

DE LAIRE  
GRAFF  
LODGES & SPA  
WELLNESS MENU







## THE DELAIRE GRAFF SPA

*An Estate of mind*

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Your journey to total wellbeing begins here. Set in a unique environment, a tranquil sanctuary elevated against the majestic Botmaskop Mountain, surrounded by breath-taking vineyards, exquisite art and endless beauty. We have five elegant spa suites for guests to experience an altogether

more rarefied calm, where skin perfection and treatments leave the body and mind glowing. Expert hands guide guests in indulgent all-day spa rituals, pampering and wellness. A holistic experience from beginning to end, where our ultimate goal is to transform and heal.





## OUR PHILOSOPHY

*A holistic approach to beauty, relaxation & wellness*

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Ancient Eastern philosophy says that chi (energy) lives in all things and can be experienced through the elements, earth, fire, water, air and space. This energy is the very life force of nature. Drawing inspiration from these elements, our bespoke Afro-Asian inspired spa menu aims to uplift and connect you to a serene and timeless place, bringing balance and harmony to every aspect of your sensory journey.

Offering a range of innovative treatments, our spa rituals are crafted using the finest range of globally-renowned beauty products. Utilising sound therapy with Koshi chimes, specialised instruments such as petrified wooden tools and African combs, as well as exquisite ingredients including organic oils, diamond dust, nano gold and collagen, we help you relax, rejuvenate and focus on physical and spiritual wellbeing. Our experienced therapists respect the elements, understand the energies in the body and expertly guide your spa experience with tailored advice.

Our magnificent infinity pool, heated jacuzzi and luxurious sauna and steam room are the perfect place to pause between half or full-day Journey treatments. Guests can unwind in the relaxation room and admire original artworks from Laurence Graff's personal collection, by some of Africa's most celebrated modern and contemporary artists.

Welcomed by the calm waters of the koi ponds, known to symbolise positive energy and serenity in Eastern philosophies, and the refined elegance of the Deborah Bell sculptures that grace these waters, our guests are treated to a unique wellness transformation at the Delaire Graff Spa.





EARTH [ *healing* ]

EXPRESS MENU

DESTRESS BACK, NECK AND SHOULDER MASSAGE Warm organic coconut oil, hot compresses, watermelon scrub	30 minutes	950
REVITALISING LEG MASSAGE Aloe scrub, wooden tool lymph drainage massage, fynbos detox oil	30 minutes	950
INDIAN HEAD, FACE AND NECK MASSAGE Shiatsu face massage, lemongrass infused hot compresses, warm oil	30 minutes	950
AFRICAN MYRRH BODY POLISH Organic rooibos, coconut flakes, African myrrh, omumbiri body butter	30 minutes	950
DEEP CLEANSE FACIAL INCLUDING EXTRACTIONS Micro-current, fruit enzymes, kigelia and baobab	30 minutes	950
MANICURE OR PEDICURE Mandarin, emu oil, lemon myrtle	30 minutes	300/400

CLASSIC MASSAGES

THE SPA MASSAGE - TRADITIONAL FULL BODY Long strokes, kneading, Bellabaci cupping or hot stones	60/90 minutes	1300/1700
TERRES D’AFRIQUE DETOX MASSAGE Heated baobab seed pindas, Moroccan spice essential oils, gentle lymph drainage	60/90 minutes	1100/1300
TERRES D’AFRIQUE DEEP TISSUE Trigger point therapy, stretching, wooden tools, warm baobab pindas	60/90 minutes	1500/1800
AROMATHERAPY ASSOCIATES MUSCLE RELAXER Body brushing, specialised stretching, warm rosemary and juniper essential oils	60/90 minutes	1500/1800
REFLEXOLOGY Specialised pressure point feet massage, restores balance and energy	60 minutes	600





WATER [purification]

BODY THERAPY

THE SPA SLEEP IMPROVEMENT THERAPY Frankincense, Koshi chime therapy, stimulates the pineal gland using acupressure point therapy	90 minutes	1400
TERRES D'AFRIQUE HEALING FYNBOS AND MUD COCOON Organic rooibos scrub, buchu and aloe mask, scalp and feet massage	90 minutes	1500
AROMATHERAPY ASSOCIATES GRAPEFRUIT AND JUNIPER DETOX Juniper and grapefruit essential oils, body brushing, detox gel and cream wrap	90 minutes	2000
BLACK PEARL BODY ILLUMINATION THERAPY Dead sea salt and algae scrub, Cleopatra Gold face mask, 24Karat body butter massage, Tahitian Pearl Powder	90 minutes	2000
DELAIRE GRAFF SIGNATURE MASSAGE - PERFECT FOR COUPLES African foot ritual ceremony, warm Moroccan oil scalp and full body massage, baobab seed pindas, Tri-touch tool, Koshi chime therapy. In the steam room: self-application of organic rooibos and myrrh scrub application, organic aloe, buchu and bentonite clay	120/150 minutes	2500/2800





WATER [ *purification* ]

## GENTLEMEN'S EXECUTIVE COLLECTION

*Includes cut, file and cuticle work of hands*

EXPRESS REVITALISER	45 minutes	1000
Organic rooibos and myrrh back exfoliation, back of body massage, warm oil scalp massage		
DEEP PURIFYING FACIAL	60 minutes	1100
Steam, soothing orange flower, extractions, scalp massage		
ULTIMATE INDULGENCE	90 minutes	1700
Organic rooibos and myrrh full body exfoliation, deep tissue back massage, deep cleansing facial		

