

SPA MENU

Signature Journeys

THE OLD RECTORY 1777 TRIBUTE

150 MINS / R2,750

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 / R2,500

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 / R1,700

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 / R2,300

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 / R700

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 / R750

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

Skincare Therapies

ANTI-AGEING HIGH PERFORMANCE 90 MINS / R1.500

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 / R1.400

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 / R1,050

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 / R990

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 / R990 OR 90 MINS / R1,300

A deep cleansing facial that leaves the skin refreshed, nourished and soothed for visible results. I reatment 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 / R1,000 OR 90 MINS / R1,550

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 / R1.500 OR 90 MINS / R1.650

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

TRADITIONAL HOT STONE MASSAGE 60 MINS / R1,100 OR 90 MINS / R1,400

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 / R1,250 OR 90 MINS / R1,550

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 / R1,250

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 / R1,100

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 / R900

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 Facia 30 mins / R600

Exfoliating Body Polish 30 mins / R650

Relaxing Head/Foot Massage

Steam Room Session 30 mins / R400

Hands & Feet

SEASHORE HANDPRINT CEREMONY 60 MINS / R550

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 / R650

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 / R500

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 / R500

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 / R380

File and varnish 30 mins / R400

Grooming

BROW TINT	R150
LASH TINT	R150
LASH & BROW TINT	R250
BROW OR LIP WAX	R150
CHIN WAX	R150
½ LEG WAX	R300
FULL LEG WAX	R450
UNDERARM WAX	R150
G-STRING/BIKINI WAX	R350
HOLLYWOOD WAX	R500
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.