



Highgrove House

Country Lodge, Restaurant, Farm and Spa



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TREATMENT MENUS

Therapeutic Massages

A journey into the self, starts with the realisation and acknowledgement of the body's expression during moments of stress. Stress a sign from the higher mind to remind us to take time out, let go and regroup once again. It is in that space, of nothingness that we are able to hear the voices of our inner being. With this in mind, we have created a safe environment for you to let go. Your journey is bespoke, as your therapist will adapt her therapeutic approach accordingly.

AROMATHERAPY

The subtle aromas of essential oils fill the air around you during a light pressure massage. Aromatherapy massage works the entire body, focusing on treating nerve endings and relieving tension from top to toe! Aromatherapy treatments will balance to the mind, body and soul.

AFRICOLOGY ROSE full body massage	(60 min)	R455.00
AFRICOLOGY ROSE back, neck & shoulder massage	(30 min)	R300.00
AFRICOLOGY CONDITIONING full body massage	(60 min)	R455.00
AFRICOLOGY CONDITIONING back, neck & shoulder massage	(30 min)	R300.00
YLANG-YLANG full body massage	(60 min)	R455.00
YLANG-YLANG back, neck & shoulder massage	(30 min)	R300.00
YLANG-YLANG Back, neck & shoulder massage & Crystal back scrub	(45 min)	R350.00

SWEDISH MASSAGE

Swedish massage is a therapeutic massage that livens up the body's senses. It is a relaxing, calming massage whereby the therapist will make use of various massage strokes that warm up and work the muscles, thus relieving stress and tension in the body.

Swedish full body massage	(60 min)	R420.00
Swedish back, neck & shoulders massage	(30 min)	R280.00

HOT STONE MASSAGE

Hot Stone Therapy is a massage performed with treated volcanic rocks such as basalt and basinite that are believed to promote relaxation as well as eliminating negative energy within the body, mind and soul. These stones are carefully gathered and hand crafted for various sizes, shapes and weights according to what part of the body it will be used on.

Hot Stone full body massage	(60 min)	R485.00
Hot Stone back, neck & shoulder massage	(30 min)	R320.00

INDIAN HEAD MASSAGE

Indian head massage is aimed at releasing stress and tension accumulated in the tissues, muscles and joints of the head, neck and shoulders. Indian head massage is especially good for relieving stress, tension, fatigue, insomnia, headaches, migraines and sinusitis.

Indian head massage	(45 min)	R280.00
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COUPLES TREATMENTS

(PRICE PER COUPLE)

Aromatherapy full body massage	(60 min)	R850.00
Aromatherapy back, neck and shoulders massage	(30 min)	R500.00
Swedish full body massage	(60 min)	R800.00
Swedish back, neck & shoulders massage	(30 min)	R450.00
Ylang-Ylang Back, neck & shoulder massage & Crystal back scrub	(45 min)	R560.00
HIGHGROVE SPA foot ritual – a rejuvenating AFRICOLOGY foot & leg scrub followed by a foot & leg wrap and finished with a relaxing aromatherapy foot massage	(40 min)	R390.00

AFRICOLOGY FACIALS

AFRICOLOGY Bespoke Facial	(60 min)	R480.00
AFRICOLOGY Balancing Rose Facial	(75 min)	R580.00
AFRICOLOGY Vitamin Boosting Facial	(75 min)	R450.00
AFRICOLOGY African Goddess Anti-Ageing Facial	(75 min)	R680.00
AFRICOLOGY Balancing & Refining Facial	(75 min)	R450.00
AFRICOLOGY Aloe Ferox Firming Facial	(75 min)	R530.00
AFRICOLOGY Repair Facial	(75 min)	R420.00
AFRICOLOGY Anti-Oxidant Rejuvenating Facial	(75 min)	R460.00

HANDS AND FEET THERAPIES

AFRICAN GODDESS Manicure – This relaxing manicure is about treating the skin and nails naturally to keep them hydrated and therefore flexible and strong, The African Goddess Manicure will include a moisturising hand and arm wrap with a complimentary neck & shoulder massage. Time allocated differs by 30 minutes if you do not want nails painted. (70min) R350.00

HOT STONE & COPPER BOWL Pedicure – A luxurious African pedicure using Africology products to soak the feet in an energy-balancing copper bath followed by a warm massage of the legs, reducing water retention and improving circulation. Hot stones are used to massage the soles of the feet and calf muscles using heat to penetrate and relax. A moisturising wrap is applied to the feet to soften rough areas and lock moisture into the skin. Time allocated differs by 30 minutes if you do not want nails painted.

(70 min) R390.00

GROOMING

Essie Manicure	(60 min) R200.00	Essie Pedicure	(60 min)	R250.00
Essie French Manicure	(60 min) R220.00	Essie French Pedicure	(60 min)	R260.00
Essie Buff & Paint hands	(30 min) R 90.00	Essie Buff & Paint Feet	(30 min)	R110.00

WAXING

Brow wax	(15 min)	R 50.00
Lip wax	(15 min)	R 50.00
Chin wax	(15 min)	R 50.00
Full facial wax	(30 min)	R100.00
Underarm Wax	(30 min)	R 70.00

TINTING

Brow Tint	(15 min)	R 60.00
Lash Tint	(15 min)	R 60.00
Brow & Lash Tint	(20 min)	R100.00

MAKE-UP

Bridal Make-up *(On the day)	R280.00
Bridal Make-up *(Trial)	R300.00
Matric Make-up*(On the day)	R280.00
Matric Make-up *(Trial)	R300.00

SPA PAMPER PACKAGES

All day packages will include champagne and a light lunch

Pamper Package 1

Africology full body massage, a choice between an Essie manicure or pedicure and finished with an Indian head massage (3 ½ hours) R1 155.00

Pamper Package 2

Africology Bespoke facial including a brow and lash tint with a scalp massage and a rejuvenating/hydrating Africology back and neck massage with a crustal back scrub (3 ½ hours) R1460.00

Pamper Package 3

African Goddess manicure followed by our Highgrove spa foot ritual and a scalp therapy massage treatment (3 ½ hours) R1200.00

Pamper Package 4

Africology Rose or Ylang-ylang back, neck and shoulder massage including scalp massage and an Essie manicure and Essie pedicure (3 Hours) R970.00

SPA ETIQUETTE

We warmly welcome you to our spa, and we trust that you will enjoy your experience with us. Please take note of the following:

Prices

All our prices are subject to change without notice. Payments can be made in either cash or credit cards. No cheques will be accepted.

Children

Please do not bring children to appointments, as they cannot be left unattended.

Contra-indications

Please inform your therapist if any of the following conditions apply to you:

- High blood pressure or heart conditions
- Recent surgery
- Muscle or joint injuries
- Any product or nut allergies
- Pregnancy
- Epilepsy or diabetes

Mobile Phones

Please ensure mobile phones are switched off during treatments.

Punctuality

Please arrive at least fifteen minutes before an appointment. Should you arrive after your scheduled time, your treatment time will either be reduced or cancelled. The original price for the treatment will be charged regardless of duration.

Cancellation Policy

If you need to cancel an appointment, please provide us with at least six hours notice, or the full cost of the appointment will be charged.

Indemnity

Highgrove, the spa and its therapists cannot accept responsibility for injuries, adverse reactions or complications before, during or after treatments, or for theft, damage, loss or accident that occurs on the premises.



•••TO BOOK YOUR SPA TREATMENT PLEASE CONTACT RECEPTION OR OUR HEAD THERAPIST, •••