



Palm House

BOUTIQUE HOTEL AND SPA



SPA MENU



Journey Through The Palm

Half Day Spa Journey

120 MINUTE SPA TREATMENT

of choice

Curate your bespoke journey by choosing any of our beautiful spa treatment options.

La Carte LUNCH EXPERIENCE | THREE-COURSE MENU

Experience global fusion prepared by world renowned Executive Chef Gerard van Staden.

Journey through the Palm's lush gardens and complete your day of tranquillity while lounging at the pool terrace.



ROSE GERANIUM HEATED POULTICE CEREMONY

120 minutes

Ease into a therapeutic and complete relaxation journey with the soothing aroma of Rose Geranium infused heated poultices to relieve stress, fatigue and anxiety. Start with an invigorating dry body brush to boost and improve blood and lymphatic flow through the body followed with a relaxing full body massage. This treatment brings fantastic therapeutic benefits with the heated poultice aiding in complete relaxation while improving muscle tone and tension. Complete this therapeutic experience with a facial cleanse and massage using rose quartz crystals and a specialised face oil for pure radiance and glow.

Culminate your experience with a sparkling wine and macaroon pairing, on the Palm House pool terrace.



BESPOKE MUSCLE EASE CEREMONY

120 minutes

This ceremony starts with a refreshing peppermint infused herbal tea to be enjoyed on the Palm House pool terrace, while creating your bespoke scrub from locally sourced ingredients.

The ultimate treatment to target muscle aches, pains, and fatigue. Perfectly selected ingredients of Peppermint, Eucalyptus and Rosemary work in synergy to stimulate blood flow, relieve tension while it cools and restores body balance. This deep revitalizing full body salt scrub softens skin, boost circulation and mental focus. Follow with a tension relieving, deep tissue massage using a combination of specialized massage and cupping techniques for a targeted effect. Complete this ritual with a facial cleanse and face massage using cool Jade to revive and revitalize the skin.

AFRICAN EARTH GODDESS CEREMONY

120 minutes

Take a journey across the plains of Africa with this targeted back of body massage, incorporating heated Rose quartz and using a selection of specially blended and nourishing body butters, created from ancient healing ingredients. While cocooned in the rich aromas, harness the power of an antioxidant-rich facial that will recharge your skin with a boost of powerful nutrients, hyaluronic acid, vitamins and probiotics.

Enjoy the benefits of an antioxidant rich Pinotage Wine, on the Palm House pool terrace, overlooking lush gardens that the African content is so well-known for.



WELLNESS CEREMONY

120 minutes

This powerful detoxifying ritual starts with an invigorating full body brushing to boost lymphatic flow and blood circulation. Continue with a body scrub infused with powerful Mongongo Nut oil to cleanse and remove unwanted toxins from the body while it softens skin textures. A mineral rich wrap application aids in enhancing this powerful detoxifying properties. Cocooned in a rich Mongongo Nut wrap, enjoy a nourishing scalp massage. After a warm shower, complete this experience with an invigorating full body massage.

Enhance the benefits of this wellness experience with a botanical infused herbal tea served on the Palm House pool terrace.



Facials Therapies

*All facials include a brow tint and shape

SPECIALIZED TRI ENZYME FACIAL

90 minutes

This age-defying, high-performance treatment is specially formulated for cellular rejuvenation. It includes the application of two therapeutic masks, as well as a specialised facial massage that delivers potent nutrients to support cellular rejuvenation. The signature facial massage begins with Healing Earth's unique lymph drainage protocol to bring the skin into balance while eliminating toxins for immediately visible results. The unique delivery of active ingredients offers highly nourishing results from the cocktail of peptides, hyaluronic acid, enzymes and probiotics.



BRIGHETNING VIT C BOOST FACIAL

75 minutes

This brightening and radiance boosting facial, harnesses the powerful functions of powerful Rosehip and Vitamin C. An active facial starting with a cleanse to remove impurities, followed with our microfoliant enzyme clay to exfoliate and soften the skin. A lifting facial massage helps to relax muscles while the Radiance Rosehip serum regenerating and renews skin cells. This is followed by a therapeutically enriched mask that lathers the skin with the best nature has to offer, enriched with Cranberry leaving it brightened, refreshed and radiant. Complete with hydration boosting serum, our active brightening Vitamin C treatment cream and moisturizer to leave the skin nourished and youthful. Ideal for stressed, dull skin with pigmentation concerns.

