SPA GUIDELINES

To optimise your Steenberg Spa experience, please arrive 15 minutes prior to your treatment to allow time to complete your client card.

To not compromise other guests’ experience, late arrivals will be able to enjoy the time remaining on their treatment and will be charged for the full treatment time booked.

Your comfort and wellbeing is our primary concern so please inform your therapist of any health challenges, concerns or sensitivities so that we can help you choose the perfect treatment and follow up support.

To enhance the tranquillity and the serenity of the spa experience we request no cell phone usage.

We accept payment by cash, debit or credit card only.

Steenberg Spa vouchers are available for the full range of treatments. Please enquire at reception.

We provide lockers in our cloakrooms where you are welcome to lock away any valuables at your own risk.

BOOKINGS & CANCELLATIONS

Booking a treatment requires a 50% deposit which is 100% refundable for cancellations up to 24 hours before the booking.

No-shows and late cancellations will incur 100% cancellation charge.

Please contact reception to book any in-room or out of hours treatments. Please note that an additional fee will be added.
CELEBRATE YOUR BODY

Gift yourself a profound sense of wellbeing by experiencing our range of luxury therapies that celebrate your body.

Personalise your experience with your chosen product or area for extra care.

Africology Body Treatments

BODY WRAPS
To prepare the skin, the treatment starts off with a gentle full body exfoliation followed by a hydrating, detoxifying or replenishing full body wrap. All our wraps include a scalp massage and full body oil application.
— 75 min R1050 • Add a hot oil hair and scalp treatment R150

COFFEE AND MINT
Stimulate lymph drainage and blood flow to eliminate toxins, get rid of water retention and reduce cellulite.
— 75 min R1050

SLIMMING AND DETOX
This very effective clay wrap activates the circulatory system and assists the body through the natural detox process. Ideal for arthritis, oedema and acidic conditions.
— 75 min R1050

ROOIBOS AND LAVENDER
Ideal for any sensitive, inflamed or sunburned skin. This clay soothes skin whilst assisting with the skin repair process.
— 75 min R1050

AFRICAN POTATO
This luxurious Anti-Aging Hypoxis Body Wrap is formulated to replenish, restore and hydrate the skin while fighting free radical damage.
— 75 min R1050

BODY EXFOLIATION BY BRUSH OR SCRUB
Reveal hydrated, silky soft and glowing skin as we slough off the dull, dry layer, allowing your skin to breathe. Choose between a dry body brush or customised salt scrub.
— 30 min R370

DRY BODY BRUSH EXFOLIATION
Stimulate, cleanse and tone your skin. The natural soft cactus bristles help to reduce the appearance of cellulite by improving blood and lymph circulation. This treatment concludes with a body balm application of your choice to soften, protect and heal the skin.

FULL BODY EXFOLIATION WITH SUGAR SCRUB
A nourishing sugar granular body scrub with shea butter, grape seed and lavender oil. Suitable for those who have drier skins or just want to invigorate their skin. This treatment concludes with a body balm application of your choice to soften, protect and heal the skin.
**MASSAGES**

Whether you need a gentle detox, a deep tissue or rebalancing reflexology and a head massage, we have the perfect massage for you.

**INDIAN HEAD MASSAGE**
This treatment is based on old Ayurvedic techniques, involving massage movements on the upper back, shoulders, neck, scalp and face. Reducing stress and increasing mental clarity, this treatment relaxes and rejuvenates the body, mind and soul.
— 45 min R550 • Add a hot oil hair and scalp treatment R150

**REFLEXOLOGY**
A focussed pressure point foot massage technique that boosts the immune system, relaxes the body and restores energy.
— 45 min R520

**BALANCING SCALP AND FOOT RITUAL**
A balancing massage treatment helping to relax, relieve tension in the scalp, legs and feet as well as working on calming and relaxing pressure points to help restore energy balance.
— 45 min R620

**BACK, NECK AND SHOULDER MASSAGE**
Targeted massage to release tension and restore equilibrium.
(Upgrade to a specialised back massage at additional cost of R150).
— 45 min R600 • 60 min R790

