



SPA MENU

Signature Journeys

THE OLD RECTORY 1777 TRIBUTE

150 MINS / R2,200

Soften and smooth skin with a full body exfoliation while you gently inhale the exotic aromas of Marula and Neroli; perfect to calm the mind and body. Next, surrender to a full body massage using a deeply hydrating body balm, specially tailored to suit your preferred pressure and areas of tension. A crystal-infused hydrating facial massage follows, leaving the skin nourished and glowing.

RARE EARTH POWER BOOST

120 MINS / R1,990

Boost circulation and relax tired muscles with this invigorating and uplifting journey. Start with a detoxifying Earth Clay body mask in the Rasul steam chamber followed by a deep tissue massage and a mini facial to cleanse and hydrate. Ideal to relax, rewind and energize yourself.

COOL, RESTORE AFTER SUN IMMERSION

90 MINS / R1,550

Harness the healing powers of pure Aloe Vera to restore dehydrated, sun-damaged skin. The experience begins with a refreshing Aloe Vera cocoon body wrap and conditioning scalp massage using African Potato Balm. A hydrating Pinotage facial completes the healing ritual.

ULTIMATE DETOX RITUAL

120 MINS / R1,850

An invigorating full-body exfoliation and wrap using either Coffee, Cinnamon and Orange (detox, define and sculpt) or Mongongo Nut (detox, water retention and lymphatic drainage). This revitalising treatment serves to buff away and remove dead skin and encourage cellular renewal for smooth, soft, balanced, firm and retextured skin that glows with vitality. Follow the body exfoliation and wrap with a shower and complete your experience with a luxurious and nourishing full-body massage.

BODY POLISHING RITUAL

45 MINS / R650

All scrub rituals include a nourishing body butter application. For optimum results, add any of our scrub rituals to your preferred massage therapy. Please enquire about the available options.

BODY WRAP RITUAL

45 MINS / R650

Our targeted body masks are designed to treat specific guest concerns creating both immediate and lasting results. All mask wraps are completed with a hydrating shea butter application. Please enquire about the available options.

Skincare Therapies

ANTI-AGEING HIGH PERFORMANCE

90 MINS / R1,150

A specialised, results-driven facial for mature, dry skins. The unique delivery of active ingredients offers highly nourishing results from the cocktail of Vitamin C, peptides, hyaluronic acid, enzymes and probiotics.

BRIGHTENING MICROFOLIANT ENZYME BOOSTER

75 MINS / R950

A brightening, radiance-boosting Rosehip facial that begins with a cleanse and the application of enzyme clay to exfoliate and soften the skin. A lifting facial massage helps relax facial muscles and regenerate skin cells while a therapeutically-enriched mask and serum leave the skin refreshed and radiant.

HYDRATING SKIN QUENCHING FACIAL

60 MINS / R900

An intensive hydrating facial that leaves the skin plump and moisture-rich. A nourishing cleanse is followed by layers of Hyaluronic Acid and a Rose Quartz Roller massage to boost circulation and glow.

DEEP CLEANSING DETOX FACIAL

60 MINS / R850

This purifying facial harnesses the cleansing properties of Jade to brighten the complexion, reduce puffiness, stimulate lymphatic drainage and promote circulation. Treatment includes a cleanse, exfoliation, facial massage, deep cleansing mask and serum – best for oily and combination skins.

GENTLEMAN'S FACIAL CEREMONY

60 MINS / R850 OR 90 MINS / R1,150

A deep cleansing facial that leaves the skin refreshed, nourished and soothed for visible results. Treatment includes facial compresses and a regenerating facial massage with African Potato Balm. The 90-min option features the addition of a stress-relieving back massage.



Massage Therapies

AROMA RELAXATION MASSAGE

60 MINS / R800 OR 90 MINS / R1,050

A relaxing, light-to-medium pressure full-body massage to help melt away tension using the aromatherapy blend of your choice: Condition & Hydrate, Detox & Uplift or Relax & Destress.