RESTORATIVE HYDRATION FACIAL

75 minutes

An intensive hydration infused facial specially targeting dehydrated, and water lacking skins. Start with a nourishing cleanse best suited to your individual skin to begin the ultimate hydrating experience. Active ingredient Hyaluronic acid is lavishly used to feed the skin with nutrients, moisture and assist with the skins natural hyaluronic production, leaving it plump and moisture rich. Incorporating Rose Quartz crystal with Healing Earth Hydrating serum or Radiance Rosehip to aid in boosting circulation, resulting in optimum skin glow. Suitable for all skin types, ideal for dehydrated and sun exposed skin.



DEEP CLEANSING FACIAL

75 minutes

A deep cleansing, exfoliating facial treatment harnessing the antioxidant powers of Pinotage vinotherapy with the healing and restoring properties of African Potato Balm. A specialised facial massage provides a deeply hydrating experience that refreshes, nourishes, and soothes the skin for visible results. Harness the cleansing benefits of Jade to deeply cleanse and restore skin to the optimum state of clarity.



Massage therapies

60 | 90 Minutes

AROMATHERAPY MASSAGE

This holistic treatment combines gentle to medium pressure with heated rose quartz and Aromatherapeutic oils. Your specialised therapist will present a smell test to ensure the correct blends are chosen for the optimal therapeutic results.



DEEP TISSUE MASSAGE

A deep pressured massage designed to treat stiff muscles by concentrating on areas of lactic acid built-up. Heat is applied to areas of tension and a cooling gel aids in reducing inflammation and pain.

*Optional – Bellabaci cupping

CBD INFUSED MASSAGE

Experience the therapeutic benefits of a CBD infused full body massage without any traces of THC. A powerful blend of healing herbs is used to reduce inflammation and stress. The perfect treatment to support and relieve tension, anxiety and insomnia.

*Optional – Bellabaci cupping



NURTURING PREGNANCY MASSAGE

A relaxing, light pressured massage experience. Designed to alleviate discomforts, such as lower back ache and poor circulation.

*Not suited for mothers in their first trimester.



ADD ON TREATMENTS AND UPGRADES

Should you wish to extend your spa experience, you may select any of the below Add On menu items. These treatments cannot be booked as a single treatment or combined.

- 30 mins Healing Earth Hydrating Facial
- 30 mins Full body Polish
- 30 mins Back, Neck & Shoulder Massage
- 30 mins Revitalising Foot & Ankle Massage
- 30 mins Relaxing Head Massage



WAXING SERVICES

- Eyebrow / Lip
- Underarm
- Bikini
- Brazilian
- Half Leg
- Full Leg

ULTIMATE HAND & FOOT CELEBRATION

120 minutes

The treatment begins with a luxurious hand and foot Himalayan salt bath complete with nourishing aromatherapy oils. You will then be treated to a remineralising foot scrub and hand polish, followed by a nourishing mask for hands and feet. The experience ends with an invigorating massage, cuticle treatment, nail shaping and varnishing to perfection. The ultimate luxury for your hands and feet! Includes a full Spa Deluxe Manicure and Pedicure.

Add gel application (30 min).

Please book a soak-off additionally, should you already have gel on.



CLASSIC SPA MANICURE

60 minutes

A relaxing manicure including a hand soak, gentle exfoliation, nail and cuticle work. Complete the treatment with a varnish of your choice for the perfect finish. Please advise upon reservation should you have gel polish that needs to be removed.

*Add gel application (30 min)

*Add soak-off (30min)

CLASSIC SPA PEDICURE

60 minutes

A relaxing pedicure including a foot soak, gentle exfoliation, nail and cuticle work. Complete the treatment with a varnish of your choice for the perfect finish. Please advise upon reservation should you have gel polish that needs to be removed.

*Add gel application (30 min)

*Add soak-off (30min)



ADD ON TREATMENTS TO PEDICURE

30 minutes

Elim MediHeel foot treatment

This Callus Softening foot treatment aids in removing hard skin effortlessly, resulting in soft, smooth and hydrated skin.



SPA ARRIVAL & ETIQUETTE

We kindly request that you arrive 15 - 30 minutes prior to your spa reservation in order to fill in our guest consultation form, stating any medical conditions you may have. Please be aware that late arrivals may result in a reduction of your treatment time.

RESERVATIONS & CANCELLATION POLICY

We recommend scheduling treatments one week prior to your requested date. Should you wish to reschedule or cancel any appointments or packages, please inform the spa 24 hours in advance for a full refund.

Missed appointments or no shows will be charged 100% for reserved services.



GUEST FEEDBACK

In order to ensure ultimate guest experience, we greatly appreciate your feedback. Please feel free to contact the spa manager to share your experience – spa.manager@palmhouse.co.za.