

WELLNESS BROCHURE



MOUNT NELSON

**LIBRISA SPA
WELLNESS BROCHURE**

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WELCOME

STEP INTO A TRANQUIL OASIS

DISCOVER a healing sanctuary, housed in three stylishly 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, Librisa Spa is an oasis 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 Librisa Spa can be found next to the main swimming pool.

Opening times
Monday to Sunday
09h00 - 19h00

Reservations
Extension 1554
+27 (0) 21 483 1550

SIGNATURE INDULGENCES

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THE MOUNT NELSON ROSE 90 MINUTES

Immerse yourself in this time-honoured ritual, reimagined with a distinctly local touch. From the soles of your feet to the delicate muscles of your face, every inch of your body is gently coaxed into deep relaxation. Hand-blended herbal poultices, infused with native botanicals, are paired with our signature Rose Petal and Geranium oil to stimulate circulation, ease muscle tension, and restore energetic balance.

Skin is left silken and luminous; the spirit, renewed with grace.

CLASSIC MESSAGES

CLASSIC MESSAGES

AROMATHERAPY

60 / 90 MINUTES

Breathe in and drift into stillness with our custom blend of essential oils to rebalance, revitalize, and purify the body. Combined with gentle, flowing strokes, this aromatherapy massage creates a harmonious release, for both body and mind.

HOT STONE

60 / 90 MINUTES

Let tension melt away with the grounding embrace of our heated stone massage. Experience warm, smooth stones, expertly placed by our therapists, combined with intuitive touch to release deep-seated tension, ease muscle fatigue, and leave you feeling rejuvenated.

DEEP TISSUE

60 / 90 MINUTES

Target areas of deep-seated tension with this firm yet soothing massage - focused on the body's deeper layers of muscle and tissue. Your body will feel more flexible, supple and stress-free.

FOOT REFLEXOLOGY

40 / 60 MINUTES

Rebalance your energy and promote overall well-being with reflexology. Targeted pressure on the feet stimulates energy flow, restoring harmony throughout your body and leaving you energised.

CLASSIC MESSAGES

NURTURING MOTHER-TO-BE

60 MINUTES

Lovingly crafted for expectant mothers, this nurturing massage promotes harmony between body and mind, creating a sense of well-being and security for both mother and developing baby.

CBD-INFUSED

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

90 MINUTES

Inspired by the rhythmic movements of traditional African dance, this signature experience blends gentle stretching with the skillful use of specially designed wooden implements for the body and face, leaving you deeply relaxed and revitalised.

BODY TREATMENTS

BODY TREATMENTS

RENEWAL BODY POLISH

40 MINUTES

Restore your natural glow with this gentle cleansing ritual. Our careful blend of natural plant botanicals are used to delicately exfoliate and eliminate dead skin cells, revealing a smoother, more radiant complexion - leaving your skin soft and supple.

RELAXING BODY WRAP

60 MINUTES

Indulge your senses with this transformative body treatment. Begin with a full body exfoliation, followed by a comforting body wrap. Let your mind drift off whilst you are cocooned in a comforting embrace. 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.

BODY TREATMENTS

ESSENTIAL ELEMENTS

120 MINUTES

Embark on a transformative journey to radiant well-being. Begin with a full body exfoliation and hydrating body wrap, followed by a Milk and Honey bath - leaving your skin exquisitely soft and supple. Complete your journey with a bespoke Aromatherapy Full Body Massage, melting away tension and restoring complete serenity.

FACIAL TREATMENTS

ESSE

Guided by the 'Rewilding' philosophy - the science of restoring skin to its natural, balanced state through biotechnology - Esse creates products that nurture your skin's natural microbiome and restores its ecological harmony for a youthful glowing appearance.

Meaning 'to be' in Latin, Esse was founded in South Africa in 2002, establishing itself as a leader in organic skincare. In 2009, Esse revolutionized the industry by transitioning to probiotic skincare, and has remained at the forefront of microbiome skincare ever since

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

SPA JOURNEYS (PACKAGES)

SPA JOURNEYS (PACKAGES)

GARDEN OF HOPE EXPERIENCE

90 MINUTES

Find tranquillity with an Esse Express Facial and Aromatherapy Massage designed to restore balance to your skin and spirit. Breathe deeply as our custom-blended essential oils work in harmony with gentle massage techniques to rebalance and revitalise your body. The Esse Express Facial embraces the 'Rewilding' philosophy to nurture your skin's natural microbiome and restore its youthful radiance.

OPULENT JOURNEY

120 MINUTES

Awaken your senses with a sensory full body experience: Indulge in a Biologique Recherche Facial (60 minutes) paired with the artful rhythms of the African Wood Massage (60 minutes). Inspired by African dance, this unique massage blends light stretching and wooden implements to relax, restore, and rejuvenate. Your journey begins with a gentle chime.

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

BIOLOGIQUE RECHERCHE

BIOLOGIQUE RECHERCHE

*Facial to be determined by specialist
according to analysis*

ANTI JET-LAG

60 MINUTES

Back, neck and shoulder opening massage with a leg therapy treatment to increase bloodflow and drain the system.

