

HIGH GROVE HOUSE

Country Hotel, Restaurant, Spa and Farm



The Orchard Spa



Spa Treatment List

Award Winning Spa situated on a 64-hectare Avocado & Macadamia Nut Farm.

Come relax and be pampered in beautiful natural surroundings, enjoying the dream world that combines an integrated programme of Beauty care, Therapies, Treatments and Leisure Activities, all designed to relax the spirit and harmonise the body. The Highgrove Orchard Spa is devoted to Beauty, Rejuvenation and Relaxation. Choose your preferred indulgence from an extensive array of treatments.

Africology is the leading natural, eco-friendly and holistic spa and skincare company in South Africa, with its success

spanning across international borders such as the USA, Europe and Britain. Therapeutic in its approach, Africology only uses All-Natural ingredients that are Bio-Identical to your biology; effectively enhancing the integrity of your skin whilst simultaneously preventing premature aging. Africology skincare products have been developed to revitalise the skin and protect it from damage inflicted upon it by free radicals, stress and a harsh climate. Africology makes use of the purifying essence of some of South Africa's wonderful indigenous healing plants, namely rooibos, aloe ferox, Marula and African potato. The active ingredients in our skin care products are powerful agents in repairing and restoring damaged skin tissue.

Body Massage Treatments

Intuitive Herbal Oil Full Body Massage

Choose from a range of Africology aromatherapy-infused massage oils such as relaxing, energizing or muscle relaxing oil. These oils will be used to massage the body and break down the tension in the muscles and lymph drainage, combating tension in stiff aching muscles.

60 min

R870

Intuitive Herbal Oil Back Massage

Africology oils will be used to massage the body and break down the tension in the muscles and lymph drainage, combating tension in stiff aching muscles.

30 min

R495

Heated Herbal Stone Full Body Massage

Harnessing the properties of the volcanic basalt stones, the heat from the basalt stones penetrates deep into stressed muscles. The stones are placed on pressure points to soothe nerve endings and balance energy by releasing any emotional and physical blockages.

90 min

R1045

Heated Herbal Stone Back Massage

The stones are placed on pressure points to soothe nerve endings and balance energy by releasing any emotional and physical blockages.

45 min

R870

Soul of Africa Conditioning Full Body Massage

This amazing Africology Treatment starts with a body scrub and a body wrap that has excellent healing properties to help fight free radicals. It improves skin hydration and helps the skin to rejuvenate itself through increased antioxidant and mineral intake, followed with a relaxing massage with the pressure of your choice.

90 min

R1265

Soul of Africa Conditioning Back Massage

It improves skin hydration and helps the skin to rejuvenate itself through increased antioxidant and mineral intake, followed with a relaxing massage with the pressure of your choice.

45 min

R870

Shea Aroma Therapeutics Full Body Massage

The Shea treatment with the selection of mood-enhancing properties, cleanses your energy field. Shea, normally as hard as rock, once applied to the skin melts deeply into the upper layers of the dermis to hydrate, soothe and condition the skin creating a sublime, beautiful body experience.

75 min

R1010

Soul of Africa Conditioning Back Massage

The Shea treatment with the selection of mood-enhancing properties, cleanses your energy field.

45 min

R715

Body Massage Rituals

Africa's Slimming and Detox Mud

This invigorating wrap begins with stimulating and exfoliating, working on circulation and lymph before the warm wrap is applied. This wrap works particularly well for a need of a detox owing to acidic conditions, arthritis and oedema. Completed with a circulatory massage and energy balancing.

120 min

R1760

Coffee and Mint Body Wrap

This detoxing mud wrap is particularly helpful in water retention and cellulite reduction. Once the body has been prepped with our Macadamia exfoliator, our coffee and mint are applied as a mud wrap which sets on the body to stimulate lymph drainage and blood flow, together with toxin elimination. While the body is wrapped you can either have a head or foot massage, a quick shower is taken followed by a relaxing, indulging full body massage with balancing and sound therapy for completion.

120 min

R1540

Tropical Immune Boosting Body Wrap

This amazing immune boosting body wrap is enriched with an Africology vitamin and mineral cocktail to enrich a healthy immune system. The immune boosting mud is applied as a wrap with your choice of a foot or head massage, the wrap is then showered off followed by an energising massage.

120 min

R1540

Fusion Massage

A gentle massage utilising therapeutic benefits from essential oils. Encompasses the back, the feet and the scalp.

