

LIBRISA SPA
WELLNESS PROGRAMME

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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01 **STRETCH OUT AND TONE UP**

Welcome to our tranquil yoga studio, which you'll find in the gym next to Librisa 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.

Yoga is universally acclaimed as one of the best ways to stay strong, fit and flexible. It helps strengthen your core and improve your balance; it can speed recovery from injury or rectify bad posture. Best of all, it makes you feel great. Start the day feeling fresh and energised or wind down for a relaxed evening. Whether you're planking, backbending or doing a fabulous Half Lord of the Fishes, you're in expert hands with our Belmond Mount Nelson Hotel.

And if you're looking to take your fitness up a notch, why not book an assessment with our in-house trainer or some personalised sessions to get you to peak form.

We hope you enjoy our inspiring new activities and look forward to seeing you soon.

02 **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.

COUPLES 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.

03 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!

04 **TAILORED FITNESS**

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.

05 **YOUR GOOD HEALTH**

Make the most of your time with us by observing these simple guidelines.

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

If you need to cancel your class, please let us know 24 hours beforehand to avoid being charged in full. We can either reschedule your class or refund your money less a R100 admin fee.

ARRIVAL

As a courtesy to other guests and your instructor, please arrive in plenty of time for the start of your class or fitness session.

WELLBEING

For your comfort and safety, please notify us of any existing injuries or illnesses that may affect your session.

GRATUITIES

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

CHILDREN

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.

GIFT CARDS

Gift certificates make perfect presents for yoga lovers or fitness fans. Choose an individual class 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.