WELCOME TO THE WONDERFUL WORLD OF BELMOND

We are totally dedicated to your wellness when you stay with us at Belmond. Whether lazing in our spa or dining on nutritious cuisine, practicing yoga in our picturesque gardens or enjoying a moment’s peace in a tranquil hideaway, do take this special opportunity to refresh your body, mind and soul.
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We invite you to unwind in our healing sanctuary, housed in three stylishly restored Victorian heritage homes near our main pool. Dedicated to the harmony and wellbeing of you, the earth and our environment, it’s a place to indulge your senses and rejuvenate your body.

Enjoy restorative rituals inspired by African healing techniques and featuring nourishing local botanicals. Choose from a blissful range of massages, body wraps and facials as well as dedicated treatments for teenagers. If you have little ones, drop them off at our children’s club free of charge.

We offer eight treatment rooms, including two couple’s rooms, a tranquil conservatory with selection of herbal teas, a plunge pool, steam bath and Finnish sauna.

Please enjoy complimentary use of all our delightful spaces during your visit.

We also offer a tranquil yoga studio, which you’ll find in the gym next to the Spa. We’re thrilled to offer a range of classes, both inside and in the great outdoors, as well as combined yoga and spa experiences and personalised fitness training.

All treatments and classes are suitable for both men and women, unless otherwise stated.

Opening times: 09:00-19:00, except 1 December-28 February 09:00-20:00

Access: Find us next to the main swimming pool

Reservations: Extension 155
SIGNATURE ROSE PETAL BLUSH POULTICE MASSAGE  90/60/40 MINUTES
Indulge in this centuries-old massage with a local twist. A tranquil experience, it’s designed to enhance deep relaxation, muscle recovery and increased lymphatic flow from the tips of your toes to the intricate muscles of your face. Our herbal poultices are handcrafted using our own local blend of herbs coupled with our signature Rose Petal and Geranium massage oil to restore harmonious flow. It leaves your skin nourished and your soul soothed.

RESTORATIVE BODY AND FACE RITUAL  120 MINUTES
Harmonise your body’s energy field with this therapy using African ingredients picked for their potent healing power. Naturally rich plant-based oils and botanicals are used to buff and soothe your body and leave your complexion radiant and glowing. The ritual includes a 30-minute body exfoliation, 30-minute body wrap and 60-minute facial.

SKIN ADORATION WRAP  120 MINUTES
Embark on a sensory journey designed to relieve deep-seated tension. It begins with a fragrant marula and sandalwood full-body exfoliation, followed by a deep-tissue massage with circulatory-boosting essential oils. Let your mind drift off while you’re cocooned in comfort. Your journey comes to an end with a healing scalp massage, leaving your mind and body refreshed and invigorated.

INDOCEANE MINDFUL RITUAL  120 MINUTES
ALSO AVAILABLE FOR COUPLES
Discover ancestral beauty, wellbeing and purification practices from diverse cultures. This wonderful ritual takes you on a voyage to discover a new kind of relaxation. Close your eyes and be swept away as divine fragrances and marine essences re-energise your body and mind. Including an Egyptian-inspired precious milk bath, a Mediterranean sweet and savoury body scrub, an Indian massage and Chinese-style body wrap, your world tour will leave you with a peaceful feeling of inner calm.
MASSAGES

TOGETHER TIME 60 MINUTES
Take pleasure in sharing the ultimate spa experience with someone special. Whether it be your partner or your best friend, enjoy a luxurious massage in our exclusive couple’s treatment room.

HOT STONE MASSAGE 90/60/40 MINUTES
Prepare to loosen up as heated stones are placed on your body and used in combination with our therapist’s healing hands to release tension, soothe aching muscles and leave you feeling wonderfully relaxed. Choose from a 90-minute or 60-minute full body massage or a 40-minute back of body massage.

DEEP TISSUE MASSAGE 90/60/40 MINUTES
Target specific areas of tension with this firm massage that focuses on the deep layers of muscle and tissue. Your body will feel more flexible, supple and stress-free. Choose from a 90-minute or 60-minute full body massage or a 40-minute back of body massage.

