

GIFT VOUCHERS AVAILABLE

To spoil your loved one with choice, purchase an African Vineyard gift voucher.

Cancellation Policy and Spa Etiquette

48 Hours advance notice is required for cancellation or rescheduling, if this is not adhered to, 50% of the treatment fee will be charged.

Late arrivals will result in reduction of treatment time whilst the full treatment price will apply.

Kindly arrive 15 minutes prior to your scheduled treatments to change and complete a consultation form.

Please note treatment times indicated is a guideline to maximum time spend on treatments, it may differ with exception to the massages.

Ensure cellular/mobile phones are switched off, please adhere to total silence in the spa and surrounding areas.

Prices are subject to change without prior notice.

Products bought at the spa are non-refundable. Please advise us if you are pregnant, have a medical condition or serious injury, high blood pressure or heart condition, recent surgeries epilepsy or diabetes.

Gratuities are not included in the treatment price. It is your discretion to add a gratuity for treatment excellence.

No smoking in and outside the spa and surrounding areas.

African Vineyard Wellness Spa is not responsible for any theft, damage, loss or misfortune that may occur.

No smoking in and outside the spa and surrounding areas.

Accommodation, Weddings,
Conferences, Events & Functions
reservations@africanvineyard.co.za
060 503 8449

Wellness Week 083 4611 724
Wellness Spa & Kalahari Products
079 855 7565
Restaurant DiVine 060 503 8449

Plot 79, Kanoneiland, 8806

www.africanvineyard.co.za
Facebook / Instagram

Winner SA Tourism Lilizella Award for
Service Excellence 2014, 2018, 2019



www.africanvineyard.co.za

Suneldo Drukkers (054) 332 3373

african Vineyard



**Boutique Hotel & Wellness Retreat & Spa
Wedding & Conference Venue**

Experience casual sophistication with slow living
and slow food on the island of slow living.

African Vineyard is a peaceful oasis of tranquility with unique nooks in the lush gardens with the call of the fish eagle supporting total relaxation and romance. Experience casual sophistication on the island of slow living with slow food, country hospitality and pampering at its best. African Vineyard is situated on Kanoneiland, an island in the Orange River, 25km from Upington and 15km from Keimoes in the Green Kalahari region of the Northern Cape.

The luxury accommodation, slow and healthy fresh food, spa treatments and beautiful outdoor areas overlooking the vineyards will revitalize your body, soul and mind. African Vineyard allows you to disconnect to be able to re-connect with yourself and the people that matter in your life.

The venue can host up to 200 people inside and 600 outside. Situated just outside the busy Upington, this is the ideal venue to host your business meetings and conferences without the interruptions and get the full attention of your delegates. African Vineyard is well known for hosting weddings, art exhibitions, music shows, special functions, conferences, business meetings and big events. An added value to this property is the focus on Medical Tourism with a Wellness Retreat & Spa. Packages for tourists and for well-being of business executives and their support systems in mind have been developed, contributing to higher productivity in the work place and revitalized individual.

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Every room in the boutique hotel is unique with its own style created by the owners, Theuns & Elmarie de Bruin. Their love for the environment, authenticity and romance are visible in the decor and gardens at African Vineyard.

Couples' massages are particularly popular, often as birthday or anniversary celebrations, as well as corporate spa events, focusing on team building for organizations. Kalahari spa products, developed from indigenous Kalahari plants are used in the spa.

The DiVine restaurant at African Vineyard offers casual sophistication with slow food as well as fresh healthy unique dishes contributing to the slow food and slow living experience.

African Vineyard offers:

- * 15 en-suite rooms
- * Conference, wedding & function venue for up to 200 people indoor and 600 outdoor
- * Catering/Restaurant for up to 200 people
- * Spa treatments - indoor & outdoor spa - couples treatments, corporate treatments.
- * Wellness retreat packages - regenerative medical doctor
- * Corporate Team building and de-stress packages.
- * Quiver Tree Food & Wine Experience packages
- * Picnics, slow food, restaurant, outdoor dining experiences, food & wine pairing, healthy & gluten free options
- * Nature walks & birding
- * Painting classes per arrangement
- * Annual ARTS & MUSIC event with art exhibition and music
- * Business executives couple's retreat packages, assisted by a medical team.



Winner of SA Tourism Lilizela Awards for Service Excellence as the best 4-star guest house in the Northern Cape in 2015, 2018 & 2019 .

Inquiries:

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Kanoneiland, Upington,
Northern Cape, South Africa

One day package: Kisses for Two in the Orchard (1 night) R4200 per couple
Accommodation, breakfast, dinner, sparkling wine, candles & rose petals in room & treatments. (Excluding additional drinks). The ultimate romantic getaway for you and the love of your life. Tailor made treatments suitable for a king and queen. Your choice of 4 relaxing treatments per couple (not exceeding 75 min per person). Please note: Excluding Gel It and any other packages.

