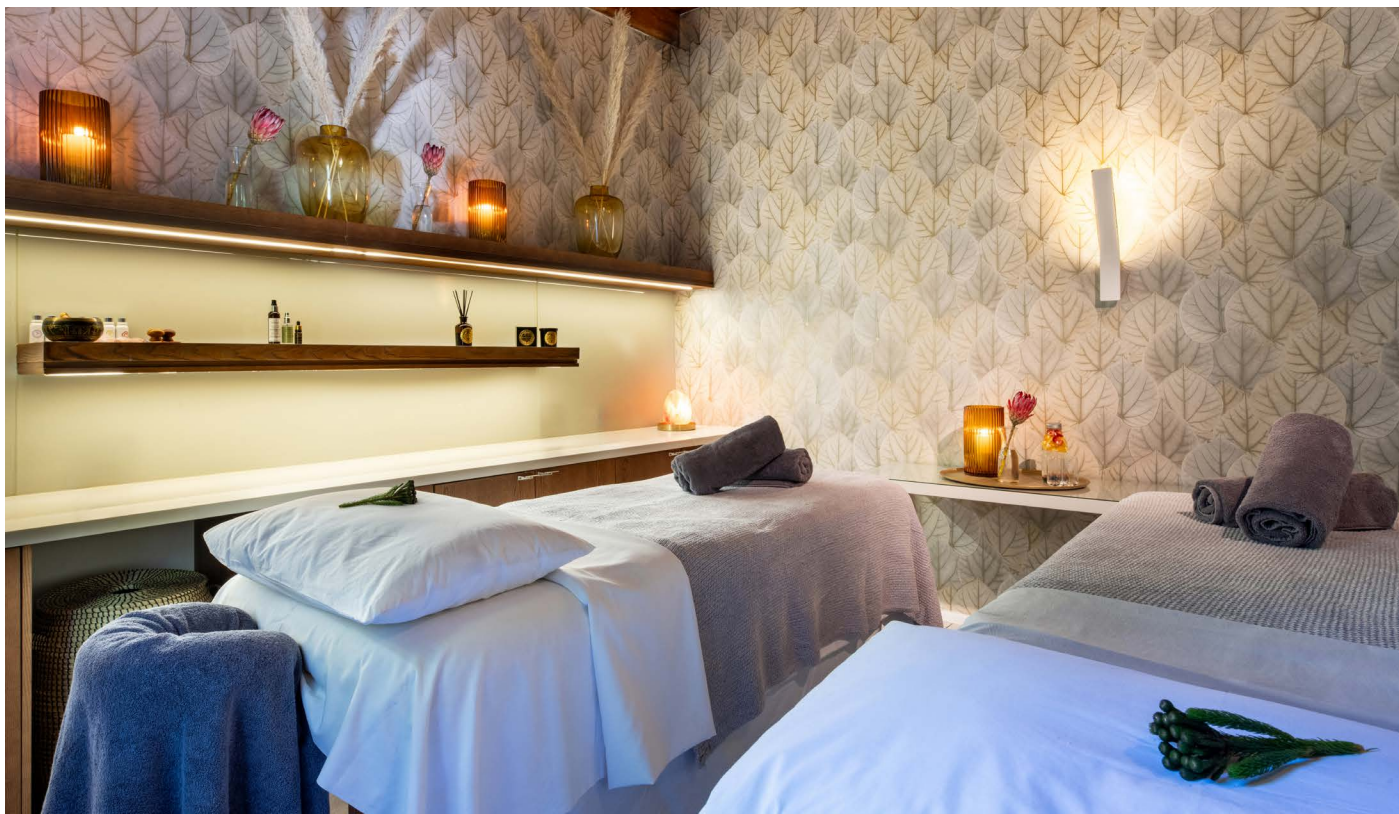


MONT  ROCHELLE

SPA MENU

Virgin LIMITED
EDITION



OUR PHILOSOPHY

Tell us what your body needs, and we'll tailor your treatment around you.