**BESPOKE HERBAL OIL MASSAGE**
You may choose from a range of Africology aromatherapy-infused massage oils. This therapy works on tight muscles and lymph drainage, combating tension in stiff aching bodies. Your therapist will assist you in choosing the oil best suited for you from one of the following blends: Relaxing, Slimming Detox, Energising and Muscle Relaxing.
— 60 min R790 • 75 min R940 • 90 min R1040

**MANUAL LYMPH DRAINAGE MASSAGE**
A very gentle, but highly effective detoxifying massage technique that encourages the natural circulation, improves the overall functioning of the lymphatic system and reduces swelling. Highly recommended for oedema, fluid retention and post-operative wound healing.
— 60 min R940 • 75 min R1100 • 90 min R1200

**CLASSIC DEEP TISSUE MASSAGE**
A firm pressure massage that concentrates on the deeper layers to target stiff and tired muscles.
— 60 min R940 • 75 min R1100 • 90 min R1200

**HOT STONE MASSAGE**
Heated Basalt Stones are used as an extension of your therapist’s hands to deeply relax and help warm up tight muscles with a medium pressure massage.
— 60 min R940 • 75 min R1100 • 90 min R1200

**BELLABACI MASSAGE**
Bellabaci Treatment is a modern version of ancient cupping therapy. The technique combines positive and negative pressure massage performed with hands and silicone cups for the benefit of optimising lymphatic drainage and improves circulation.
— 60 min R940 • 75 min R1100 • 90 min R1200

**INTONGA AMASATCHI MASSAGE**
Intonga sticks are used to massage Shea butter and essential oils into the skin, while the deep tissue massage relaxes tight muscles and assists with lymph drainage. The yellow wood sticks aid in relief of tight muscles and congestion without straining the muscles.
— 60 min R940 • 75 min R1100 • 90 min R1200

**MUSCLE AND JOINT MAGNESIUM THERAPY MASSAGE**
Re-energise the body while treating symptoms of insomnia, pain and fatigue. Our luxurious magnesium oil and hot stone massage includes a state of calm and promises a good night’s sleep.
— 60 min R940 • 75 min R1100 • 90 min R1200

**NEW ARRIVAL MASSAGE**
A tailor made, relaxing full body massage using our safe but effective pre-natal techniques. Includes a superb leg wrap to help with water retention. Available in your second and third trimester.
— 60 min R940 • 75 min R1100 • 90 min R1200

**FOUR HANDED MASSAGE**
Four hand massages are performed by two therapists simultaneously. This synchronised massage doubles your relaxation and provides an unforgettable experience. By working both sides of the body simultaneously, this massage is the ultimate in balancing the body’s flow of energy promoting deep relaxation for the body, mind and spirit.
— 30 min R940 • 45 min R1150
QMS Medicosmetics provide targeted and scientifically proven treatments that transform your skin delivering immediate and long-term results. Founded by doctors and grounded in science, QMS combines the highest quality ingredients with scientific formulations, to help change the structure and quality of your skin.

Discuss the option of treatment enhancements with your therapist.

**QMS FACIALS**

**QMS DEEP CLEANSE FACIAL**
An intensely purifying facial to remove impurities and dead skin cells, restore natural balance and boost moisture levels through the use of the QMS signature soothing and hydrating algae mask.  
— 60 min R820

**QMS ACTIVATOR FACIAL**
Based on QMS innovative activation techniques, this energising treatment regenerates and refuels the skin through the supply of active ingredients leaving it firm, fresh and glowing.  
— 60 min R870

**QMS URBAN REPAIR**
Facial treatment to target the damaging effect of daily pollutants on the skin. Restore you skin’s natural wellness with radiance, brightening and glow!  
— 60 min R890

**QMS SK-ALPHA FACIAL**
An Intensely stimulating facial using a thermal-active revitalising mask to stimulate microcirculation giving an instant boost and leaving the skin visibly smoother. For skin with sluggish circulation.  
— 60 min R930

**QMS COLLAGEN REJUVENATION FACIAL**
An advanced anti-aging treatment featuring QMS Medicosmetics, high-grade, natural soluble collagens combined with pioneering exfoliating technology. This will to restore, rejuvenate and revitalise.  
— 90 min R1050