55 min

R815

Indian Head Scalp Massage

This amazing scalp massage (which includes the neck and shoulders) will invigorate you while boosting your mood and energy levels. This massage uses a variety of pressure and techniques, including circular massage strokes on your scalp with deep tissue work on your shoulders. Scalp Massage Hair Treatment Add-ons are available:

30 min

R300

45 min

R410

- Wild Ginger – colour treated or damaged hair R195
- Tea Tree – Invigorating and boosting R110
- Moroccan Mask – Intense hydration R110



Africology Couples Massages

Intuitive Herbal Oil Full Body Massage

You can choose from a range of Africology aromatherapy-infused massage oils such as relaxing, energizing or muscle relaxing oil. These oils are used to massage the body and break down the tension in the muscles and lymph drainage, combating tension in stiff aching muscles.

60 min

R1430

Intuitive Herbal Oil Full Back Massage

60 min

R935

Heated Herbal Stone Full Body Massage

Harnessing the properties of the volcanic basalt stones, the heat from the basalt stones penetrates deep into stressed muscles. The stones are placed on pressure points to soothe nerve endings and balance energy by releasing any emotional and physical blockages.

90 min

R2035

Heated Herbal Stone Full Back Massage

60 min

R1155

Soul of Africa Conditioning Full Body Massage

This amazing Africology Treatment Starts with a body scrub and a body wrap that has excellent healing properties to help fight free radicals, it improves skin hydration and helps the skin to rejuvenate itself through increased antioxidant and mineral intake, followed with a relaxing massage with the pressure of your choice.

90 min

R2050

Soul of Africa Conditioning Full Back Massage

60 min

R1400

Shea Aroma Therapeutics Full Body Massage

The Shea treatment with the selection of your mood-enhancing aroma therapeutics, cleanses your energy field. Shea, normally as hard as rock, once applied to the skin melts deeply into the upper layers of the dermis to hydrate, soothe and condition the skin creating a sublime, beautiful body experience.

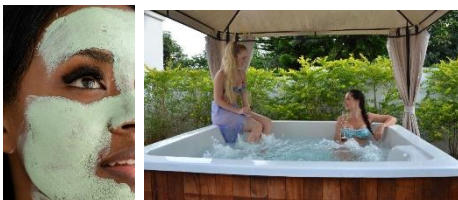
75 min

R1700

Shea Aromatherapy Full Back Massage

45 min

R1200



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Body Massage Treatments

Intuitive Herbal Oil Full Body Massage

Choose from a range of Africology aromatherapy-infused massage oils such as relaxing, energizing or muscle relaxing oil. These oils will be used to massage the body and break down the tension in the muscles and lymph drainage, combating tension in stiff aching muscles.

60 min

R870

Intuitive Herbal Oil Back Massage

Africology oils will be used to massage the body and break down the tension in the muscles and lymph drainage, combating tension in stiff aching muscles.

30 min

R495

Heated Herbal Stone Full Body Massage

Harnessing the properties of the volcanic basalt stones, the heat from the basalt stones penetrates deep into stressed muscles. The stones are placed on pressure points to soothe nerve endings and balance energy by releasing any emotional and physical blockages.

90 min

R1050

Heated Herbal Stone Back Massage

The stones are placed on pressure points to soothe nerve endings and balance energy by releasing any emotional and physical blockages.

45 min

R870

Soul of Africa Conditioning Full Body Massage

This amazing Africology Treatment starts with a body scrub and a body wrap that has excellent healing properties to help fight free radicals. It improves skin hydration and helps the skin to rejuvenate itself through increased antioxidant and mineral intake, followed with a relaxing massage with the pressure of your choice.

90 min

R1270

Soul of Africa Conditioning Back Massage

It improves skin hydration and helps the skin to rejuvenate itself through increased antioxidant and mineral intake, followed with a relaxing massage with the pressure of your choice.

45 min

R870

Shea Aroma Therapeutics Full Body Massage

The Shea treatment with the selection of mood-enhancing properties, cleanses your energy field. Shea, normally as hard as rock, once applied to the skin melts deeply into the upper layers of the dermis to hydrate, soothe and condition the skin creating a sublime, beautiful body experience.

75 min

R1100

Soul of Africa Conditioning Back Massage

The Shea treatment with the selection of mood-enhancing properties, cleanses your energy field.

45 min

R720

Spa Treatment Packages

A DAY @ THE SPA – 6 ½ HOURS

Full use of the Orchard Spa's steam room, sauna and jacuzzi. 90 min customised massage, tea, scalp massage with hair treatment, foot massage, wellness lunch, body exfoliation, facial plus choose from either an express manicure or express pedicure. Water & juices included. Bubbly on request.