WELCOME

We've partnered with Africology to create a collection of signature treatments, exclusive to Mont Rochelle. You'll also find Africology products in your room to enjoy throughout your stay. And, should you wish to take a little spa magic home with you, the Africology range is available to purchase from the spa, or simply ask at reception.

GETTING IN TOUCH

We're open daily from **9am to 7pm**. To book a treatment, contact us on **021 876 2770** or spa@montrochelle.virgin.com. Staying with us? Any member of the team will be happy to help.

SPA ARRIVAL & ETIQUETTE

Please arrive **10 minutes** before your treatment to complete a short consultation form. Late arrivals may result in a shorter treatment.

CHILDREN'S POLICY

Children under 16 must be accompanied by an adult, with consent signed by a parent or guardian before treatment.

CANCELLATION POLICY

Cancellations made on the day will be charged in full. Please let us know at least 24 hours before your appointment if you need to cancel or reschedule.

BOOKING CONFIRMATION

A 100% pre-payment is necessary to confirm your reservation at the spa.

SPA FACILITIES

Our hammam steam room is available on request. Please let us know in advance so we can prepare it for you. The gym and outdoor pool are reserved exclusively for Mont Rochelle guests.

GIFT VOUCHERS

You can purchase spa gift vouchers from the Mont Rochelle spa team.

SPA TREATMENTS

All treatments are subject to availability and rates may change without notice. Any treatment of the same type can be enjoyed as a couples' treatment, with the exception of Energy Healing treatments.

PREGNANCY

Our spa team will be happy to recommend pregnancy-safe treatments. Massages are usually recommended after the first trimester and before the final four weeks of pregnancy.

THE KUSASA PROJECT

We've selected two special spa treatments in support of The Kusasa Project, a Franschhoek-based NGO helping local children reach their full potential.

For each treatment booked, 15% of the treatment price will be donated to The Kusasa Project's fully accredited independent primary school, which supports over 150 underprivileged children through quality education, with a focus on literacy, numeracy, wellbeing and social development.

To learn more, visit: www.thekusasaproject.org

SPAGISTA

A vineyard-inspired foot ritual

80 mins: R 1,190 | Seasonal: Oct - Apr

A playful, grounding foot ritual inspired by the vineyards. Step barefoot into a barrel of sun-ripened grapes before enjoying a warm exfoliation, nourishing grape-infused mask, pedicure and relaxing lower-leg and foot reflexology massage. Leaves you feeling lighter, restored and beautifully rooted.

DEVOTION JOURNEY

A shared ritual for two

60 mins: R 3,290

A calming couples' ritual beginning with a candlelit moment of unity, followed by aromatherapy and a flowing Swedish-inspired medium pressured massage. Enjoy personalised care side by side, leaving you both softened, connected and renewed.



SIGNATURE TREATMENTS

CAPE MALAY SPICE JOURNEY

90 mins: R 2,180

A warming, Vedic-inspired ritual rooted in ancient spice traditions. Choose your blend from our spice apothecary, combined with essential oils and kaolin mud to restore balance and support renewal. Enjoy time in the hammam before finishing with a circulatory back, neck and shoulder massage.

NATURE'S STEM CELL FACIAL

75 mins: R 1,960

A repairing and preventative facial to refresh, energise and restore a youthful glow. Cape plant essences support cell renewal, while citrus stem cells help protect against UV damage and slowing down chronological ageing.



BODY TREATMENTS

SOUL OF AFRICA BODY JOURNEY

90 mins: R 2,550

A deeply relaxing body ritual to restore and hydrate the skin. Begins with a warm back scrub and detox mud, followed by a soothing Swedish-inspired massage using marula oil to nourish, calm and soften the skin.

THE BESPOKE MASSAGE

30 mins: R 1,110 | 45 mins: R 1,350 | 60 mins: R 1,680 | 90 mins: R 2,410

A tailor-made Swedish-inspired massage designed around your needs, using pressure points and gentle stretching techniques to ease tension and restore balance.

