

**THE OLD  
RECTORY**  
*Hotel & Spa*

ESTD. 1777

*spa menu*

A close-up photograph of a hand with fingers slightly curled, touching the surface of calm, blue water. The water is still, and the hand's reflection is visible in the ripples. The background is a soft, out-of-focus blue sky.

*Healing  
through  
touch*

*At The Old Rectory Hotel & Spa we pride ourselves on distinction. We have compiled a portfolio of exquisitely unique treatments that are the perfect combination of ancient and modern techniques; taking inspiration from the world's finest therapies, rituals and healing applications.*

*From the moment you arrive you will be transported to a world of indulgence and luxury, where no detail is spared in creating an unparalleled journey of relaxation and tranquillity.*



*Spa Facilities  
& Services*

A spa treatment room featuring a white vanity with a white vessel sink and a gold faucet. On the vanity, there are several bottles of spa products, a small vase with flowers, and a lit candle. A large round mirror with a gold frame hangs on the wall above the sink. In the foreground, a massage table is covered with a dark blue sheet and a brown towel. The room is dimly lit with warm, ambient lighting.



A spa shower area with a dark blue wall and a gold showerhead. A brown towel is hanging on a gold hook. The shower is set in a white tiled enclosure. To the right, a framed picture of a butterfly is mounted on a white wall. A wooden bench is visible in the foreground.

*3 Treatment Rooms*

Superbly equipped for dual and single treatments.

*Rasul*

Maintained at the optimal temperature for rebalancing your body's metabolism, available for all spa guests inclusive of your treatment.



# Signature Experiences

*Each signature journey starts with our welcome touch. This creates a deep sense of tranquillity. Touch and sound healing are effective and a proven modality using vibrational sound to help reduce stress, alter consciousness and create a deep sense of peace, well-being and better health.*

## NATURE'S GIFT

2HRS / R1990

A journey inspired by nature, designed to attain a deep state of relaxation.

This massage journey harnesses the earth elements, combining ancient and modern techniques using poultices created with Fynbos herbs and the natural essences of Moya aromatherapy oils.

Complete with our hot oil foot and scalp massage – A magnificent experience.

## MOYA CRYSTAL MASSAGE

90MINS / R1250

An aromatic full body massage using colour and crystal therapy to rebalance and re-energize. Our Moya oils are specifically formulated essential oil blends and we use Moya soy synergy candles.

Warm crystals are used for this full body massage and cool crystals for the facial drainage.

Breath-work is incorporated to calm and sooth and crystals are placed on the seven major chakras, incorporating crystal healing and colour therapy to balance energies and restore well-being – One leaves feeling cleansed and energised.

# Skincare Treatments

*Our skincare therapists are highly qualified and trained to provide the utmost professionalism, each 75 and 90 minute superior treatment is enhanced by a luxurious hand, arm and scalp massage.*

## ADVANCED ANTI-AGING TREATMENTS

**DEEP  
CLEANSING  
INTENSE**                      30 / 60MINS // R400 / R750

---

A deep pore cleansing treatment that lightly firms and moisturises the skin, leaving it firm and supple.

**NEO-TISSUEDERMIE  
ANTI AGEING  
ADVANCE**                      75 / 90MIN // R1090 / R1450

---

An intensely stimulating facial using a unique thermal-active, revitalising mask designed to stimulate micro circulation giving an instant boost, combating aging and leaving the skin visibly smoother.

**CLASSIC  
PRO-COLLAGEN  
INTENSE FACIAL**              75 / 90MINS // R990 / R1090

---

Designed to address the loss of collagen, the main cause of skin aging, this facial features our unique 70% natural soluble collagen. Through this application the skin is revitalised and returned to a youthful and healthy state. Fine lines are reduced and the skin's elasticity is restored.

## SKIN SPECIFIC TREATMENTS

**VISIBLE  
GLOWING  
FACIAL**    60MINS / R850

---

Innovative activation techniques increase the supply of active ingredients which refuels and energises the skin leaving it fresh and glowing. Instant vitality for dehydrated, jet-lagged and tired skin.

# Body Treatments

*Moya body wraps boast a number of benefits, from increased circulation and smoother skin to detoxification and relaxation. Each wrap begins with the Moya Snowbush Glow leaving the whole body soft, smooth and radiant, allowing the wrap of choice to penetrate deep into the skin.*

*Whilst you are cocooned in a comforting wrap you will be treated to a Pressure Point Facial Massage and de-stressing Scalp Treatment.*

---

## **BUCHU DETOX WRAP** **60MIN / R650**

---

The Buchu detox wrap will help to eliminate those harmful toxins and provide essential vitamins and minerals to your body.

---

## **CAPE MAY SLIMMING WRAP** **60MIN / R650**

---

Not only does the body benefit internally but also externally, contouring and diminishing cellulite – The treatment brings real results!

---

## **LANYANA RESTORE WRAP** **60MIN / R650**

---

Nourishing and healing – Invigorate your skin with a full body exfoliation, eliminating excess surface skin cells. Skin is left soft, nourished and ready to absorb nutrients. The Lanyana Restore Wrap is ideal for sensitive or irritated skin.