**QMS PURE OXYGEN FACIAL**
Developed so that your skin can intensively absorb the QMS customised Oxygen Concentrator. This highly rejuvenating facial encourages circulation, stimulates the regenerative process and firms the skin.  
— 75 min R1250

**QMS NEO-TISSUE DERMIE FACIAL**
Styled to combat the signs of ageing, this firming and toning treatment is especially beneficial for more mature skin.  
— 90 min R1350

**QMS PIGMENT CORRECTOR FACIAL**
This facial effectively treats age and dark spots, brightens the skin and helps prevent the formation of further hyperpigmentation. Highly recommended as a 3 month course with home use of Skin Tone light.  
— 90 min R1550

**QMS SKIN CELL RENEWAL FACIAL**
High-tech lifting treatment developed to improve elastin in the skin to leave it firmer and fuller. Features the pioneering Ion Skin Equalizer moisturiser formulated as a unique anti-ageing duo of serum and cream based on innovative technology.  
— 90 min R1600
**Elemis Facials**

Defined by nature, led by science. Every ground-breaking formula is an innovative blend of science with the chemistry of nature, carefully crafted by a dedicated team of explorers, scientists and skincare experts.  

*Discuss the option of treatment enhancements with your therapist*

**Hands On Facials**

**PRO COLLAGEN AGE DEFY**
This powerful anti-ageing treatment tackles fine lines and wrinkles. A marine-charged complex helps to plump out fine lines, and an age-defying peel-off mask visibly improves firmness and elasticity, for a more vibrant and youthful looking complexion.  
— 30 min R700 • 60 min R1100

**SUPERFOOD PRO RADIANCE**
Ideal for tired or stressed skin, this vitamin-rich facial gives skin a nutritional boost of superfoods and essential minerals. This facial increases hydration, elasticity and firmness, it effectively jump-starts exhausted skin with energising nutrients for a healthy glow.  
— 30 min R700 • 60 min R1100

**DYNAMIC RESURFACING PRECISION PEEL**
This highly effective resurfacing treatment targets the signs of ageing and uneven skin texture. Designed to work in conjunction with your skin’s natural renewal cycle, three layers of enzymes help to remove dead skin cells and reveal a radiant complexion.  
— 30 min R700 • 60 min R1100

**SENSITIVE SKIN SOOTHER**
For fragile skin which is naturally sensitive, a calming massage technique helps reduce the appearance of redness. The soothing properties of Moroccan Rose, Chamomile and Apricot gently cleanse and exfoliate, while a deeply nourishing Neroli mask leaves skin feeling comforted.  
— 30 min R700 • 60 min R1100

**PEPTIDE 24/7 SKIN SYNC**
Target tired skin with this radiance-restoring Peptide 24/7 facial. Powerful botanical formulations, exclusive to ELEMIS, are combined with specialist massage techniques to replenish skin with a well-rested glow.  
— 30 min R700 • 60 min R1100

**Biotec Facials**

**RADIANCE RENEW**
This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.  
— 60 min R1300 • 90 min R1600

**LINE ERASER**
Target wrinkles and energise the skin towards optimum performance with micro current pulses and red and blue light therapy. A powerfully rejuvenating facial treatment that effectively iron-out the wrinkles and fills out lines.  
— 60 min R1300 • 90 min R1600

**SKIN RESURFACER**
This revolutionary facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother.  
— 60 min R1300 • 90 min R1600

**SENSITIVE SKIN SMOOTHER**
This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin’s ability to repair itself. The result is calm and soothed skin.  
— 60 min R1300 • 90 min R1600

**PEPTIDE 24/7 SKIN SYNC**
Inspired by the body’s miraculous inner clock and formulated to support tired complexions, our skin renewing BIOTEC 24/7 Skin Sync facial has been designed to target the look of tired skin and help you achieve a well-rested glow, around the clock.  
— 60 min R1300 • 90 min R1600

**FIRM-A-LIFT**
Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.  
— 60 min R1300 • 90 min R1600
TREATMENT ENHANCEMENTS