Two day package: Kisses for Two in the Orchard (2 night) R7600 per couple
Accommodation, breakfast, dinner, sparkling wine, candles & rose petals in room, lunch on 2nd day and treatments - Excluding additional drinks. The ultimate romantic getaway for you and the love of your life. Tailor made treatments suitable for a king and queen. This option includes a light lunch on the 2nd day, your choice of 6 relaxing treatments per couple (not exceeding 150min in per person). Excluding Gel It and any other packages.

Bride-to-Be Pampering Day Journey | 5 Hours | R2050

Treatments, Snacks & Lunch. Relax and prepare for your big day with a full body exfoliation, cocoon wrap, herbal bath, pedicure and back, neck and shoulder massage. Delicious snacks and lunch included. After lunch we finish your journey with a Kalahari Facial to ensure you're looking fresh and radiant on your wedding photos.

Disconnect - Reconnect | R6210 pp or R10520 per couple | 4 Days 3 nights

Accommodation, treatments & Meals. 4 Day Package includes 3 nights accommodation at African Vineyard with full board and daily spa treatments (4 hours pp) & nature walks. Excludes additional beverages.

Quiver tree Route Experience | R6950 pp or R6250 pp sharing | 4 Days 3 nights

Includes 3 nights accommodation at African Vineyard, full board, visit to farm stalls, Augrabies Falls, food & wine pairing, spa treatments and wine tasting.

Executive Stress Relief Package | R18750 pp or R31500 per couple

Focus: Stress Relief, Energy, Burnout, Rescue, Mental Clarity & Alertness (functional health screening will reveal any red flags over all. Packages Vineyard Date Night | R680 pp - 30 min or R800 pp - 45 min The Celebration | R550 pp - 30 min or R670 pp - 45 min

Package includes

- * Comprehensive Prolotherapy 3 areas (pain/stress relief)
- * Clench relief Botox
- * IV Signature Blend
- * Comprehensive Health Screening Consultation
- * 3 Supplements to support Neuro functions, combat fatigue & boost energy.

This 3-day package includes doctor's treatments as stated, 2 nights accommodation with full board, meditation session, total of 120min spa treatments per person. Comprehensive Blood Tests done 10 days in advance on own cost at any Lancet, Ampath or Pathcare. Blood Forms supplied upon booking (own account).

Special Occasions & Gift vouchers

Contact us for gift vouchers and anniversaries, birthdays, bride-to-be parties, mother-to-be parties, teen/kids parties, corporate spoils, high teas and any other special occasion.

AFRICAN VINEYARD PACKAGES

Vineyard Date Night | R680 pp - 30 min / R800 pp - 45 min

Treatments, Candlelight Dinner, Sparkling Wine. Spoil your loved one with a romantic dinner, including 30 min Back, Neck & Shoulder massage.

Picnic Basket for Two | R450 per couple

Picnic for two Excluding drinks. Add a massage outside for that special experience -weather permitted (price depending on type of treatment).

The Celebration | R550 pp- 30 min / R670 pp - 45 min

Treatments, Breakfast or Lunch. Celebrate that special day with your friend and enjoy breakfast or lunch at African Vineyard including a 30 min Back, Neck & Shoulder massage. Including a glass of wine or juice.

The Harmonious Half-Day Journey | R990 pp

Treatments, Breakfast or Lunch. Spoil yourself and your friends to a morning at African Vineyard with Breakfast or Lunch and a 30 min Back, Neck & Shoulder massage and 45 min facial. Excluding beverages.

African Vineyard Full Day Journey | R1680 pp |09:00 - 16:00

Treatments, Breakfast, Lunch. Experience a relaxing morning breakfast before your treatments of 30 - 45 min full body exfoliation, 30 min herbal bath, 30 min Back, Neck & Shoulder massage and Kalahari Facial & Exfoliation, 30 min herbal bath, 30 min Back, Neck & Shoulder massage and Kalahari Facial & Foot massage after lunch. Excluding beverages.

Disconnect A While | R300 pp

Treatments, Chicken Wrap. When life gets too busy, disconnect for a moment with a Hand Massage or Foot Massage (20 min) & a glass of wine/juice and a chicken wrap

Men's Executive | R1300 pp

Treatments, Breakfast or lunch. For total relaxation and grooming, this package is an immediate relief of daily stress. Take total time out with a 60 min African Hot Stone Full Body massage combined with a 45 min Kalahari Skin Treatment. This includes a delicious breakfast or lunch.

The Vineyard Corporate Journey | R2950 pp sharing / R3200 single 09:00 until next morning after breakfast

Accommodation, Treatments, Breakfast, Lunch & Dinner - Excluding drinks. Unwind with your friends or loved ones and experience a relaxing break away where you and your friends will be pampered and treated by our skilled therapists. Start your experience with breakfast and treatments of a 30 min full Body Exfoliation, a cocoon wrap & herbal bath, a light lunch, a relaxing 30 min Back & Neck Massage and complete your experience with a facial and relaxing foot massage. Treat yourself to our special dinner and accommodation at African Vineyard with a refreshing breakfast the next morning. Suitable for a group up to 10 people

WELLNESS SPA MENU

At African Vineyard we always strive to reach our client's needs as an individual and it is a well known fact that spa-time is just as good as a holiday, which makes our packages feel like a little getaway.