SWEDISH MASSAGE 90/60/40 MINUTES
Improve your circulation, relax your muscles and feel yourself unwind with this soothing massage. Choose from a 90-minute or 60-minute full body massage or a 40-minute back of body massage.

AROMATHERAPY MASSAGE 90/60/40 MINUTES
Breathe deeply as, in combination with gentle strokes, we use a blend of essential oils to rebalance, revitalise or purify the body. Choose from a 90-minute or 60-minute full body massage or a 40-minute back of body massage.

FOOT REFLEXOLOGY 40/60 MINUTES
By placing pressure on different areas of the feet, we can restore the flow of energy throughout the entire body and restore a sense of balance.

PRENATAL MASSAGE 60 MINUTES
Mothers-to-be need extra care and this therapy, devised especially for pregnant women, can reduce anxiety while relieving muscle aches and joint pain.

SCALP MASSAGE 40 MINUTES
Enjoy this super-relaxing, gentle massage that boosts circulation in your scalp and melts cares away.

MASSAGE ENHANCERS
Customise your chosen massage with the following treatment enhancers:
- Bellabaci cups – to relieve tension and increase lymph drainage
- Hot stones – to deeply warm and relax sensitive, aching muscles
- Back exfoliation and heated mud treatment
- Ocea Draine detox drink – to aid removal of toxins
- Eye expert – to treat puffiness, reduce dark circles and diminish wrinkles
04 BODY RITUALS

LIBRISA TIME 120 MINUTES
Time is the greatest gift we can give you. Book a duration of time rather than a specific treatment and consult with your therapist to create a customised therapy plan to suit your individual needs.

DESERT GLOW 30 MINUTES
Treat your body to a marula and sugar full-body exfoliation. Extracted from the kernel of the eponymous fruit, marula is so rich in antioxidants it’s known as “miracle” oil in the beauty industry. Emerge super-smooth and glowing.

BOUTIQUE SPA 90 MINUTES
Tailor your bespoke spa experience by selecting three 30-minute treatments from the following:

- Full body scrub
- Back, neck and shoulder massage with Bellabaci cupping
- Customised Africology facial
- Therapeutic pressure point foot massage
Each customised facial includes steam, exfoliation, extraction, mask and massage.

**THALGO FACIALS**

**HYALURONIC FILLER TREATMENT** 60 MINUTES
Restore youthful radiance to your complexion with this specialised treatment. Marine hyaluronic acid molecules promote optimal absorption of active ingredients and deliver immediate results. Suitable for those aged 35 and over who wish to fill deep-set wrinkles and rejuvenate their skin.

**SILICIUM SUPER-LIFT TREATMENT** 75 MINUTES
Restore firmness, smooth pronounced wrinkles and lift the contours of your face and neck without surgery. This high-performance facial is ideal for those over 40.

**ULTIMATE TIME SOLUTION RITUAL** 90 MINUTES
Enjoy immediate visible results and an incredible sensory experience with this rejuvenating therapy. Rich in agents that combat free radicals, the treatment boosts collagen production, reduces the number and depth of wrinkles and has a long-lasting anti-ageing effect.

**OCEAN RITUAL (FOR MEN)** 60 MINUTES
Uniquely designed for men, this treatment uses highly energising Algae Bleue Vitale to purify the skin and protect it from daily stress and pollution. Infused with anti-fatigue and anti-ageing properties, the algae-rich treatment provides immediate results, leaving the complexion rested and radiant.

**SOURCE MARINE** 60 MINUTES
Harness the power of the ocean with this treatment enriched with innovative Seve Bleue extract. Intensively hydrate and remineralise your skin while boosting radiance.

**SIGNATURE PRODIGE RITUAL** 120 MINUTES
This supreme beauty ritual provides ultimate revitalisation and total youthfulness. Feel totally relaxed and look younger: what’s not to love?

**BESPOKE FACIAL** 75 MINUTES
Enjoy a customised facial incorporating a holistic approach to skin wellbeing. Your therapist will analyse your skin’s needs and recommend the best treatment to plump and gently lift your complexion, leaving it hydrated and glowing.