MONT ROCHELLE "LITTLE ROCK" MASSAGE

45 mins: R 1,640 | 60 mins: R 1,960 | 90 mins: R 2,650

A deep-pressure massage designed to release tension in the muscles and fascia, helping to ease stiffness and chronic muscular discomfort.

FOOT REFLEXOLOGY

45 mins: R 1,200

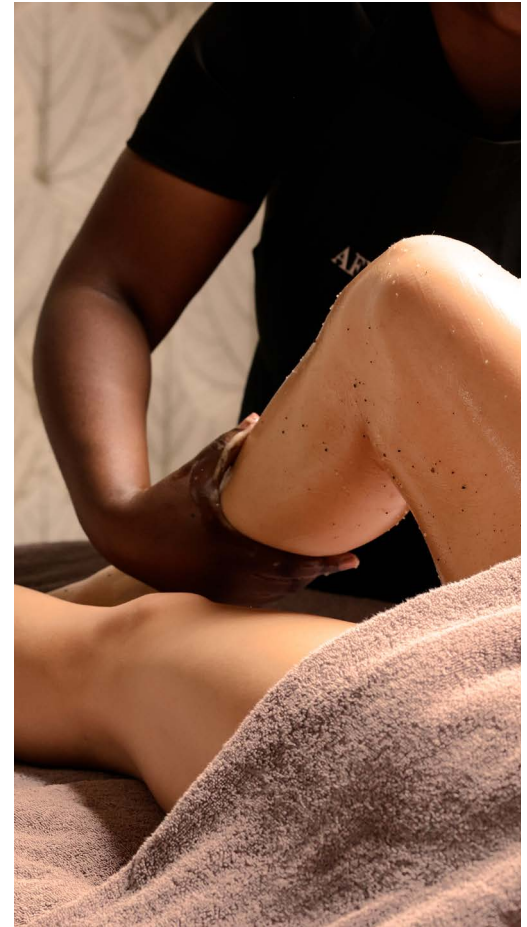
A grounding foot therapy using targeted pressure points believed to support different areas of the body. Designed to encourage relaxation, reduce stress and support overall wellbeing.

AFRICOLOGY BODY WRAP

60 mins: R 910

A full-body scrub followed by a wrap chosen to suit your body's needs, finished with a relaxing scalp massage.

Add a 30 minute full-body scrub to any massage for R 550.



ENERGY HEALING TREATMENTS

SHAMAN'S HEALING JOURNEY

90 mins: R 2,550

A gentle crystal healing and massage experience using warm rose quartz and amethyst to release built-up energy and muscular stress. Designed to balance the body's energy centres and restore mind, body and soul.

REIKI HEALING

90 mins: R 1,500

A gentle, non-intrusive Japanese healing technique that channels and moves energy through the body. Designed to restore balance physically, emotionally and mentally, supporting the body's natural ability to heal.

CHAKRA BALANCING

60 mins: R 1,300

A holistic energy-balancing treatment focused on the body's seven main chakras. Designed to release physical and emotional blocks, restoring harmony, clarity and overall wellbeing.

Our energy healing treatments are subject to availability and are available between 9am and 12pm.



FACIAL TREATMENTS

AFRICOLOGY BESPOKE FACIAL

60 mins: R 1,540

A relaxing facial tailored to your skin's individual needs, including cleanse, exfoliation, massage, mask and aftercare to leave skin refreshed and uplifted.

