



FREESIA SPA

DISCOVER REFINED
TRANQUILLITY

WHAT MASSAGE ARE YOU IN THE MOOD FOR?

BABOR BODY RITUALS

KALAHARI BODY RITUALS

BABOR FACIAL EXPERIENCE

KHALAHARI FACIAL EXPERIENCE

EYE ESSENTIALS

FOOT EXPERIENCE

HAND EXPERIENCE

SPA ETIQUETTE

BABOR BODY RITUALS

SEA OF SERENITY BODY JOURNEY

An indulgent escape designed to guide you into a state of deep relaxation. By combining expert techniques with luxurious products, the experience leaves the skin radiant and the body fully rejuvenated. This journey includes a full body exfoliation followed by a full body massage, and it is completed with a revitalising Microbiomic facial.

180 Minutes - **R2,700**

TIDE AND TRANQUILLITY JOURNEY

This experience includes a salt grounding peel exfoliation and full body massage with oils leaving the skin refreshed and rejuvenated from head to toe.

120 Minutes - **R1,900**

OCEAN DEW MASSAGE

Enjoy a calming full body massage that melts away tension with skilled hands and restorative oils leaving your body relaxed and your skin revitalised.

60 Minutes - **R800**

90 Minutes - **R1,150**

KALAHARI BODY RITUALS

AFRICAN DEEP SCALP MASSAGE

Relaxing scalp treatment with gentle pressure points. The botanical oils soothe and nourish the scalp and hair. Reducing stress and increasing mental clarity, this treatment relaxes and rejuvenates the body, mind and soul.

40 Minutes - **R400**

KHOI KHOI BACK & NECK ESCAPE

Escape the tension with the khoi-Khoi back and neck massage. The deeply relaxing movements will soothe and release muscle tension.

45 Minutes - **R600**

ROLLING SANDS FULL BODY JOURNEY

This ancient desert secret of the rolling sands full body journey will leave you with a deep relaxing experience. The body experience starts out with a gentle full body exfoliation followed by a full body massage and completed with a 20 min scalp massage.

90 Minutes - **R1,050**

BABOR FACIAL EXPERIENCE

SIGNATURE FACIAL EXPERIENCE

Experience the epitome of luxury, this elite ritual combines our most coveted hero products to deliver unparalleled radiance and rejuvenation.

60 Minutes – **R780**

SEA CREATION FACIAL

Super luxurious marine inspired treatment that focuses on combatting oxidative stress, deeply hydrating and excellent for tired dull skin.

60 Minutes - **R 1,450**

DOCTOR FACIAL JOURNEY

A Meticulously crafted facial experience with advanced hero products that resurface, smooth imperfections, and enhances the skins natural functions. This transformative treatment targets specific concerns, unveiling a revitalized complexion that radiates health.

60 Minutes - **R1,450**

LUXURY ANTI-AEGING FACIAL

A Luxury anti-wrinkle facial consisting of rich textures that are well absorbed into the skin to target fine lines and wrinkles, redefine facial contours and relax facial muscles for the ultimate skin indulging experience.

60 Minutes - **R2,100**

MICROBIOMIC FACIAL TREATMENT

Experience the ultimate in skincare with our Microbiomic facial treatment, rich in post-biotics. This doctor babor treatment focuses on balancing the skins microbiome and repairing the skin barrier, ensuring healthy, well balanced and well hydrated complexion

60 Minutes - **R650**

BABOR FACIAL ADD-ON

Ampoule Infusion 20 Minutes - **R200**

Specialised Face Mask 20 Minutes - **R350**

KALAHARI FACIAL EXPERIENCE

VITAMIN C SKIN TREATMENT

Vitamin C skin treatment is an effective antioxidant-rich treatment that visibly improves skin health. Based on natural, organically derived vitamin C, this phytonutrient-rich treatment works to increase collagen and elastin regeneration, resulting in visibly firmer and tighter skin.

Pores are refined, and overall appearance of the skin is brightened. Recommended for all skin types.

60 Minutes – **R500**

DEEP CLEANSE TREATMENT

This Dermal extraction skin treatment focuses on deep cleansing of the skin and removing impurities from the pores and dead skin cell build up. The process typically involves a combination of deep cleansing, exfoliation, and the use of specialised tools to extract impurities.