**FACIAL ENHANCERS**
Customise your chosen facial with the following enhancers:
Collagen Booster – a drink for anyone wishing to visibly reduce wrinkles and fine lines
Eye Touch – treat puffiness, erase dark circles and diminish wrinkles
SOTHYS FACIALS

FUNDAMENTAL FACIAL 60 MINUTES
Our expert somatologist will adapt this treatment to your skin’s individual needs. Select from Anti-Ageing, Ultra Soothing, Moisturising/Hydrating and Deep Cleanse to maintain and improve a beautiful and healthy complexion.

ADD-ON GLYSALAC PRO PEEL 15/30 MINUTES
Choose to enjoy this express treatment as an add-on to a Fundamental Facial or a 30-minute standalone treatment. It’s designed to refine the texture of your skin, bringing instant radiance and revealing a brighter, more even complexion.

BRIGHTENING ADVANCED TREATMENT 60 MINUTES
This brightening treatment combines Pure Vitamin C concentrate with Alpha and Beta Hydroxyl acids for intensive cellular renewal and is designed to target uneven complexions with hyperpigmentation as well as sun-damaged skins lacking energy and vitality.

RESURFACING PEELING TREATMENT 60 MINUTES
Refine your skin’s texture and restore a healthy glow with this detoxifying and oxygenating treatment. A powerful and effective double exfoliation using semi-precious ruby and sapphire crystals, along with a glycolic and salicylic peel complemented by an oxygenating mask unveils a smoother, softer and brighter complexion.

P3 TRI-COMPLEX YOUTH INTENSIVE TREATMENT 90 MINUTES
Combined with a scientific approach, Sothys anti-ageing Intensive Treatment uses the P3 tri-complex of saffron, sophora and peptides to restore the skin’s youth. Fight against oxidative stress and biological ageing with this scientifically proven facial treatment. An exfoliating, stimulating massage and double dermo filling mask leave the skin feeling fresh, plump and youthful. Expect to lose up to 6 years.

ENERGISING INTENSIVE TREATMENT 90 MINUTES
Give tired, dull complexions a rejuvenating boost with this intensive treatment. Siberian Ginseng envelops the skin in a wave of light and reveals its youthfulness. The skin is highlighted and its natural beauty is revealed. It optimises the skin’s resistance to daily stress and restores the skin’s energy. Suitable for all skin types, ages and seasons.

HYDRA 3HA INTENSIVE TREATMENT 90 MINUTES
Flood your skin with wellbeing and give it a sensation of total hydration. With the combination of HMW, LMW Hyaluronic acid and patented Boletus extract, the skin’s natural hydration levels are restored and reactivated, leaving your complexion plumped up and visibly younger.
WEDDING PACKAGES

Our exclusive packages have been designed to ensure you look and feel your very best for your magical occasion.

FOR THE BRIDE  5 HOURS
Full body marula and sugar exfoliation
Back and shoulder massage
Hydration facial
Gel application on hands and feet
Selection of two wax treatments

FOR THE BRIDESMAIDS  3.5 HOURS
Back and shoulder massage
Hydration facial
Gel application on hands and feet

FOR THE GROOM  2.5 HOURS
Back and shoulder massage
Ocean Ritual facial
Express manicure
Express pedicure

COUPLE’S PACKAGES

MORNING BLISS FOR TWO  40 MINUTES
Join a friend or loved one for a relaxing massage in our couple’s treatment room, followed by morning tea in the hotel lounge.

AFTERNOON BLISS FOR TWO  60 MINUTES
Enjoy an indulgent massage before sitting down to a relaxing afternoon tea in the hotel lounge.

EVENING BLISS FOR TWO  60 MINUTES
Make an evening of it with a massage for two and evening tea in the hotel lounge.

LIBRISA SPA JOURNEY OF DISCOVERY  6 HOURS/3 HOURS
Treat yourself to a full or half day of spa bliss.
The full day includes four treatments of your choice, while the half day includes two.

Choose from the following treatments:
Manicure and Pedicure
Scalp Massage and Foot Massage
Bespoke Facial
Librisa Signature Massage
Full Body Polish with Body Wrap
It’s never too soon to start enjoying the wellbeing benefits of our Spa. The following treatments are specially tailored to young people aged 13 up.