MUSCLE EASE DEEP TISSUE MASSAGE

60 MINS / R950 OR 90 MINS / R1,250

Target stiff and sore muscles with medium to deep pressure and a cooling gel to refresh, calm and soothe the areas of tension.

TRADITIONAL HOT STONE MASSAGE

60 MINS / R800 OR 90 MINS / R1,050

Unwind with a full-body massage using special warmed basalt stones to stimulate circulation and ease muscle tension. A combination of manual massage and these unique stones help to treat problem areas while creating a rejuvenating massage experience.

SWEDISH SOUL OF THE EARTH MASSAGE

60 MINS / R800 OR 90 MINS / R1,050

A full-body massage using a selection of specially-blended and nourishing aromatherapy oils inspired by ancient healing traditions and techniques. Ingredients are sourced and selected for their connection and roots with Africa, helping to relieve dry and dehydrated skins. Finish with a moisturising body butter of your choice to leave the skin soft, supple and glowing.

EXPECTING MOTHER MASSAGE

60 MINS / R900

A tailored massage therapy for moms-to-be that eases muscle tension and tiredness while deeply nurturing and nourishing the skin with African Potato Balm.

LYMPH CLEARING MASSAGE

60 MINS / R900

This treatment smoothes the natural silhouette of the body by increasing lymphatic drainage and reducing water retention. An intensive lymphatic massage with highly effective aromatherapy oils and balms that releases toxins, increase circulation and improves skin texture.

TENSION BACK, NECK, SHOULDER MASSAGE

60 MINS / R750

Start with a back exfoliation using Kalahari Melon body polish to soften and hydrate the skin. Gentle warm compresses remove the polish, before flowing into a tension-relieving back, neck and shoulder massage, finishing with a cooling gel to leave you feeling refreshed.



ADD A TREATMENT:

Hydrating Taster Facial
30 mins / R400

Relaxing Head Massage
30 mins / R400

Exfoliating Body Polish
30 mins / R500

Revitalising Foot Massage
30 mins / R400

Hands & Feet

SEASHORE HANDPRINT CEREMONY

60 MINS / R350

A classic treatment including a polish to soften, reshaping of the nails, neatening of the cuticles and massage to moisturise and nourish the hands. Finishes with a fresh coat of nail lacquer.

SEASHORE FOOTPRINT CEREMONY

60 MINS / R350

The feet are soaked, skin is gently exfoliated, cuticles are perfected and toenails are clipped, shaped, buffed and polished. Finishes with a nourishing foot massage and a fresh coat of nail lacquer.

GENTS HANDPRINT OR FOOTPRINT CEREMONY

45 MINS / R350

A perfect treat for the gentleman. Hands or feet are soaked and exfoliated before a conditioning nail and cuticle treatment is applied. Includes nail shaping and trimming of the cuticle.

EXPRESS MANI OR EXPRESS PEDI

30 MINS / R250

An express nail service for the hands or feet when time is of the essence. This treatment includes nail filing, shaping and trimming of the cuticle. To finish, a polish application is done to add some colour and shine.

ADD A TREATMENT:

Soak off
30 mins / R175

Gel add-on
30 mins / R200

File and varnish
30 mins / R200



Grooming

BROW TINT	R100
LASH TINT	R120
LASH & BROW TINT	R200
BROW OR LIP WAX	R100
CHIN WAX	R100
½ LEG WAX	R250
FULL LEG WAX	R350
UNDERARM WAX	R150
G-STRING/BIKINI WAX	R250
HOLLYWOOD WAX	R350
ARM WAX	R275
BACK WAX	R420

THE OLD RECTORY HOTEL & SPA

2 Bull Street, Plettenberg Bay, 6600

Call us on +27 44 533 1201 or email
spa@theoldrectory.co.za to book now

The spa is open daily from 09:00 to 17:00
to guests of the hotel as well as to the general
public. Booking essential.

