



**LIBRISA SPA**

## **RELAX AND REVIVE**

A healing sanctuary, housed in three stylishly restored Victorian heritage homes situated near the hotel's main pool. Dedicated to the harmony and well-being of our guests, the earth and our environment, this is the place to indulge your senses and rejuvenate your body.

Restorative rituals featuring nourishing local botanicals. Choose from a blissful range of massages, body wraps and facials. We offer eight treatment rooms, including two couple's rooms, and a tranquil conservatory where you can enjoy a selection of herbal teas and healthy snacks. There is also a plunge pool, steam bath and a Finnish sauna.

Please enjoy the complimentary use of the Spa facilities during your visit.  
All treatments are suitable for both men and women, unless otherwise stated.  
The spa can be found next to the main swimming pool.

Opening times  
Monday to Sunday  
09h00 - 19h00

Reservations  
Extension 1554  
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## 01 **SIGNATURE INDULGENCES**

THE MOUNT NELSON ROSE

90 MINUTES

Indulge in this centuries-old massage with a local twist. A tranquil experience, it's designed to enhance deep relaxation, muscle recovery and increased lymphatic flow from the tips of your toes to the intricate muscles of your face. Herbal poultices are hand-crafted using our own local blend of herbs coupled with our signature Rose Petal and Geranium massage oil to restore harmonious flow. It leaves your skin nourished and your soul soothed.

## 02 CLASSIC MASSAGES

### AROMATHERAPY MASSAGE

60 / 90 MINUTES

Breathe deeply as, in combination with gentle strokes, we use a blend of essential oils to rebalance, revitalize or purify the body.

### HOT STONE MASSAGE

60 / 90 MINUTES

Prepare to loosen up as heated stones are placed on your body and used in combination with the therapist's healing hands to release tension, soothe aching muscles and leave you feeling wonderfully relaxed.

### DEEP TISSUE MASSAGE

60 / 90 MINUTES

Target specific areas of tension with this firm massage that focuses on the deep layers of muscle and tissue. Your body will feel more flexible, supple and stress-free.

### FOOT REFLEXOLOGY

40 / 90 MINUTES

By placing pressure on different areas of the feet, we can restore the flow of energy throughout the entire body and restore a sense of balance.

### NURTURING MOTHER-TO-BE MASSAGE

60 MINUTES

Perfect for pregnant mothers, the massage promises to improve the balance between the body and mind for the developing baby to feel protected and content.

### CBD-INFUSED MASSAGE

90 MINUTES

Melt away the troubles of life as gentle stroking movements using a heated pure CBD infused balm helps to relax the body. Indulge in the synergistic calming effect of CBD, Ylang-Ylang, Geranium and Lavender as the warmth of the balm caresses your body and your senses naturally relaxed. Contains the legal limit dose of 20mg CBD.

### AFRICAN WOOD MASSAGE (FACE & BODY)

90 MINUTES

Mimicking the rhythmical patterns of an African dance, the TheraNaka™ signature massage blends light stretching techniques and specially designed body and facial wooden implements to relax and restore your weary body.

## 03 **BODY TREATMENTS**

### RENEWAL BODY POLISH

40 MINUTES

A cleansing ritual that symbolizes the renewal of the body. 100% natural blend of plant botanicals are used to gently and effectively eliminate dead skin cells, moisturise and leave the skin soft to the touch. Feel invigorated and revitalized as a message of new life and renewal will be weaved.

### RELAXING BODY WRAP

60 MINUTES

Indulge in this sensory journey. Starting with a full body exfoliation and followed by a full body wrap. Let your mind drift off whilst you are cocooned in a comforting envelopment. This ritual ends with the application of a relaxing body oil to soothe sore muscles, aches and pains.

### BOUTIQUE SPA

90 MINUTES

Tailor your bespoke spa experience by selecting three 30-minute treatments from the following: Back, neck and shoulder massage with Bellabaci cupping OR Customised facial OR Therapeutic pressure point foot massage OR Full body scrub

### ESSENTIAL ELEMENTS

120 MINUTES

A truly indulgent experience starting with a full body exfoliation and hydrating body wrap followed by a Milk and Honey bath. Your journey is completed with a relaxing Aromatherapy Full Body Massage.

## 04 FACIAL TREATMENTS

### ESSE

Every skin is an ecosystem of unique microbes and beneficial bacteria. A healthy microbiome is essential to keep skin looking younger for longer. Rewilding is the science of returning skin to its balanced and “wild” state through biotechnology. Esse helps create the environment for your skin’s natural microbes to flourish, restoring its ecology.

ESSE means ‘to be’ in Latin. Launched in 2002, Esse established itself in the nascent organic skincare market in South Africa. The move into probiotic skincare started in 2009, and since then Esse continues to be at the forefront of microbiome skincare.

