renewal and hydration.

Afterwards, enjoy a spa lunch accompanied by a glass of Spier wine or sparkling grape juice.

## HEALING TOUCH

### Swedish Massage

60 min | R1530

90 min | R1930

A classic full-body massage, using long, flowing strokes to ease muscle tension, improve circulation, and promote deep relaxation. Ideal for reducing stress, enhancing flexibility, and restoring overall balance.

### River Stone Massage

60 min | R1680

90 min | R2090

Experience the calming embrace of our hot stone massage to ease muscle inflammation, increase circulation, and melt away stress and anxiety. Warmed stones, handpicked from the Eerste River on the farm, bring grounding energy while fostering mindfulness, balance, and a profound sense of relaxation.

### Organic Herbal Massage

60 min | R1530

90 min | R1930

Hand-harvested from our farm's garden, snow-bush bundles are used in rhythmic Swedish strokes, soothing tired, aching muscles and melting away tension. This deeply relaxing treatment enhances flexibility and relieves stiffness. Your therapist will choose the perfect blend of aromatherapy oils to support healing, upliftment, and a restful night's sleep.

### Bespoke Massage

90 min | R1930

This personalised treatment begins with a reflexology reading of the feet to reveal areas of tension and imbalance in the body. Guided by this insight, your therapist focuses the massage on the areas that need it most, creating a targeted and healing experience unique to you.

### Deep Tissue Massage

60 min | R1730

90 min | R2290

Regain suppleness and movement with this effective massage. Specialised massage techniques and expertly blended aromatherapy oils alleviate tension that may be causing you discomfort. Muscular pain is diminished, leaving you feeling stronger and more energised.

### Foot Relief Therapy

45 min | R895

Using ancient reflexology techniques combined with the soothing warmth of handpicked river stones from the farm, this treatment works to release tension, improve circulation, and stimulate the body's natural healing response. Ideal for guests suffering from fatigue, burnout, poor sleep, or stress-related tension held in the lower body.

## BODY BOTANY

### Full-Body Exfoliation With Steam Session

40 min | R870

A full-body exfoliation using our Refining Body Scrub removes dead skin cells, stimulates circulation, and awakens the lymphatic system. Once the skin is prepped and receptive, a private steam session follows.

### Full-Body Wrap With Exfoliation and Steam

90 min | R1730

This fynbos-infused treatment begins with a full-body exfoliation, followed by a personalised body wrap to draw out toxins, promote mental clarity, and replenish the body with essential minerals and herbs. Next is a private steam session before having our Vine Therapy Age-Defying Body Balm expertly applied into the skin.

### Muscle Release Scalp and Foot Massage

45 min | R895

A scalp, neck, and shoulder massage ending with feet reflexology. Perfect for those who suffer from mental fatigue, poor sleep, or physical burnout, this treatment brings a renewed sense of clarity, calm, and reconnection to self.

### Lymphatic Drainage

40 min | R980

Our lymphatic treatment supports recovery, reduces water retention and swelling, promotes slimming, and encourages deep detoxification. It is paired with a targeted face, neck, and stomach lymph massage.

### Infrared Sauna

Add on 20 min | R350

Infrared light waves are used to gently heat the body from the inside out, rather than simply warming the air like a traditional sauna. These light waves penetrate deep into muscles, joints, and tissues, increasing circulation, promoting detoxification, easing muscle and joint pain, and supporting skin health – all at a lower, more comfortable temperature.

### Steam Session

Add on 20 min | R350

The moist heat supports respiratory health, aids in detoxification, and improves circulation while opening pores for a thorough skin cleanse. It is an excellent hydrating treatment, and hotter than infrared if you prefer extra heat.

## SKIN HEALTH

### Recovery Remedy Facial

60 min | R1450

A gentle and natural facial treatment to soothe and calm sensitive skin. This restorative experience heals and rejuvenates, using prebiotics and fynbos extracts to repair and fortify the skin's natural barrier. The result is a balanced, resilient, and healthy glowing complexion.

### Luminous Flora Facial

75 min | R1630

This luxurious facial detoxifies your skin, drawing out impurities and replenishing it with vital nutrients. Our facial meridian massage technique promotes oxygen flow, increases blood circulation, and removes trapped lymphatic fluids causing puffiness.

### Wildcrafted Signature Facial

90 min | R1910

Start with a back, neck, and shoulder massage to relieve tension in the neck and face before moving onto a natural facial treatment that harnesses the power of vines leaves and fynbos from our herb garden. This unique blend promotes cell regeneration, shields your skin from daily pollutants, and rejuvenates facial muscles. Experience an instant, radiant glow and firmer skin.

### Collagen Eye Treatment

Add on | R560

A restorative eye treatment is the perfect add-on to any facial. Hydrate, firm, and plump the delicate under-eye area, reducing the appearance of fine lines and wrinkles while boosting skin elasticity and diminishing puffiness and dark circles.

### Back, Neck & Shoulder Massage

30 min | R850

45 min | R1250

Targeting specific back, neck, and shoulder muscles before any facial treatment can have a significant effect on facial muscle release. Choose from gentle, medium, or deep pressure with the added benefit of aromatherapy healing.