BIOLOGIQUE RECHERCHE INITIALIZING BOOSTERS

60 MINUTES

SOIN RESTRUCTURANT ET LISSANT

Rehydrating, lifting, tightening and toning

MC 110 TREATMENT

Anti-wrinkle, balancing and decongesting

LIFT C.V.S. TREATMENT

Dynamic lifting, firming

CRYO 3R TREATMENT

Regenerating, Reconditioning Booster

BIOLOGIQUE RECHERCHE INITIALIZING BOOSTERS

90 MINUTES

SECONDE PEAU TREATMENT

Revitalizing, Rejuvenating and Renewing

BIOLOGIQUE CUSTOMIZED TREATMENTS

60 MINUTES

HYDRÉCLAT TREATMENT

Hydrating, soothing calming

BIOSENSIBLE TREATMENT

Desensitizing, anti-inflammatory, comforting

SEBUM REGULATING TREATMENT

Detoxifying, purifying, and rebalancing

FINISHING TOUCHES

FINISHING TOUCHES

CLASSIC MANICURE

60 MINUTES

Give your hands the care they deserve with our specialised manicure treatments. Enjoy a soothing hand massage followed by your choice of a sophisticated French manicure, a beautiful varnish application, or a refined men's manicure.

CLASSIC PEDICURE

75 MINUTES

Treat your feet to a rejuvenating experience with our luxurious pedicure services. Enjoy a relaxing foot massage and your choice of a classic 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

FINISHING TOUCHES

GEL MANICURE

75 MINUTES

Treat your hands to a long lasting and stylish gel manicure, with an array of colours to choose from.

GEL PEDICURE

90 MINUTES

Enhance the appearance of your feet with a long lasting and stylish gel pedicure, with an array of colours to choose from.

GEL SOAK-OFF ADD ON

SPA STYLE

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.

PRICE LIST

PRICE LIST

SIGNATURE INDULGENCES

THE MOUNT NELSON ROSE

90 MINUTES

2400

CLASSIC MESSAGES

AROMATHERAPY MASSAGE

60 / 90 MINUTES

1500 / 2000

HOT STONE MASSAGE

60 / 90 MINUTES

1600 / 2200

DEEP TISSUE MASSAGE

90 MINUTES

1600 / 2000

FOOT REFLEXOLOGY

40 / 60 MINUTES

1100 / 1500

NURTURING MOTHER-TO-BE MASSAGE

60 MINUTES

1500

CBD-INFUSED MASSAGE

60 MINUTES

1800

AFRICAN WOOD MASSAGE

90 MINUTES

2200

PRICE LIST

BODY TREATMENTS

RENEWAL BODY POLISH

40 MINUTES

900

RELAXING BODY WRAP

60 MINUTES

1500

BOUTIQUE SPA

90 MINUTES

2600

ESSENTIAL ELEMENTS

120 MINUTES

2800

FACIAL TREATMENTS

ESSE EXPRESS FACIAL

30 MINUTES

580

ESSE EXPERIENCE

60 MINUTES

1100

ESSE LIVE PROBIOTIC EXPERIENCE

75 MINUTES

1400

PRICE LIST

SPA JOURNEYS (PACKAGES)

GARDEN OF HOPE

90 MINUTES

1900

OPULENT JOURNEY

120 MINUTES

4000

JOURNEY OF DISCOVERY

180 MINUTES

3900

JOURNEY OF DISCOVERY

360 MINUTES

7800

PRICE LIST

BIOLOGIQUE RECHERCHE

*Facial to be determined by specialist
according to analysis*

ANTI JET-LAG

60 MINUTES

1500

SOIN RESTRUCTURANT ET LISSANT / HYDRATING

60 MINUTES

3300

MC 110 TREATMENT / BALANCING AND PURIFYING

60 MINUTES

2600

LIFT C.V.S. TREATMENT / LIFTING AND TONING

60 MINUTES

3600

SECONDE PEAU TREATMENT / ANTI-AGING

90 MINUTES

7700

HYDRÉCLAT TREATMENT / MOISTURISING

60 MINUTES

2220

BIOSENSIBLE TREATMENT / SOOTHING

60 MINUTES

2220

SEBUM REGULATING TREATMENT / REBALANCING

60 MINUTES

2220

PRICE LIST

FINISHING TOUCHES

CLASSIC MANICURE

60 MINUTES
700

GEL MANICURE

75 MINUTES
850

CLASSIC PEDICURE

75 MINUTES
850

GEL PEDICURE

90 MINUTES
1000

GEL SOAK-OFF ADD ON

290

LASH TINT

30 MINUTES
260

BROW TINT

20 MINUTES
195

LASH AND BROW TINT

45 MINUTES
315

HOLLYWOOD WAX

60 MINUTES
500

BRAZILIAN WAX

60 MINUTES
480

STANDARD BIKINI WAX

45 MINUTES
325

FULL LEG WAX

60 MINUTES
530

HALF LEG WAX

45 MINUTES
320

BACK WAX

60 MINUTES
520