AFRICOLOGY EXPRESS FACIAL

Excludes facial massage

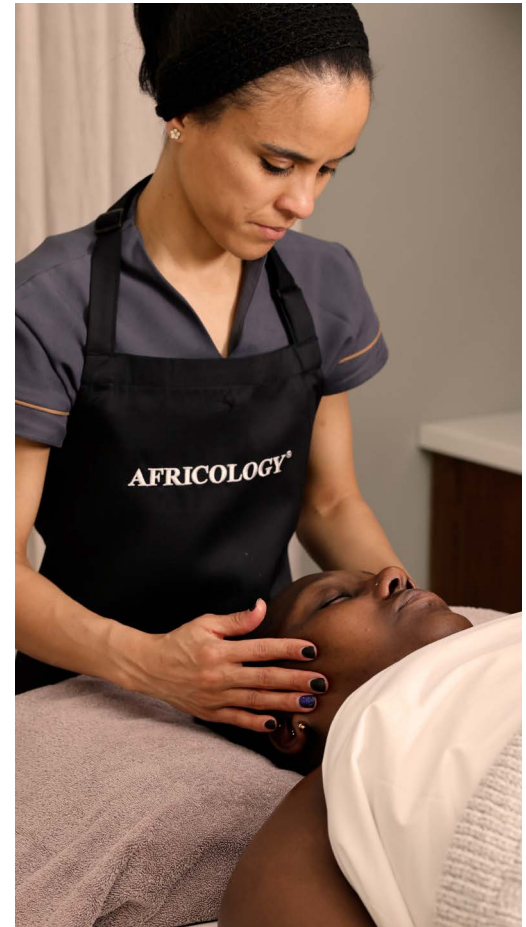
30 mins: R 910

A refreshing express facial for when your skin needs a quick glow-up.

AFRICAN GODDESS ANTI-AGEING FACIAL

90 mins: R 2,120

A luxurious face and body ritual designed for deep relaxation and facial rejuvenation. Begins with a back and neck exfoliation, followed by a tension-melting back, neck and shoulder massage, before a skin-specific facial to cleanse, nourish and awaken your inner goddess.



BEAUTY ESSENTIALS

COPPER AND HOT STONE PEDICURE

75 mins: R 910

A luxurious lower-leg and foot ritual beginning with an energy-balancing copper bath, followed by a full pedicure and hot stone massage to support circulation and ease water retention. Finished with a touch of colour.

AFRICAN POTATO MANICURE

75 mins: R 910

A nourishing hand and forearm manicure designed to naturally hydrate and condition the skin and nails. Finished with a touch of colour.

EXPRESS MANICURE OR PEDICURE

45 mins: R 500

Perfect when time is short. Includes cuticle care and your choice of colour.

SHELLAC

A high-shine, 14-day manicure or pedicure that is non-chip, non-smudge and UV-resistant.

Shellac manicure or pedicure

75 mins | R 910

Shellac removal

30 mins | R 320

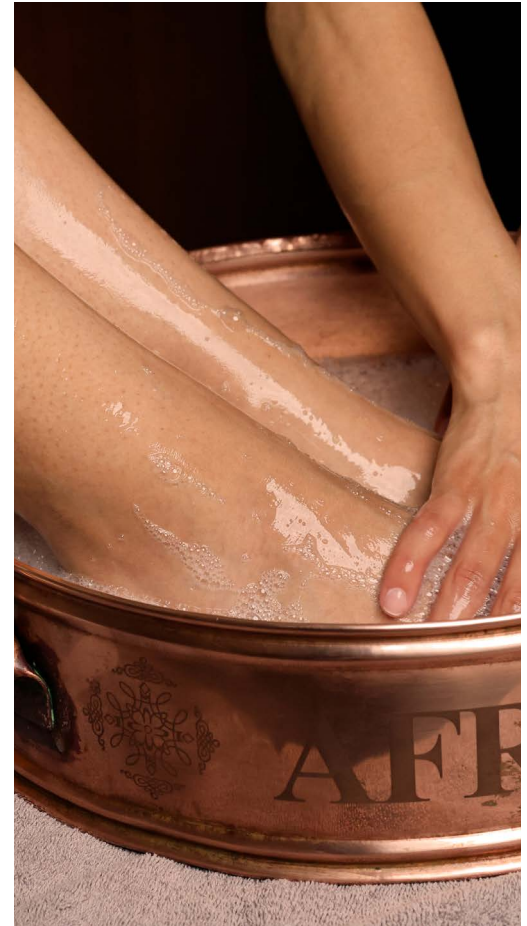
Add Shellac to a treatment

60 mins | R 450

Acrylic / tips removal

45 mins | R 370

Don't forget to pack your flip-flops, so your pedicure stays fresh and smudge-free.



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