HIGH FREQUENCY
Helps treat and prevent stubborn acne, shrink enlarged pores, reduce the appearance of fine lines and wrinkles, decongest puffy eyes and fade dark eye circles. This treatment cleanses, increases blood circulation, hydrates and tones and thus improves the skin’s overall appearance.
— 15 min R210

VACUUM SUCTION
Helps treat puffy, dull and lifeless skin by improving the skin’s texture and circulation. This treatment stimulates the lymphatic and micro circulatory systems, thus aiding the flow of waste products and tissue fluids from the area to the nearest lymph nodes.
— 15 min R210

GALVANIC TREATMENT
A low electrical current is used to penetrate products deeper into the skin causing an increase in blood and oxygen flow. This helps to improve skin dullness, promote hydration and produce firm/supple skin.
— 15 min R210

QMS-HAND RECOVERY
Hands will look younger and feel smoother with this intensive exfoliating and moisturising treatment. This treatment can be adapted to target excess pigmentation marks.
— 15 min R265

QMS EYE RECOVERY TREATMENT
To lift tired and puffy eyes and rejuvenate the delicate eye area with intense hydration to nourish, refresh and smooth.
— 15 min R315

QMS LIP ZONE REPAIR
Combining the revolutionary action of the Lip Line Corrector to treat the fine lines and wrinkles of the upper lip zone with Intensive hydration.
— 15 min R315

QMS OXYGEN MACHINE
This gentle and non-invasive treatment helps detox the skin from environmental pollutants which encourages collagen production, a decrease in acne scarring as well as reducing the appearance of pigmentation, fine lines and wrinkles.
— 15 min R315
CELEBRATE FINAL TOUCHES

Our range of treatments celebrate your hands, feet and the finishing touches, leaving you feeling confident and complete.

HANDS AND FEET

CLASSIC
For a beautiful breather from the high-energy nature of everyday life, join us for an experience with a difference. Your hands or feet will be massaged, your nails shaped and your skin richly hydrated with our all-natural products designed to undo environmental damage to your skin. Complete the experience with your choice of OPI polish or nail buffing for a high gloss shine.
— 60 min R470 per treatment

LUXURY
A deluxe spa pedicure at its finest. All options include your choice of OPI polish or nail buffing for a high gloss shine. Please bring open toe shoes to prevent your polish from smudging.
— 75 min R610 per treatment

- Copper and Hot Stone
  This luxurious African ritual begins by soaking the feet in an energy-balancing copper bath, followed by a warm copper and hot stone massage of the arms or legs, reducing water retention and improving circulation. The treatment includes a shoulder massage.

- Intonga
  In order to diminish toxicity on the immune system, we use detoxifying mud in our treatments. While the wrap sinks into the skin, the shoulders are massaged. The treatment includes a muscle-relaxing Intonga Stick massage. For our pregnant clients, we substitute the detoxifying mud with a suitable wrap to safely assist with water retention and swelling.

- MediHeel
  A unique way to treat dry and cracked heels with a revolutionary new process. With a single application the dead skin is removed with a chemical peel. This pedicure will boost circulation and brighten and soften feet.

HANDS AND FEET ENHANCEMENTS
- Nail Art (15 min R30)
- French Polish (15 min R70)
- Gel Soak Off (30 min R100)
- OPI Gel Polish (15 min R120)
- MediHeel Peel (15 min R150)

FINISHING TOUCHES

WAXING
Our Cirepil by Perron Rigot award-winning wax is gentle on your skin and highly effective.