ESSE is Certified Organic, Plastic neutral, Carbon neutral, Cruelty free, Vegan, Fair trade

ESSE EXPRESS FACIAL	30 MINUTES
ESSE EXPERIENCE	60 MINUTES
ESSE LIVE PROBIOTIC EXPERIENCE	90 MINUTES



## 05 MEN'S SPECIFIC TREATMENTS

THE GENTLEMEN'S TONIC BOOSTER FACIAL 45 MINUTES

THE GENTLEMEN'S TONIC FACIAL (DETOX / HYDRATE) 60 MINUTES

THE GENTLEMEN'S TONIC ANTI-AGING FACIAL 90 MINUTES

THE GENTLEMEN'S TONIC BESPOKE HAND TREATMENT 60 MINUTES

The hands are gently exfoliated helping to remove rough and dry skin, cleaned, shaped and then given a thorough hand massage with essential oils. Following that, they're enveloped in a therapeutic mask which soothes, softens and ultimately hydrates the skin, making your hands feel like new!

THE GENTLEMEN'S TONIC BESPOKE FOOT TREATMENT 75 MINUTES

Ideal for those suffering from dry and tired feet, the toes and feet are gently exfoliated helping to remove rough and dry skin, cleaned, shaped and then given a thorough and relaxing foot massage with essential oils. Following that, they're enveloped in a therapeutic mask which soothes, softens and ultimately hydrates the skin, instantly making your feet feel lighter and more comfortable!

GENTLEMEN'S TONIC OLD WORLD BODY SCRUB 60 MINUTES

A sea salt base is blended with the finest moisturising and rich essential oils and is applied to your skin. Further exfoliation and a full body wrap follows using Gentlemen's Tonic advanced product range and then different moisturisers are layered on the skin, leaving it clean, smooth and soft.

GENTLEMEN'S GRAND ESCAPE 150 MINUTES

Everyone needs a little 'You Time!' and the Grand Escape is the ideal package to give that to you! Starting with Gentlemen's Tonic advanced Facial Detox, this is gently followed by the Back Tone and Tonic and a gentle and relaxing Express Hand Treatment. The Grand Escape will leave you feeling rejuvenated, refreshed and ready to face the outside world again.

## 06 SPA JOURNEYS (PACKAGES)

### GARDEN OF HOPE EXPERIENCE

90 MINUTES

As beautiful and relaxing as “The Nellie’s” gardens, the perfect combination of Esse Express Facial and Aromatherapy Massage.

### OPULENT JOURNEY

120 MINUTES

A sensory full body experience. With the combination of Biologique Recherche Customized Facial (60 Minutes) and an African Wood Massage (60 Minutes) combining rhythmic movements and gentle massage manipulation with the art of the senses.

### JOURNEY OF DISCOVERY

180 / 350 MINUTES

Discover pure relaxation and bliss! Treat yourself to a full or half day of spa bliss. The full day includes four treatments of your choice while the half day includes two.

Manicure or Pedicure  
ESSE Experience Facial  
Aromatherapy Massage  
Renewal Body Polish

## 07 **BIOLOGIQUE RECHERCHE**

### BIOLOGIQUE RECHERCHE INITIALIZING BOOSTERS

SOIN RESTRUCTURANT ET LISSANT 60 MINUTES  
Rehydrating, lifting, tightening and toning

MC 110 TREATMENT 60 MINUTES  
Anti-wrinkle, balancing and decongesting

LIFT C.V.S. TREATMENT 60 MINUTES  
Dynamic lifting, firming

CRYO 3R TREATMENT 60 MINUTES  
Regenerating, Reconditioning Booster

### BIOLOGIQUE RECHERCHE INITIALIZING BOOSTERS

SECONDE PEAU TREATMENT 90 MINUTES  
Revitalizing, Rejuvenating and Renewing

### BIOLOGIQUE CUSTOMIZED TREATMENTS

HYDRÉCLAT TREATMENT 60 MINUTES  
Hydrating, soothing calming

BIOSENSIBLE TREATMENT 60 MINUTES  
Desensitizing, anti-inflammatory, comforting

SEBUM REGULATING TREATMENT 60 MINUTES  
Detoxifying, purifying, and rebalancing

## 08 FINISHING TOUCHES

CLASSIC MANICURE 60 MINUTES

Treat your hands and fingernails to a massage and manicure, choosing between French, varnish or a men's manicure.

CLASSIC PEDICURE 75 MINUTES

Enhance the appearance of your feet and toenails with a massage and pedicure. Choose between French, varnish or a men's pedicure.

TINTS

Lash tint 30 MINUTES

Brow tint 20 MINUTES

Lash and Brow Tint 45 MINUTES

WAXING

Hollywood 60 MINUTES

Brazilian 60 MINUTES

Standard Bikini 45 MINUTES

Full Leg 60 MINUTES

Half Leg 45 MINUTES

Back Wax 60 MINUTES

## 09 SPA STYLE

### CONSIDERATION

We're delighted you will be joining us. Librisa spa is an oasis of calm, and we therefore ask that you help us maintain a peaceful ambience by speaking in a soft voice and turning off your cell phone.

### CANCELLATIONS

We ask that you make any cancellation or changes to treatments at least 24 hours before your appointment to avoid a 50% cancellation charge. A no-show will result in a full charge.

