

SPIER

S P A

Our spa, nestled in the tranquil heart of the Cape Floral Kingdom, offers a uniquely personal wellness experience that embraces all the wonder and healing potential of this extraordinary setting. We believe in using the power of nature to help you to reconnect with yourself. Each of us has different needs, so we take a personalised approach, tailoring every treatment to your body's unique rhythm and state of wellbeing. It's about more than just feeling good in the moment — it's about restoring your body's natural ability to heal itself.



HEALING TOUCH

Organic Body Massage

60 min | 90 min

The ultimate stress relief massage uses our customised blend of aromatherapy and freshly-harvested herbs from our farm's garden. The targeted treatment focuses on problematic areas to alleviate muscle pain and tension. Benefits include relief from tired, stiff and aching muscles, increased flexibility, and a deep relaxation of body and mind.

Bespoke Massage

60 min | 90 min

Designed to address your specific areas of discomfort, the massage experience begins with a therapeutic focus on the feet to identify tension and imbalances. From there, the treatment flows intuitively from the feet to the rest of the body.

Swedish Massage

60 min | 90 min

Calm your mind, release tension and nourish your skin with a holistic, restorative experience. Tailored to meet your physical and emotional needs, our carefully selected aromatherapy blends promote healing, upliftment or sleep. Expert massage techniques ease muscle tension, soothe anxiety, and encourage deep relaxation of mind and body.

River Stone Massage

60 min | 90 min

Experience the calming embrace of warm river stones, sourced from our farm's flowing waters. This massage eases inflammation, enhances circulation, and melts away stress and anxiety. The stones from the earth provide a connection with nature and grounding energy, fostering mindfulness, balance, and a profound sense of relaxation.

Deep Tissue Massage

60 min | 90 min

Regain suppleness and movement with a specialised massage using expertly blended aromatherapy oils. Alleviate tension that causes discomfort, rid yourself of muscular pain and leave feeling stronger and more energised.

Infrared Sauna

Add 20 min

Steam Session

Add 20 min

BODY BOTANY

Foot Relief Therapy

45 min

Enhance your wellness through targeted massage of key pressure points in the feet that correspond to organs and systems in the body. This therapeutic approach promotes circulation, reduces stress and balances energy flow, leading to improved physical and mental wellbeing.

Cape Earth Full-Body Exfoliation And Steam

75 min

This revitalising treatment begins with gentle exfoliation of the skin using our grapeseed body scrub, followed by a steam session to open pores and facilitate the elimination of toxins. Your skin is then balanced with our hydrosol body mist and nourished with shea butter, which is massaged into the skin for lasting hydration. The grounding fynbos experience promotes anti-ageing, skin repair and overall healing.

Fynbos Rejuvenation Wrap

90 min

Our fynbos-infused treatment begins with a gentle, full-body exfoliation to prepare the skin for enhanced nutrient absorption. A body wrap is then applied, drawing out toxins to promote mental clarity and replenish the body with essential minerals and herbs. Finish the experience with our Vine Therapy Age-Defying Body Balm massaged into your skin.

Muscle Release Scalp And Foot Ritual

45 min

Inspired by the natural rhythms of the farm, this treatment blends the healing warmth and sensory restoration of steamed herbal poultices with a deep, slow massage. Made by our resident phytotherapy practitioner, the herbal poultices relieve tension in the neck, shoulders, feet and lower legs.

SKIN HEALTH

Recovery Remedy Facial

60 min

Our naturally gentle facial treatment soothes and calms sensitive skin. Designed to heal and rejuvenate, this restorative experience harnesses the power of prebiotics and fynbos to repair and fortify the skin's natural barrier. The result is a balanced, resilient, and healthily glowing complexion.

Luminous Flora Facial

75 min

This luxurious facial is expertly designed to detoxify your skin and draw out impurities while replenishing it with vital nutrients. Our specialised facial technique promotes oxygen flow, increases blood circulation, and removes trapped lymphatic fluids causing puffiness.

Wildcrafted Signature Facial

90 min

Harnessing the healing power of red grapes and hand-picked fynbos from our very own herb garden, this 100% natural facial treatment boosts 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

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.

Targeted Back Neck and Shoulder Massage

Add on

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

CAPE HERBAL BATH HOUSE

Signature Experience

180 *min*

Experience the perfect harmony of nature and healing in our exclusive bath house with this one-of-a-kind rejuvenating journey. Using botanically-sourced herbal formulas, this treatment incorporates the restorative properties of Cape herbal medicine plants, red grapes, and vine leaves – renowned for anti-inflammatory and skin-revitalising benefits.

Designed to restore and enhance skin tone, this treatment stimulates collagen and elastin production, leaving your skin refreshed and firm, while soothing tense, painful muscles, providing relief and relaxation throughout your body. Inspired by the tranquillity of an outdoor fynbos mountain pool, this immersive experience offers serene, therapeutic moments to reconnect with nature and yourself.

Warm slab herbal exfoliation

Shea butter full-body massage

Cape herbal bath immersion

Wholesome lunch and organic wine

Scalp and facial compress massage

CONNECT TOGETHER

Couples' Healing Touch

90 *min*

Leave the world behind as you reconnect with yourselves and each other. The experience begins with a revitalising sauna session, followed by a soothing organic body massage. Unwind even further with a glass of wine at the swimming pool (non-alcoholic options are available).

Infrared sauna

Organic body massage

Ancient Escape

180 *min*

Let the healing vibrations from our hand-crafted singing bowl resonate through your body, calming your mind and restoring balance.

Full-body exfoliation

River stone massage

Aromatherapy steam session

Foot relief therapy

SPIER SPA JOURNEY

Half-day retreat

4 hours

By integrating the powerful properties of Cape botanicals, hand-harvested herbs, and our signature Vine Therapy Range, the carefully curated sequence of treatments synergistically detoxifies the body, reduces inflammation and supports skin regeneration. Your welcome tea, along with a personalised selection of aromatherapy oils and herbs, will be tailored to your emotional and physical needs, ensuring each experience is unique.

Farm tea and cold-press juice

Foot relief therapy

Recovery facial

Organic body massage

Infrared sauna experience

Wholesome spa lunch and organic wine

Full-day retreat

6-7 hours

Every vital function – from blood circulation and hormonal activity to skin regeneration – follows the body's natural circadian rhythm. Aligning our treatments with your biorhythm enhances their impact, promoting deeper relaxation, cellular renewal, and overall wellbeing.

Using hand-harvested herbs, Cape botanicals, and our signature Vine Therapy Range, each experience is thoughtfully tailored to work in harmony with nature and the body's innate capacity for healing and restoration.

Farm tea and cold-press juice

Wholesome spa lunch and organic wine

Mindful movement – gentle movement session incorporating breathwork

River stone massage

Cape earth full-body exfoliation and steam

Luminous flora facial

Choice of manicure or pedicure

Foot relief therapy

WELLNESS

Mindful Movement Studio

Our movement studio offers a selection of classes that are designed to help you unwind and find balance. Whether you're into yoga, Pilates, or guided meditation, you'll leave feeling calmer and more connected.

Each practice combines a grounding blend of mindful movement, meditation, breathwork, and self-reflection to restore body and mind.

Private mindful movement session	45 <i>min</i>
Group classes (Please enquire at the spa reception for days and times)	45 <i>min</i>
Private Pilates session	45 <i>min</i>
Infrared sauna	30 <i>min</i>
Steam session	30 <i>min</i>
Lymphatic drainage	40 <i>min</i>

SPA FACILITIES, SERVICES & ETIQUETTE

Facilities and Services

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: 09h00 to 19h00

