



Welcome to African Vineyard

Boutique Hotel, Weddings, Conferences & Spa

Spa Treatment Menu

At African Vineyard we always strive to reach our client's needs and it is a fact that time at a Spa is as good as a holiday, which makes our packages feel like a little getaway.

Massages & Exfoliations

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.

Hand and Forearm Massage (50min) R350 (30min) R250

Enjoy this relaxing and soothing experience which stimulates blood circulation and relieves stress, pain or discomfort in arms, hands and wrists.

Foot, Ankle and Calf Massage (50min) R350 (30min) R250

Feet, ankles and calves work hard for our bodies and need tender loving care. A foot massage on sore feet can feel like heaven, let alone the wonderful relief one gets from a massage on your ankles and calves.

Scalp, Neck and Shoulder Massage (50min) R380 (30min) R270

Let our therapist sooth away the stress with this relaxing massage

Full Body Massage Hot Stones (45min) R565 (60min) R750

Ancient Stones carrying the energy of the earth invigorate and stimulate the body as warm oils are drizzled over the body. Hot Stones then release the tension trapped deep within the muscles. A great warming treatment for anytime of the year assisting in pain relief and improved circulation.

African Vineyard Full Body Massage (60min) R680

Relax with a full-body therapeutic treatment that will promote relaxation, relieve stress and improve circulation.

African Vineyard Back, Neck & Shoulders (45min) R510 (30min) R380

Sooth away the stress with this relaxing massage designed to let you feel rejuvenated.

Full Body Exfoliation & Wrap (50min) R680 Body Exfoliation Only (30min) R380

The treatment is designed to deeply cleanse, exfoliate and nourish your skin, leaving it soft, smooth and rejuvenated.



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- Kanoneiland, Upington

African Journey (Exfoliation, Wrap, FBM, Herbal Bath) 110min R995

Your African Journey will start with an exfoliation where a scrub made from natural ingredients is applied to your entire body. The therapist uses circular motions to gently buff away dead cells, unclogging pores and improving skin texture. The process stimulates circulation, leaving the skin more radiant. After rising of the scrub, the body is coated in a nourishing mask that will help to detoxify, hydrate and firm the skin and wrapped in plastic sheets to encourage the absorption of your treatment. After the removal of the wrap, you can take a shower, relax in an herbal bath and enjoy total relaxation with a 45min BNS massage to conclude your African Journey.

Kalahari 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) R450

Revitalizing Vita Gel Skin Treatment (60 min) R470

Vitamin C Skin Treatment (60 min) R470

Men's Facial (45 min) R360 (60min) R410

Manicures & Pedicures

Express Manicure or Pedicure (Nail care & cutex/ file/ exfoliate /massage) (30 min) R280

Luxurious Manicure or Pedicure (Nail care & cutex/ file/ exfoliate /massage) (60 min)R420

Men's Hand or Foot grooming (30 min) R280

The Boss Manicure or Pedicure (60 min) R400

ADD on Paraffin Wax R150

Young ladies 6 - 11years

Pink Pamper Party Package R580pp (treatments, lunch, herbal bath experience)

Facial (30min) R200

Back, neck & shoulder massage (20 min) R150

Hair removal / waxing & tinting (detailed list available at Spa)

Eyebrow R65 Chin or Lip R45 Full Arm.R265 Chest R345 Full Face R235

Full leg inc. Bikini R265 Arm Inc. Underarm R 205 Brazilian Hollywood R285

Underarm R125 Bikini R125

Packages

Vineyard Date Night: 30 min R680pp / 45 min R800pp

Treatments, Candlelight Dinner, Glass of wine or juice. Spoil your loved one with a romantic dinner, including 30 min / 45 min Back, Neck & Shoulder massage

The Celebration: 30 min R550 pp / 45 min R670 pp

Treatments, Breakfast or Lunch. Celebrate that special day with your friend and enjoy breakfast or lunch at African Vineyard including a 30 min or 45 min Back, Neck & Shoulder massage. Includes 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.

Half Day Morning Spa (8:00 – 12:00) R1050 pp

Welcome drink on arrival, Head & Neck massage, Full Body Massage, Complimentary glass of wine/ sparkling wine, light breakfast, herbal bath or swimming pool

Half Day Afternoon Spa (12:00 – 16:00) R1050pp

Welcome drink on arrival, Head & Neck massage, Full Body Massage, Complimentary glass of wine/ sparkling wine, lunch, herbal bath or swimming pool

Summer Spa Night Midweek (Tuesday/Wednesday//Thursday) 17 :00 – 20:00 R680pp

Welcome drink on arrival, 45 min BNS, platter for 2, complimentary glass of wine/sparkling wine. From September - March

African Vineyard Full Day Journey: R1880 pp

09:00 - 17:00. Welcome drink on arrival, breakfast, treatments and lunch. Experience a relaxing day at African Vineyard with breakfast before your treatments of a full body exfoliation and wrap, 30 min herbal bath, a full body massage and facial with a massage. Complimentary glass of wine/sparkling wine at lunch.

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 Overnight 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 full body exfoliation, a cocoon wrap & herbal bath, a light lunch, a FBM and complete your experience with a facial and relaxing scalp massage. Treat yourself to our special dinner and accommodation with a refreshing breakfast the next morning.

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).

Kisses for Two in the Orchard (2 nights) R8050 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 total per person).

Gift Vouchers

Gift vouchers available for specific treatments or a specific amount.

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. 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. No refunds for vouchers, treatments or products. Vouchers are only redeemable by person they are addressed to and cannot be used towards products or meals unless specified. Please note that we cannot accept vouchers after the expiry date.

Hours & Reservations

Monday - Friday 8:00 - 18:00

Saturday 8:00 - 19:00

Sunday 9:00 - 15:00

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