Rejuvenating Facials

Besides promoting relaxation, a regular facial provides many benefits including noticeable improvements to your skin tone, texture and appearance. Facials also help to improve circulation to optimize cellular health and promote collagen production.

Honey Bush Skin treatment	45 min R400
Phytic Clay Skin Treatment	60 min R430
Revitalizing Vita Gel Skin Treatment ...	60 min R430
Vitamin C Skin Treatment	60 min R430
Phyto Enzyme Compound Treatment ..	60 min R430

Kalahari Chemical Peels

A chemical peel is a cosmetic treatment that removes the top layer of your skin. This can help minimize wrinkles, dullness, hyper pigmentation, and scarring. It may also help skin disorders like acne and rosacea.

Kalahari TCA Treatment	45 min R465
D-age Chemical Peel	60 min R510

Collagen Induction Micro Needling

Micro needling is a minimally invasive cosmetic procedure. It involves puncturing the skin with tiny sterilized needles. The small wounds cause your body to make more collagen and elastin, which heal your skin and help your skin appear youthful.

Kalahari Collagen Micro needling Face	45 min R920
Kalahari Collagen Micro needling Face, Neck & Decollete	60 min R995

Facial Treatment add on menu

ADD on Hydrating Collagen Eye Patches	R130
ADD on Alginate mask	R120
ADD on Collagen mask	R130



Relaxing Massages

Relax your body and mind and restore health and wellness. Massage is an art form to be practiced with great care and attention to your individual needs.

African Vineyard Full Body	60 min R620
African Vineyard Back, Neck & Shoulders	30 min R370 45 min R495
African Hot Stone Full Body	45 min R520 60 min R680
African Hot Stone Back, Neck & Shoulders	30 min R410
Foot & Lower Leg Massage	20 min R220
Hand & Arm Massage	20 min R220
Scalp & Neck Massage	20 min R220
ADD an additional	15 min R180

Therapeutic Massages

Lymph Drainage Massage	90 min R780
Cupping Massage Full Body	60 min R650
Cupping Back, Neck & Shoulders	30 min R420
Reflexology	30 min R450

Body Exfoliation, Cocoon Wrap & Massage

This unique African Journey begins with a deep cleansing exfoliation that will encourage cell regeneration, followed by with a body wrap that will either remove toxins from the body or hydrate the skin. Continue your journey with an African Vineyard Back, Neck & Shoulder Massage with fragrant botanical oils, leaving the skin glowing and nourished.

African Journey: Desert Glow Exfoliation, Cocooned Body Wrap, herbal bath & African Vineyard Back, Neck & Shoulder massage

90 min R990	
Desert Glow Exfoliated Full Body	30 min R380
Cocooned Full Body Wrap Exfoliation	45 min R630 (No massage)

Manicures | Pedicures

Express manicure / pedicure	30 min R200
(Nail care and cutex / heel file, nail care, exfoliate, massage)	
River Stone Luxurious Manicure / Pedicure	60 min R380
(Nail care and cutex / heel file, nail care, exfoliate, massage & cutex)	
ADD on Paraffin Wax	R75
ADD on Phyto Heel Treatment	R105
Gel it Overlay	60 min R285
Soak off only (incl. file & cuticle care)	45 min R155
Soak Off with New set	30 min R65
Nail Repair Nail Repair per Nail	R15
ADD on Gel Overlay with River Stone Manicure or pedicure	30 min R85



Hair Removal | Waxing

Full leg inc. Bikini	R265	Tummy strip	R125
¾ Leg-to-mid-thigh	R205	Full Face	R235
½ Leg - above knee	R165	Eyebrow	R65
(30-60 min depending on hair growth and strength)			
Arm Inc. Underarm	R205	Chin or Lip	R45
Underarm	R125	Nose Wax	R60
Bikini	R125	Toes or Fingers	R75
G-string	R185	Full Arm	R265
Brazilian / Hollywood	R285	Underarm	R145
		Chest	R345
		Stomach	R305

Tinting

Lash	R75
Brow	R65
Lash / Brow Combo	R125

Men

Men on the move facial	45 min R355
Men's on Therapeutic Facial	60 min R395
Men's high-performance Peel	60 min R485
Hand & Foot Care Hand OR Foot grooming	30 min R200
The Boss Manicure or Pedicure	60 min R380
Men's Hair Removal Waxing Ears or Nose	R105
Guy Brows	R200
Guy Brow Tweeze	R75
Full Leg	R345
¾ Leg	R295
½ Leg	R250
Toes or Fingers	R75
Full Arm	R270
Underarm	R150
Chest	R350
Stomach	R310
Back	R350

Kalahari Kids - Up to 12 Years

Facial	30 min R170
Mani or Pedi	30 min R150

Stress Relief: Back, neck & shoulder massage

20 min R130