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
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<tbody>
<tr>
<td>Teen Deep Cleanse</td>
<td>45 MINUTES</td>
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<tr>
<td>Sweet Pamper Massage</td>
<td>45 MINUTES</td>
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<tr>
<td>Princess Varnish</td>
<td>20 MINUTES</td>
</tr>
<tr>
<td>Princess Manicure</td>
<td>30 MINUTES</td>
</tr>
<tr>
<td>Princess Pedicure</td>
<td>40 MINUTES</td>
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</table>
08 FINISHING TOUCHES

HAND AND FOOT TREATMENTS

SPA MANICURE 45 MINUTES
Treat your hands and fingernails to a massage and manicure, choosing between French, varnish or a men’s manicure.

SPA PEDICURE 60 MINUTES
Enhance the appearance of your feet and toenails with a massage and pedicure. Choose between French, varnish or a men’s pedicure.

GELISH GEL MANICURE 90 MINUTES
As well as a massage and manicure, this beauty treatment includes application of OPI gel polish.

GELISH GEL PEDICURE 90 MINUTES
Treat your feet to a pedicure, massage and application of OPI gel polish.

GELISH REMOVAL 30 MINUTES
Gentle removal of your gel polish.

TINTING
Lash Tint 25 MINUTES
Brow Tint 10 MINUTES
Lash & Brow Tint 30 MINUTES

WAXING
Hollywood (including full frontal and G-string area)
Brazilian (full frontal)
Underarm
Standard bikini (sides only)
Full leg
3/4 leg wax
1/2 leg (top or bottom)
Full arm
Half arm
Back wax
Chest
Brow
Chin
Lip
Ear
Nose
**09  YOGA INSIDE AND OUT**

**TABLE MOUNTAIN YOGA EXPERIENCE  HALF DAY**
Reach for the sky atop Cape Town’s iconic mountain. Enjoy an extraordinary start to the day, breathing in the crisp sea air and feeling the sun’s first rays on your face. Watch the city wake up beneath you as you perfect your sun salutation or your warrior pose. Your package includes a transfer from the hotel to Table Mountain, where you meet your instructor and take the first cable car up to the top for your class. Tea and snacks are served on the mountain before you return to the hotel.

**PRIVATE YOGA CLASS  60 MINUTES**
Enjoy an hour-long, one-to-one session with a private instructor, either in the yoga studio or outside in our lush gardens. Focus on your breathing and the sounds of birdsong as your instructor guides you through an array of stretches and poses adapted to your needs.

**COUPLE’S YOGA  60 MINUTES**
Share the experience with someone special. Enjoy a relaxing class à deux with your private instructor, either in the yoga studio or al fresco in the shady gardens.

**SMALL GROUP YOGA  60 MINUTES**
Join an intimate group to stretch and de-stress, either in the yoga studio or the gardens. We can cater to all levels of expertise, from beginners to gurus.

**10  YOGA AND SPA EXPERIENCES**

**TABLE MOUNTAIN YOGA SPA DAY  HALF DAY**
Combine the triple pleasures of mountaintop yoga, a lavish spa treatment and a nutritious lunch. You’ll be collected from the hotel and escorted to the cable car station, where your instructor joins you for the early-morning ride up Table Mountain. Enjoy a 60-minute class overlooking Cape Town and the ocean; continue admiring the stunning vistas as you savour tea and snacks. Return to the hotel and make your way to Librisa Spa to enjoy our 60-minute signature massage. Afterwards, a delicious lunch awaits at our vibrant Oasis Bistro.

**YOGA BLISS DAY  HALF DAY**
Perfect for two, this lavish package begins with a 60-minute couples yoga class in the gardens and is followed by a soothing massage at Librisa Spa. An indulgent High Tea in our beautiful lounge or on the terrace is the icing on the cake.

**YOGA AND SPA  120 MINUTES**
Treat yourself to an hour-long yoga class, either in the studio or the fragrant gardens, followed by a heavenly Librisa Signature Massage (60 minutes) in the spa. You’ll be raring to go!
FITNESS ASSESSMENT  60 MINUTES
Wondering how fit you are? Looking to trim down, tone up or build muscle? Let our in-house trainer put you through your paces, find out your strengths and weaknesses, and work out a personalised exercise plan to get you to the top of your game.