---

## **EUPHORIC MILK BATH WRAP** **60MIN / R550**

---

A full body exfoliation followed by a moisturising milk protein and aroma infused body wrap, rehydrating and soaking the skin in nourishing goodness to reveal a soft, smooth skin fit for an Egyptian queen. This is a wonderful antidote for skin that has been overexposed to the sun.

---

## **MUD BATH** **30MIN / R300 per person**

---

The Mud Bath is a traditional Arabian cleansing ritual and a luxurious skin smoothing self-treatment, blending mineral rich mud, steam and heat. An ideal treatment for couples or groups celebrating life. Three different muds and a prescribed facial mask are applied to the face and body, whilst gently inhaling pure herb-infused steam.

---

## **SNOWBUSH SALT GLOW** **30MIN / R350**

---

This Moya full body salt scrub is an invigorating and cleansing treatment that leaves the whole body soft, smooth and radiant, exposing supple skin. Completed with unique creams to re-energise and restore the body.

## TRADITIONAL TOUCH THERAPY

### BACK, NECK, HEAD AND SHOULDER MASSAGE 45 MINS / R450

---

This focused, medium-pressure massage helps to relieve areas of tension created by strain, bad posture or general stress. Concentrated pressure is applied to the head, shoulders and back for targeted tension release.

### SWEDISH MASSAGE 60 / 90 MINS // R800 / R1050

---

The original form of massage used all over the world to provide a very relaxing, therapeutic form of bodywork. This quintessential restorative technique leaves the body loose and supple and the mind invigorated.

### AROMATHERAPY MASSAGE 60 / 90 MINS // R750 / R1000

---

A holistic treatment, aromatherapy Fynbos essences are absorbed by the skin and inhaled, creating a deeper and longer lasting effect. This treatment combines the relaxing effects of touch and smell.

### DEEP TISSUE MASSAGE 60 MINS / R950

---

Feel the stiffness melt away with this therapy that concentrates on specific points of tension to re-align deeper layers of muscle and creating an instant sense of release.

### HOT STONE MASSAGE 90 MINS / R1050

---

This treatment harnesses the wellness properties of heat through soothing warm stones These relieve specific points of stress employing the ancient healing powers of touch therapy.

### FOOT MASSAGE 30 MINS / R380

---

The feet are road maps to the body with sensitive points that connect throughout our form. This massage helps relieve areas of tension within the body by focusing on targeted pressure points.

### PREGNANCY MASSAGE 60 MINS / R800

---

A combination of massage techniques ease back aches and muscle tension, incorporating gentle flowing movements using our uniquely designed therapy. This specialised massage is for expecting moms, please note that you need to be over the four month mark.

## SPECIALISED TOUCH THERAPIES

### REFLEXOLOGY 30 MINS / R400

---

The ancient practice of pressure point stimulation, reflexology is the a system of massage used to relieve tension and treat illness. The massage of the nerve endings situated on the sole of the feet triggers a response in the body. Thorough stimulation of all reflex areas induces the reduction of stress and tension, sending a calming message from the peripheral nerves in these extremities to the central nervous system, which in turn signals the body to reduce the tension level.

### LYMPH DRAINAGE MASSAGE 60 MINS / R800

---

A gentle, rhythmic, pumping and stretching massage in which the therapist controls the flow of lymph within the body. The movements direct the lymph fluid to the lymph nodes where it is filtered and waste is removed. This boosts the immune system, cleans the tissues, clears blockages, removes toxins, transports nutrients and increases blood flow and metabolism. Lymph drainage can improve one's health and promote general well-being.

### INDIAN HEAD MASSAGE 45 MINS / R550

---

The Indian head massage will energise you and release tension. A technique practiced for over a thousand years.

## COUPLES PACKAGES

### 1777 EXPERIENCE 90 MINS / R1980 *per couple*

---

Choose any three treatments below and we'll include a nourishing exfoliation.

#### TREATMENTS

- *Hot Stone Back Massage (30 mins)*
- *Foot and Scalp Massage (30 mins)*
- *Skin Booster Facial (30 mins)*
- *Manicure or Pedicure (30 mins)*

### CELEBRATION OF LIFE 90 MINS / R1990 *per couple*

---

We have created a softening and relaxing treatment. The rejuvenating exfoliation softens the skin, as the beneficial ingredients and natural minerals are absorbed.

Three different muds and a prescribed facial mask are applied to the face and body – Continue your spa journey with a Full Body Massage. You will find yourself feeling deeply relaxed.

Enjoy a glass of bubbly with this delightful treatment.