## MOTHER-TO-BE THERAPY

*Includes cut, file and cuticle work of hands*

AROMATHERAPY ASSOCIATES ROSE HYDRATING FACE THERAPY	60 minutes	1500
Warm compress, mandarin and rose geranium oils, cooling rose mask, foot and leg mask		
REFLEXOLOGY	60 minutes	600
Specialised pressure point feet massage, restores balance and energy		
AROMATHERAPY ASSOCIATES WELLBEING TREATMENT	120 minutes	2000
Lymph drainage pregnancy massage, lavender and rose geranium oils and gel, treats oedema		





FIRE [ transformation ]

## FACIALS

*All facials include facial grooming and tinting*

TERRES D’AFRIQUE AFRICAN PURIFYING FYNBOS THERAPY Medicinal fynbos, steam, extractions, kigelia and baobab pindas	60 minutes	1100
TERRES D’AFRIQUE CRYSTAL HYDRATING THERAPY Organic rooibos, cooling aloe gel, gemstone pressure point massage	60 minutes	1100
THE SPA FACIAL Aloe vera, glycolic peel, extractions, specialised bio-cellulose mask	60 minutes	1300
AROMATHERAPY ASSOCIATES FACIAL Specialised essential oils, anti-inflammatory, allergy-prone skin	60 minutes	1500

## ADVANCED MOLECULAR COSMETICS

*Includes a welcome gift*

DR BARBARA STURM INSTANT GLOW Dull, tired skin, hyaluronic serum, wild rose, refines skin irregularities	60 minutes	1650
DR BARBARA STURM RESCULPTING LIFT Immediate results on your face, neck and jawline, purslane extract, micro-needling	90 minutes	2000
CAROL JOY CAVIAR ALGAE FACIAL Impaired barrier function, medical grade collagen, soothing	60 minutes	2100
CAROL JOY PRECIOUS DIAMOND CEREMONY Pigmentation, diamond tip microdermabrasion, brightening, golden silk hair treatment	90 minutes	2500
SWISS PERFECTION HYDRATING REJUVENATION Weak vessels, tired skin, irregular skin texture, optimal hydration	60 minutes	2300
SWISS PERFECTION CELLULAR LIFT Cellular Active IRISA, light peel, nano micro current, immediate results	90 minutes	2800



# FIRE [ *transformation* ]

## ENHANCEMENTS

NECK AND DECOLLETE THERAPY	25 minutes	250
NANO MICRO CURRENT FACE LIFT THERAPY	25 minutes	250
DIAMOND TIP MICRODERMABRASION	25 minutes	250
LED LIGHT THERAPY	20 minutes	250
Monthly maintenance	60 minutes	800
Course of six treatments	60 minutes	4000
MICRO-NEEDLING	25 minutes	500





AIR [ *creation* ]

## ICON TREATMENTS

*Icon treatments include a glass of one of our Estate icon wines*

### ICON FACIAL

Back, neck and shoulder massage, diamond dust double cleanse with micro-current, light peel, diamond tip microdermabrasion, sculpting massage, LED light therapy, nano gold collagen mask

90 minutes 3500

### DELAIRE GRAFF SIGNATURE FOUR HANDS MASSAGE

African foot ritual ceremony, two therapists, full body exfoliation, warm organic coconut oil and organic essential oil full body massage, Tri-touch tool, Koshi chime therapy

90 minutes 3500





SPACE [confidence]

GROOMING THERAPY

MARGARET DABBS MANICURE	60 minutes	550
Emu oil, crystal files, orange flowers		

MARGARET DABBS PEDICURE	60 minutes	700
Volcanic crushed stone scrub, peppermint and tea tree foot therapy		

ENHANCEMENTS		
OPI colour	15 minutes	150
Gel application	30 minutes	300
Gel removal	30 minutes	300
Collagen hand mask	30 minutes	150

WAXING	Please enquire	
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VITA LIBERATA ORGANIC SPRAY TAN	45 minutes	550
Full dry body brushing, organic spray tan		

SKIN LOVING MAKE-UP	45 minutes	550
Mii cosmetics, skin loving ingredients, light and natural look		





## SPA PACKAGES

*Guests have full use of our private facilities including pool deck, infinity pool, sauna and steam room, as well as signature wine tasting and a platter of your choice in the wine lounge. Exclusively reserved and limited to 6 guests per day. Excludes Delaire Graff Icon Treatments.*

HALF-DAY PACKAGE	120 minutes	3200
Two-hour treatment of your choice		
FULL-DAY PACKAGE	240 minutes	5800
Four-hour selection of treatments of your choice		
BRIDAL PACKAGE	120 minutes	3200
Tahitian Pearl Powder and Dead Sea salt scrub, back, neck and shoulder massage, brightening facial, OPI colour		

## SPA HIGH TEA FRIDAYS

*By appointment only. With every 60 minute treatment booked, you may book a spa high tea for an additional R350 per guest.*





## ABOUT US

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### OPERATING HOURS

09:00 – 18:00 (daily)

Spa facilities for Lodge Guests and day spa packages only  
Facility charge for outside guests – subject to availability

### FACILITIES

One couple's suite with en-suite shower and hydrotherapy bath  
Two single-treatment suites with en-suite shower and hydrotherapy bath  
One single-treatment suite with en-suite shower  
One single-treatment suite  
Steam room and Swedish sauna  
Cloakrooms with secure lockers, gowns, towels, slippers and showers  
22-metre outdoor infinity pool with heated jacuzzi

### RESERVATIONS

We recommend reserving a treatment 48 hours in advance  
For children's spa enquiries, please contact our spa reception

Contact us on +27 (0)21 885 8160 or [info.spa@delaire.co.za](mailto:info.spa@delaire.co.za)