PERSONAL TRAINER  60 MINUTES
Under the expert guidance of our in-house trainer, work out using our state-of-the-art cardio and weight training equipment to target any problem areas. Improve your core strength, sculpt your body and increase your speed and stamina.
12  **SPA STYLE**

We’re delighted you will be joining us. Our spa is an oasis of calm, and we therefore ask that you help us maintain the peaceful ambience by speaking in a soft voice and turning off your cell phone.

**APPOINTMENTS**
We strongly recommend you book your class or session in advance.
For reservations, please contact:
Extension: 1553
Telephone number: +27 (0) 21 483 1553
Email: librisa.mnh@belmond.com

**CANCELLATIONS**
We ask that you make any cancellation or change to treatments or classes at least 24 hours before your appointment to avoid a 50% cancellation charge. For yoga classes, we can either reschedule your class or refund your money less a R100 admin fee. A no-show will result in a full charge.

**ARRIVAL**
We invite you to arrive at least 15 minutes before your appointment to allow adequate time to change. For your comfort we provide a bathrobe, slippers and disposable undergarments, as well as complimentary shampoo and spa body products. Do bring your own bathing costume to enjoy our plunge pool. As a courtesy to other guests, should you arrive late we regret that we will only be able to offer you the remainder of your appointment time. The full cost of the treatment or service will still be charged.

**WELLBEING**
Our spa is a non-smoking facility and consumption of alcohol is prohibited. It’s advisable to avoid consuming alcohol or heavy foods prior to or directly after a spa treatment. For your safety and comfort, we ask you to complete a pre-treatment survey. Please notify us of any specific requirements for your visit which may include injuries, illnesses or allergies.

**COMMUNICATION**
Prior to the start of your treatment, kindly advise your therapist of the areas you would like to focus on and any areas to be avoided. During your service, let the therapist know if you feel any discomfort. Communication is key to obtaining the full benefit of your spa experience.

**CHILDREN**
We warmly welcome children aged 13 up at the Spa, accompanied by an adult. We offer a selection of treatments tailored to teens.
Young yoga lovers aged 14 and above are very welcome to join the adult classes. If you have children aged 3-12, drop them off at our complimentary children’s club or enquire about our babysitting services.
SPAS STYLE

GRATUITIES
Our prices do not include gratuities. If you have enjoyed your treatment or class, please feel free to leave a gratuity at your discretion.

GIFT CARDS
Our gift certificates make perfect presents for spa lovers and fitness fans. Choose an individual treatment, a special package or a voucher for a specific denomination.

YOGA APPAREL AND EQUIPMENT
Visit our Signature Boutique in the Spa reception to browse a stylish range of apparel and accessories.
## SIGNATURE INDULGENCES

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Rose Petal Blush Poultice Massage 40 Minutes</td>
<td>910</td>
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<tr>
<td>Rose Petal Blush Poultice Massage 60 Minutes</td>
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<tr>
<td>Rose Petal Blush Poultice Massage 90 Minutes</td>
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## RESTORATIVE FACE AND BODY RITUAL

- Skin Adoration Wrap: 1830
- Indoceane Mindful Ritual: 1870

## MASSAGE

### TOGETHER TIME

- Hot Stone Massage 40 Minutes: 910
- Hot Stone Massage 60 Minutes: 1120
- Hot Stone Massage 90 Minutes: 1340

### DEEP TISSUE MASSAGE

- 40 Minutes: 910
- 60 Minutes: 1120
- 90 Minutes: 1340

### SWEDISH MASSAGE

- 40 Minutes: 800
- 60 Minutes: 1080
- 90 Minutes: 1170

### AROMATHERAPY MASSAGE

- 40 Minutes: 800
- 60 Minutes: 1080
- 90 Minutes: 1170

### REFLEXOLOGY

- 40 Minutes: 800
- 60 Minutes: 1000

### PRENATAL MASSAGE

- 60 Minutes: 1080

### SCALP MASSAGE

- 800

## MASSAGE ENHANCERS

<table>
<thead>
<tr>
<th>Enhancement</th>
<th>Price</th>
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<tbody>
<tr>
<td>Bellabacci Cups</td>
<td>50</td>
</tr>
<tr>
<td>Hot Stones</td>
<td>80</td>
</tr>
<tr>
<td>Back Exfoliation &amp; Heated Mud Treatment</td>
<td>100</td>
</tr>
<tr>
<td>Oceane Draine Detox Drink</td>
<td>80</td>
</tr>
<tr>
<td>Eye Expert</td>
<td>300</td>
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</table>
13 SPA MENU PRICE LIST