### ARRIVAL

We invite you to arrive at least 15 minutes before your appointment to allow adequate time to change. For your comfort, we provide a bathrobe, slippers and disposable undergarments, as well as complimentary shampoo and spa body products. Do bring your own bathing costume to enjoy the plunge pool. As a courtesy to other guests, should you arrive late, we regret that we will only be able to offer you the remainder of your appointment time. The full cost of the treatment or service will still be charged.

### WELLBEING

Librisa spa is a non-smoking facility and consumption of alcohol is prohibited. It's advisable to avoid consuming alcohol or heavy foods prior to or directly after a spa treatment. For your safety and comfort, we ask you to complete a pre-treatment survey. Please notify us of any specific requirements for your visit which may include injuries, illnesses or allergies.

### COMMUNICATION

Prior to the start of your treatment, kindly advise your therapist of the areas you would like special attention, and of any areas to be avoided. During your treatment, please let the therapist know if you might feel any discomfort. Communication is key to obtaining the full benefit of your spa experience.

### JEWELLERY AND VALUABLES

Most therapies flow more easily without the interference of jewellery. We recommend removing neck and wrist ornaments. Please leave all valuables in your room safe.

### GRATUITIES

Prices do not include gratuities. If you have enjoyed your treatment, please feel free to leave a gratuity at your discretion.

### GIFT CARDS

Gift certificates make perfect presents for spa lovers and fitness fans. Choose an individual treatment, a special package or a voucher for a specific denomination.

## 10 PRICE LIST

All prices are quoted in local currency (ZAR)

### **SIGNATURE INDULGENCES**

THE MOUNT NELSON ROSE	(90 MIN)	1900
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### **CLASSIC MESSAGES**

AROMATHERAPY MASSAGE	(60 MIN)	1200
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AROMATHERAPY MASSAGE	(90 MIN)	1600
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HOT STONE MASSAGE	(60 MIN)	1300
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HOT STONE MASSAGE	(90 MIN)	1700
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DEEP TISSUE MASSAGE	(60 MIN)	1300
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DEEP TISSUE MASSAGE	(90 MIN)	1600
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FOOT REFLEXOLOGY	(40 MIN)	870
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FOOT REFLEXOLOGY	(60 MIN)	1200
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NURTURING MOTHER-TO-BE MASSAGE	(60 MIN)	1200
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CBD-INFUSED MASSAGE	(60 MIN)	1400
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AFRICAN WOOD MASSAGE (FACE & BODY)	(90 MIN)	1800
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### **BODY TREATMENTS**

RENEWAL BODY POLISH	(40 MIN)	700
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RELAXING BODY WRAP	(60 MIN)	1200
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BOUTIQUE SPA	(90 MIN)	2000
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ESSENTIAL ELEMENTS	(120 MIN)	2200
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### **FACIALS - ESSE**

ESSE EXPRESS FACIAL	(30 MIN)	450
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ESSE EXPERIENCE	(60 MIN)	850
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ESSE LIVE PROBIOTIC EXPERIENCE	(75 MIN)	1100
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## 10 PRICE LIST

### MEN'S SPECIFIC TREATMENTS

THE GENTLEMEN'S TONIC BOOSTER FACIAL	(45 MIN)	800
THE GENTLEMEN'S TONIC FACIAL	(60 MIN)	1100
THE GENTLEMEN'S TONIC ANTI-AGING FACIAL	(90 MIN)	1400
THE GENTLEMEN'S TONIC HAND TREATMENT	(60 MIN)	550
THE GENTLEMEN'S TONIC FOOT TREATMENT	(75 MIN)	650
GENTLEMEN'S TONIC OLD WORLD BODY SCRUB	(60 MIN)	600
GENTLEMEN'S GRAND ESCAPE	(120 MIN)	2200

### SPA JOURNEYS

GARDEN OF HOPE	(90 MIN)	1500
OPULENT JOURNEY	(120 MIN)	3100
JOURNEY OF DISCOVERY	(180 MIN)	3000
JOURNEY OF DISCOVERY	(360 MIN)	6000

### FINISHING TOUCHES

SOIN RESTRUCTURANT ET LISSANT	(60 MIN)	2600
MC 110 TREATMENT	(60 MIN)	2000
LIFT C.V.S. TREATMENT	(60 MIN)	2800
CRYO 3R TREATMENT	(60 MIN)	2000
SECONDE PEAU TREATMENT	(90 MIN)	6500
HYDRÉCLAT TREATMENT	(60 MIN)	1800
BIOSENSIBLE TREATMENT	(60 MIN)	1800
SEBUM REGULATING TREATMENT	(60 MIN)	1800

## 10 PRICE LIST

All prices are quoted in local currency (ZAR)

### FINISHING TOUCHES

CLASSIC MANICURE	(60 MIN)	550
CLASSIC PEDICURE	(75 MIN)	650
LASH TINT	(30 MIN)	200
BROW TINT	(20 MIN)	150
LASH AND BROW TINT	(45 MIN)	250
HOLLYWOOD WAX	(60 MIN)	390
BRAZILIAN WAX	(60 MIN)	370
STANDARD BIKINI WAX	(45 MIN)	250
FULL LEG WAX	(60 MIN)	410
HALF LEG WAX	(45 MIN)	250
BACK WAX	(60 MIN)	450

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