<table>
<thead>
<tr>
<th>Service</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lip/Brow/Chin/Nose/Ear</td>
<td>10 min</td>
<td>R100</td>
</tr>
<tr>
<td>Underarms</td>
<td>15 min</td>
<td>R135</td>
</tr>
<tr>
<td>Half Arm</td>
<td>30 min</td>
<td>R190</td>
</tr>
<tr>
<td>Full Arm</td>
<td>45 min</td>
<td>R220</td>
</tr>
<tr>
<td>Half Leg</td>
<td>30 min</td>
<td>R260</td>
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<tr>
<td>¾ Leg</td>
<td>45 min</td>
<td>R260</td>
</tr>
<tr>
<td>Full Leg</td>
<td>45 min</td>
<td>R305</td>
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<tr>
<td>Bikini</td>
<td>15 min</td>
<td>R190</td>
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<tr>
<td>G-String</td>
<td>30 min</td>
<td>R220</td>
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<tr>
<td>Brazilian</td>
<td>45 min</td>
<td>R270</td>
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<tr>
<td>Hollywood</td>
<td>45 min</td>
<td>R305</td>
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<tr>
<td>Full Chest or Back</td>
<td>45 min</td>
<td>R365</td>
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TINTING
For added depth and colour to your eyes and definition to your face.

<table>
<thead>
<tr>
<th>Service</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lash or Brow</td>
<td>15 min</td>
<td>R85</td>
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<tr>
<td>Brow and Lash</td>
<td>20 min</td>
<td>R130</td>
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</table>

LASH LIFTING
Enhance your natural lashes with a lash lift which instantly gives the lashes lift, separation and definition.

<table>
<thead>
<tr>
<th>Service</th>
<th>Time</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Lash lift</td>
<td>30 min</td>
<td>R400</td>
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<tr>
<td>Lash lift with lash tint</td>
<td>30 min</td>
<td>R470</td>
</tr>
<tr>
<td>Lash lift with brow and lash tint</td>
<td>30 min</td>
<td>R520</td>
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</table>

VITA LIBERATA SPRAY TANS
Add some colour with this award-winning, organic and odourless spray tan.

<table>
<thead>
<tr>
<th>Service</th>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vita Liberata Spray Tan</td>
<td>30 min</td>
<td>R450</td>
</tr>
<tr>
<td>Vita Liberata Polish and Tan</td>
<td>60 min</td>
<td>R650</td>
</tr>
</tbody>
</table>
CELEBRATE YOUR BEING

A selection of Steenberg Spa’s offerings that reflect our holistic approach to your wellbeing.

These therapies restore harmony and an energised sense of being.

STEENBERG SIGNATURE TREATMENTS

DRIFT AWAY
Release your mind, body and soul with a full Body Polish of your choice followed by a balm infused full body Signature Massage to complete your journey.
— 90 min R1155

SOULFUL DECADENCE
A decadent combination of a bespoke 60 minute Facial and Herbal Oil Massage.
— 120 min R1600

BEING YOU: BEING ME - COUPLE’S EXPERIENCE
Made with pure essential oils, organic sustainable beeswax and soy flakes, this fragrant massage candle, once lit will serve as a warm and rich body balm for your bespoke side by side couples massage concluding with the Twilight tea ritual.
— 90 min R2200 • 120 min R2800

BEING IN BALANCE
When you need the best of both worlds. Begin with a full body polish and massage followed by your bespoke facial. Complete your experience with a healthy Steenberg Spa lunch in our tranquil garden.
— 240 min R2350

STEENBERG PACKAGES

CELEBRATIONS
Choose from selection below:

Any 3 of the following (30min)
- Back Neck and Shoulder Massage
- Scalp Massage
- Body Polish of your choice
- Express Manicure or Pedicure

Any 2 of the following (45min)
- Express Bespoke Facial
- Back Neck and Shoulder Massage
- Reflexology
- Indian Head Massage
(Minimum of 3 guests)
— 90 min R1050

MAJESTIC AWAKENING
Treat yourself to a half day spa package which includes a 60 minute Herbal Oil Massage, 60 minute classic bespoke facial and a luxury manicure or luxury pedicure. Included is a light snack and smoothie.
— 225 min R2300

MIND BODY AND SOUL
Pamper your entire body with a full day spa package which includes a body wrap and scrub, 60 minute Herbal Oil Massage, 60 minute classic bespoke facial and a luxury manicure and luxury pedicure. Included is a light snack, lunch and smoothie.
— 420 min R3350
08h00 to 18h00 Monday to Sunday
+27 21 712 7481 spa@steenberghotel.com
www.steenbergfarm.com
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