BODY RITUALS
LIBRISA TIME 2390
DESERT GLOW 640
BOUTIQUE SPA 1870

FACIAL ENHANCERS
COLLAGEN BOOSTER 100
EYE TOUCH 260

SOTHYS FACIALS
FUDEMENTAL FACIAL 750
ADD ON GLYSALAC PRO PEEL 400
BRIGHTENING ADVANCED TREATMENT 750
RESURFACING PEELING TREATMENT 800
BP3 TRI-COMPLEX YOUTH INTENSIVE TREATMENT 900
ENERGISING INTENSIVE TREATMENT 900
HYDRA 3HA INTENSIVE TREATMENT 900

THALGO FACIALS
HYALURONIC FILLER TREATMENT 1760
SILICIUM SUPER LIFT TREATMENT 1760
ULTIMATE TIME SOLUTION RITUAL 2390
OCEAN RITUAL FOR MEN 1240
SOURCE MARINE 980
SIGNATURE PRODIVE RITUAL 2080

BESPOKE FACIAL 1120
PACKAGES OF BLISS

WEDDING PACKAGES
FOR THE BRIDE  2800
FOR THE BRIDESMAID  2100
FOR THE GROOM  1800

COUPLES PACKAGES
MORNING BLISS FOR TWO  1960
AFTERNOON BLISS FOR TWO  2600
EVENING BLISS FOR TWO  2600

LIBRISA SPA JOURNEY OF DISCOVERY 3 HOURS  2750
LIBRISA SPA JOURNEY OF DISCOVERY 6 HOURS  4830

FOR TEENS
TEEN DEEP CLEANSE  640
SWEET PAMPER MASSAGE  650
PRINCESS VARNISH  130
PRINCESS MANICURE  330
PRINCESS PEDICURE  460

FINISHING TOUCHES
SPA MANICURE  500
SPA PEDICURE  630
GELISH GEL MANICURE  570
GELISH GEL PEDICURE  670
GELISH REMOVAL  150

LASH TINT  160
BROW TINT  120
LASH AND BROW TINT  230
### SPA MENU PRICE LIST

**WAXING**
- **HOLLYWOOD**: 360
- **BRAZILIAN**: 340
- **UNDERARM**: 180
- **STANDARD BIKINI**: 220
- **FULL LEG**: 380
- **¾ LEG**: 280
- **½ LEG**: 220
- **FULL ARM**: 200
- **HALF ARM**: 130
- **BACK WAX**: 410
- **CHEST**: 180
- **BROW**: 170
- **CHIN**: 130
- **LIP**: 130
- **EAR**: 160
- **NOSE**: 160
## WELLNESS PRICE LIST

**YOGA INSIDE AND OUT**
- **TABLE MOUNTAIN YOGA EXPERIENCE**
  - (HAlF DAY) 2140
- **PRIVATE YOGA CLASS**
  - (60 MINUTES) 1000
- **COUPLES YOGA**
  - (60 MINUTES) 1800

**SMALL GROUP YOGA**
- **GROUPS OF 3-10**
  - (60 MINUTES) 3500
- **GROUPS OF 11-20**
  - (60 MINUTES) 4500
- **GROUPS OVER 21**
  - PLEASE ASK FOR QUOTE

**YOGA AND SPA EXPERIENCES**
- **TABLE MOUNTAIN SPA DAY**
  - (HAlF DAY) 3840
- **YOGA BLISS DAY**
  - (HAlF DAY) 4300
- **YOGA AND SPA**
  - (120 MINUTES) 2000

**TAILORED FITNESS**
- **FITNESS ASSESSMENT**
  - (60 MINUTES) 350
- **PERSONAL TRAINING**
  - (60 MINUTES) 400