# *Hands, Feet & Spa Essentials*

*Feel thoroughly cared for as we cleanse, groom and restore the condition of your hands and feet, including a tender exfoliation, nourishing mask treatment and massage. Select a nail lacquer of your choice.*

## HANDS & FEET

---

<b>FILE AND VARNISH</b>	<b>20MINS / R150</b>
<b>EXPRESS MANICURE OR PEDICURE</b>	<b>30MINS / R190</b>
<b>GENTS MANICURE</b>	<b>45MINS / R250</b>
<b>GENTS PEDICURE</b>	<b>45MINS / R290</b>
<b>CLASSIC MANICURE</b>	<b>60MINS / R290</b>
<b>CLASSIC PEDICURE</b>	<b>60MINS / R300</b>
<b>GEL ADD ON</b>	<b>30MINS / R210</b>
<b>SOAK OFF</b>	<b>30MINS / R160</b>

## SPA ESSENTIALS

---

<b>BROW TINT</b>	<b>R90</b>
<b>LASH &amp; BROW TINT</b>	<b>R120</b>
<b>LASH TINT</b>	<b>R90</b>
<b>BROW OR LIP WAX</b>	<b>R90</b>
<b>CHIN WAX</b>	<b>R90</b>
<b>½ LEG WAX</b>	<b>R275</b>
<b>UNDERARM WAX</b>	<b>R110</b>
<b>FULL LEG WAX</b>	<b>R340</b>
<b>G-STRING WAX</b>	<b>R275</b>
<b>BACK WAX</b>	<b>R430</b>
<b>BRAZILIAN WAX</b>	<b>R300</b>
<b>HOLLYWOOD WAX</b>	<b>R390</b>
<b>ARM WAX</b>	<b>R275</b>



A large, soft-focus image of pink flowers, likely peonies, serves as the background for the left side of the page. The text 'Spa Etiquette' is overlaid in the upper left corner in a white, elegant serif font.

# Spa Etiquette

## **SPA ARRIVAL**

---

Arriving late may make it necessary to limit time for your treatment so the next guest is not delayed. Please arrive at least 15 minutes before the scheduled time to check in and prepare to enjoy your treatment.

## **SPA ENVIRONMENT**

---

The spa environment is one of tranquillity and relaxation. Please respect all spa guests' right to privacy and serenity. All family members under 16 years of age must be accompanied by an adult. Please turn off cellular phones upon arrival at the spa.

## **HEALTH MATTERS**

---

Please communicate health conditions such as high blood pressure, allergies, pregnancy or any other health related concerns you may have when making your appointment. We do not recommend the consumption of alcohol before or directly after spa treatments. Please consult your doctor before using the spa heat and water facilities, if under medical supervision and taking medication. For moms-to-be, we have specifically designed treatments to care for you and your baby. Please allow our therapists to guide you in selecting which treatments are most suitable for you during this time. We recommend that you drink lots of water after your spa treatments to help accelerate the elimination of toxins.

## **SPA ATTIRE**

---

We will provide you with spa attire including a choice of spa underwear. You may choose to wear your own, whatever is most comfortable for you. Our therapist will always use draping techniques to respect your privacy.

## **VALUABLES**

---

We do not assume any liability for personal items and recommend you leave valuables in the safe in your hotel room or suite.

## **CANCELLATION POLICY**

---

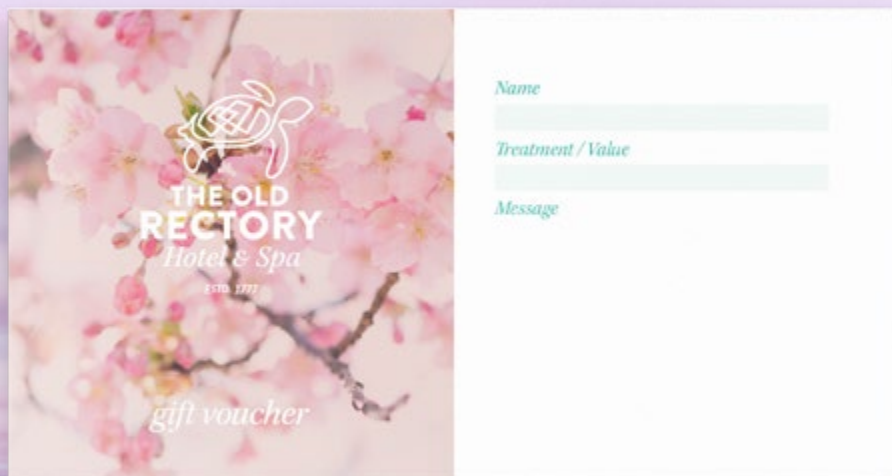
The treatments you select are reserved especially for you and credit card details are required to secure your booking. If you are not able to make your scheduled appointment, please advise us 12 hours in advance in order not to incur any cancellation charges. You may incur a cancellation fee equal to 100% of the total value of your treatment for same day cancellations, or for not arriving for your scheduled appointment.

## **REFUNDS AND RETURNS**

---

Treatments and packages are non-refundable, non-transferable and may not be exchanged for money. For hygiene reasons, products purchased may not be returned or exchanged.

# Gift Vouchers



*The perfect gift for a loved one or a colleague, our gift vouchers come beautifully packaged and are available at short notice*

**THE OLD  
RECTORY**  
*Hotel & Spa*

*ESTD. 1777*

EMAIL [oldrectoryspa@rareearth.co.za](mailto:oldrectoryspa@rareearth.co.za) | TELEPHONE +27 44 533 1201