# SPIER SPA JOURNEY

## Harvest Retreat

By integrating the powerful properties of Cape Fynbos extracts, hand-harvested organic herbs from our garden, and our signature Vine Therapy range, our treatments work synergistically to detoxify the body, support skin regeneration, and boost your immune system for overall resilience. Your welcome tea and personalised selection of aromatherapy oils and herbs will be tailored to your specific emotional and physical needs, ensuring each experience is unique.

|                                     |                          |                                                |                        |
|-------------------------------------|--------------------------|------------------------------------------------|------------------------|
| <b>Half-Day</b>                     | <b>3,5 hours   R3670</b> | <b>Full-Day</b>                                | <b>5 hours   R4950</b> |
| Herbal farm tea                     |                          | Herbal farm tea                                |                        |
| Infrared sauna                      |                          | Infrared sauna                                 |                        |
| Swedish body massage                |                          | Swedish body massage                           |                        |
| Reflexology                         |                          | Reflexology                                    |                        |
| Wellness-focused cold-pressed juice |                          | Wellness-focused cold-pressed juice            |                        |
| Vine Therapy facial                 |                          | Vine Therapy facial                            |                        |
|                                     |                          | Spa lunch and Spier wine/sparkling grape juice |                        |
|                                     |                          | Manicure or pedicure                           |                        |

## Valley Retreat

Our curated treatments work in harmony to activate essential cellular processes, including methylation to support natural repair and regeneration. Each experience is designed to lower cortisol levels, calm the nervous system, reduce inflammation, and slow signs of premature age

|                                     |                        |                                                |                        |
|-------------------------------------|------------------------|------------------------------------------------|------------------------|
| <b>Half-Day</b>                     | <b>3 hours   R3672</b> | <b>Full-Day</b>                                | <b>5 hours   R4590</b> |
| Herbal farm tea                     |                        | Herbal farm tea                                |                        |
| Full-body exfoliation               |                        | Full-body exfoliation                          |                        |
| Age-defying body wrap               |                        | Age-defying body wrap                          |                        |
| Steam experience                    |                        | Steam experience                               |                        |
| Wellness-focused cold-pressed juice |                        | Wellness-focused cold-pressed juice            |                        |
| Muscle release scalp massage        |                        | Muscle release scalp massage                   |                        |
| Swedish body massage                |                        | Swedish body massage                           |                        |
|                                     |                        | Spa lunch and Spier wine/sparkling grape juice |                        |
|                                     |                        | Reflexology or pedicure                        |                        |

# CONNECT TOGETHER

Whether shared between partners, friends, or family, these experiences nurture connection in a serene and healing environment. Every treatment lowers cortisol levels, calming body and mind for a restorative journey.

Couples’ Healing Touch1.5 hours | R3500 per couple

- Herbal farm tea
- Infrared sauna
- Organic Herbal body massage
- Wellness-focused cold-pressed juice

Couples’ Ancient Escape3 hours | R4700 per couple

- Herbal farm tea
- Infrared sauna
- Wellness-focused cold-pressed juice
- Foot soak, exfoliation, and massage
- Organic Herbal body massage
- Spa lunch with Spier wine/sparkling grape juice

## GROOMING TOUCHES

|                   |                      |
|-------------------|----------------------|
| Manicure          | 60 <i>min</i>   R620 |
| Pedicure          | 60 <i>min</i>   R720 |
| Gel add-on        | 30 <i>min</i>   R250 |
| Gel Removal       | 45 <i>min</i>   R250 |
| Brow/lip Wax      | 15 <i>min</i>   R200 |
| Brow/eyelash Tint | 15 <i>min</i>   R200 |

Overlooking the garden and private pool, our mani-pedi lounge accommodates four guests – ideal for a group celebration.

## EXPRESS

|                                  |                      |
|----------------------------------|----------------------|
| Back, Neck, and Shoulder Massage | 30 <i>min</i>   R850 |
| Recovery Bespoke Facial          | 30 <i>min</i>   R820 |
| Foot Massage                     | 30 <i>min</i>   R720 |
| Full body exfoliation            | 30 <i>min</i>   R720 |

## LYMPHATIC PACKAGES

|                                                 |                       |
|-------------------------------------------------|-----------------------|
| Infrared Sauna with Lymphatic Compression       | 60 <i>min</i>   R1200 |
| 5 x Infrared Sauna's with Lymphatic Compression | 60 <i>min</i>   R4800 |
| Lymphatic Compression only                      | 30 <i>min</i>   R890  |
| 5 x Lymphatic Compression                       | 30 <i>min</i>   R3560 |

## MINDFUL MOVEMENT STUDIO

In a world where everyone is rushing, the Mindful Movement Studio offers something rare – a pause. A place to breathe out and return to yourself.

Please visit our website for class schedules and times or email us if you have any questions.

# SPA FACILITIES, SERVICES & ETIQUETTE

## Facilities and Services

Cape Herbal Bath House with warm stone treatment table

Mindful Movement Studio

8 single treatment rooms

2 double treatment rooms

Manicure and pedicure lounge

Infrared sauna

2 steam rooms

Hot & Ice cold shower

Lymphatic drainage

Private pool

Spa health menu - healthy yet wholesome restaurant menu

## 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

A reservation in advance is required to secure your preferred time and treatment. To make a booking, please email [spa@spier.co.za](mailto:spa@spier.co.za) or call +27 (21) 809 1931.

## Hours of Service

Spa: 09h00 to 19h00