It is particularly beneficial for those with acne prone skin and oily skin conditions and leaves the skin clarified and clear.

60 Minutes - **R500**

REVITALISING SKIN TREATMENT

Vita Gel skin treatment is formulated with alpha hydroxy acids along with peptides and hyaluronic acid. This gel mask treatment will leave the skin revitalised by improving natural cell rejuvenation as well as stimulating collagen and elastin production. The treatment is recommended for all skin conditions. This treatment will leave the skin smooth, moisturised and revitalised.

60 Minutes – **R500**

EYE ESSENTIALS

LASH TINT

Enhance your natural lashes with a gentle tinting treatment that deepens colour and gives your lashes definition.

40 Minutes – **R200**

BROW TINT

Define your natural brows with a gentle tinting treatment that adds depth, shape and symmetry to the face.

30 Minutes – **R180**

LASH AND BROW TINT

Achieve beautiful defined eyes with this combined tinting treatment.

60 Minutes – **R250**

FOOT EXPERIENCE

TIDAL THERAPY PEDICURE

Includes cuticle care, nail shaping and buffing, heel filling, foot exfoliation, massage and nail varnish.

60 Minutes - **R350**

CALABASH DELUXE SPA PEDICURE

Includes cuticle care, nail shaping and buffing, heel filling, foot exfoliation, massage with Kalahari Calabashes, foot mask and nail varnish.

90 Minutes – **R550**

CALABASH FOOT AND LEG MASSAGE

Inspired by ancient Kalahari rituals, this deeply grounding foot massage uses warm calabash shells and nourishing African oils to relieve tired aching feet and legs. It improves circulation and relieve pressure points and restore balance to the body.

45 Minutes – **R350**

MEDIHEEL TREATMENT

The MediHeel Treatment is an intensive restorative therapy designed to repair dry, cracked and callused heels. Using professional grade exfoliation this treatment restores smoothness to the feet. Immediate visible results after just one treatment

40 Minutes – **R300**

HAND EXPERIENCE

SHORELINE SHINE SPA MANICURE

A Classic hand-grooming treatment that leaves your nails neat, smooth and beautifully polished. Includes cuticle care, nail shaping and buffing, hand exfoliation, massage and nail varnish.

60 Minutes – **R300**

TSAMMA DELUXE SPA MANICURE

Indulge in a deeply nourishing desert inspired manicure using the power of Kalahari botanicals. This luxurious treatment starts with a warm hand soak followed by a gentle exfoliation, cuticle care, nail shaping and buffing, hand mask, then a kalahari calabash massage ending with nail varnish.

60 Minutes – **R500**

SPA ETIQUETTE

SPA ARRIVAL

We advise you to arrive at least 15 minutes before your scheduled appointment. Please be aware late arrivals may mean a reduced treatment time.

WHAT TO BRING

Please bring your own Bathing costume. Towels, robes and flip slippers will be provided.

HEALTH CONCERNS

Please let us know in advance of any health conditions or concerns you may have. This will enable us to recommend treatments and products most suitable for you. If you are taking medications or have recently had any surgical procedures we strongly recommend consulting your doctor before having any spa treatments.

MUMS-TO-BE

It is essential that mums-to-be advise us when booking their treatment. Please enquire which of our treatments can be modified to suit pregnancy after the first trimester. Treatments within the first trimester of pregnancy and after 31 weeks are not permitted.

CANCELLATION POLICY

As a courtesy to all a 100% charge will be incurred for late cancellations or no shows. Please note we require 24hrs cancellation notice for individual treatments and 48hrs for packages.

DRESS CODE

Please ensure that appropriate personal swimwear is worn while using the various spa facilities.

SPA VOUCHERS

Vouchers are available. All prices are subject to change and are inclusive of VAT.

OTHER

Please keep noise to a minimum to avoid disturbing other guests during their relax time. In order to preserve the tranquillity and harmony in the Spa, we request that you please turn off mobile phones and all other electronic devices. We recommend that you keep your valuables either in the lockers located in the locker room or in the safe of your room (if you are staying at the hotel). We do not accept any liability for loss or damage of personal items.

No inappropriate or sexual behaviour will be tolerated.

TRADING HOURS

Monday - Closed

Tuesday - Saturday | 09:00-18:00

Sundays - On Appointment Only