

Bloom Wellness Menu

Signature Treatments

The heart and soul of our spa. Carefully designed to envelop you in pure relaxation, using our incredibly natural Grootbos product ranges. Feel tension slip away and your body and mind revitalised.

CLASSIC GROOTBOS COMBINATION DR. HAUSCHKA FACIAL 120 MIN / R 2150.00

Treat your feet, arms and legs to a relaxing treatment with fragrant essential oils, followed by a facial with the natural, certified Dr. Hauschka range of products. Cleansing, clarifying masks, activating ampoules and regenerating intensive care products are a great addition to the lymph stimulation with fine brushes and hands.

SENSES 75 MIN / R 1150.00

Awaken your senses with this relaxing and refreshing experience. Enjoy a head, foot and exfoliating body massage, with the stimulation and release of pressure points.

Classic Menu

SUPREME FACIAL 90 MIN / R 1420.00

A classic, deep-cleansing, relaxing facial treatment, with exfoliation using papaya enzymes and fynbos from the reserve. An anti-aging peptide collagen serum or an alginate peel-off mask with a sublime face, neck and décolletage massage, leaving your skin silky soft, smooth and hydrated.

BESPOKE FACIAL 60 MIN / R 950.00

Allow our highly-trained facial specialists to analyse your skin and design a custom-made facial to the very specific needs of your skin. This treatment includes cleansing, extractions, eyebrow shaping and appropriate mask. In all facials, the following can be added: eyebrow shaping, tinting, waxing and eyelash perm.

BESPOKE FACIAL EXPRESS 30 MIN / R 430.00

A quick fix, if you don't have time for more. A good cleanse and tone, exfoliation with papaya extract and fynbos, a 10-minute mask and off you go again to explore the wonders of Grootbos Private Nature Reserve, with a silky soft, smooth skin.

FULL BODY RECOVERY MASSAGE 60 MIN / R 1100.00 90 MIN / from R 1400.00

A deep-tissue massage using specialised muscle-relief oils such as rosemary, wintergreen and black pepper that relaxes tight and sore muscles.

BACK AND NECK MASSAGE 30 MIN / R 690.00 45 MIN / R 950.00

Choose from a selection of plant-based massage oils.

RENEWAL TREATMENT 75 MIN / R 1150.00

A revitalising, stimulating and detoxifying treatment. For the lymph drainage massage, we use our detoxifying body balm with aromatherapy oils and fynbos extracts from the reserve.

MANICURE 60 MIN / R 540.00

Ultra-luxurious treatment for total nail and hand care. A varnish colour of your choice from Morgan Taylor is included.

PEDICURE 60 MIN / R 560.00

A wonderfully relaxing foot bath, exfoliation, nail and dry skin treatment, including a foot massage.