R3650

R&R FOR MEN – 6 ½ HOURS

Full use of the Orchard Spa's steam room, sauna and jacuzzi. 90 min Fusion massage, tea, wellness lunch, body exfoliation and back cleanse, Africology facial, hand and foot treatment, express manicure and pedicure.

R3450

ESCAPE & RECHARGE – 5 HOURS

Full use of the Orchard Spa's steam room, sauna and jacuzzi. 60 min customised massage, tea, organic health smoothie, body exfoliation, wellness lunch, customised facial, express manicure & express pedicure. Water & juices included. Bubbly on request.

R2600

SPA BLITZ – 3 HOURS

Luxury steam, 90 min customised massage, facial of your choice. Homemade health muffins. Water & juices included. Additional beverages on request.

R1850

EXPRESS TREAT – 3 HOURS

Back massage, body exfoliation, express manicure, express pedicure, express facial. Water & Juices included. Homemade health muffins. Bubbly on request.

R1650

RELAX & DESTRESS – 1 ½ HOURS

Luxury steam session, Coffee & mint back treatment followed by scalp, back, neck & shoulder deep tissue massage. Homemade health muffins. Water & juices included. Additional beverages on request.

R880

Waxing

1/2 leg wax	R250	Bikini Wax	R200
3/4 leg wax	R300	Lip or Chin Wax	R110
Full leg wax	R350	Eye brow shape	R120
Underarm wax	R150	Eye brow wax	R120



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Facial Therapy for Men & Women

Africology Balancing Rose Facial

This facial helps brighten your complexion with a combination of vitamin C and B complex to clear clogged pores and encourage the production of elastin to refine and retexture uneven skin for a clearer brighter result.

75 min

R1080

Africology Vitamin Boost Facial

This indulging facial uses a rich vitamin and mineral mixture to replenish the skin, boost your immune system and energise the skin. This uplifting facial is great for tired, stressed skin leaving you in ultimate bliss.

60 min

R940

Africology Aloe Ferox Firming Facial

Africology's answer to Botox, this unique facial creates a youthful, resilient and buoyant skin. Aloe Ferox helps to calm, lift and firm the epidermis, stimulates collagen and elastin growth, creating a rejuvenating youthful appearance.

75 min

R1100

Africology Express Facial

The express facial can target areas of the face that need it the most also giving you, the opportunity to feel and experience the healing effects of the Africology Anti-Aging, refining, balancing and boost of our skin care products.

45 min

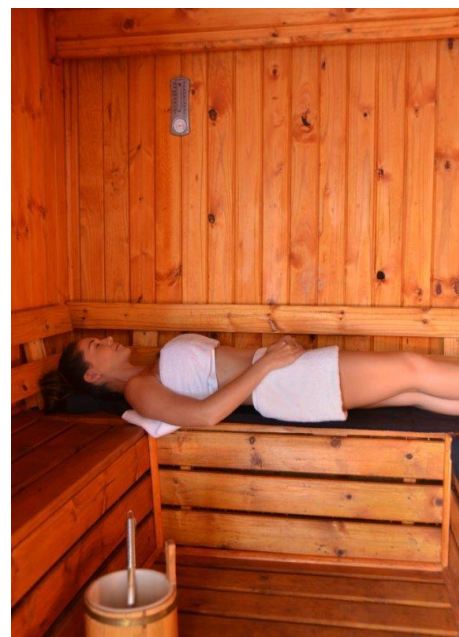
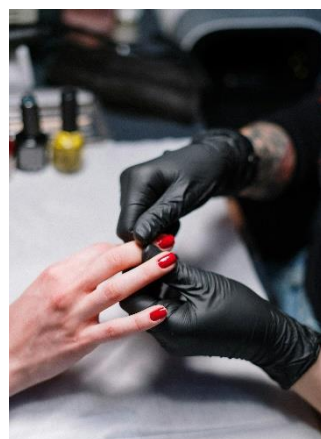
R670

Africology Deep Cleanse Facial

The express facial can target areas of the face that need it the most also giving you, the opportunity to feel and experience the healing effects of the Africology Anti-Aging, refining, balancing and boost of our skin care products. Products adjusted to your needs. Includes extra deep cleansing ritual.

70 min

R830



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Finishing Touches

Africology Manicure	55 min	R440	Africology Pedicure	55 min	R490
Gel Manicure	55 min	R550	Gel Pedicure	55 min	R600
Express Manicure	30 min	R420	Express Pedicure	20 min	R420
Hand Massage	30 min	R380	Foot Massage	30 min	R380
Hand Massage	45 min	R410	Foot Massage	45 min	R420
Copper & Hot stone Pedicure				80 min	R600
Gel Removal					R140
Deluxe Add-on – soak, scrub, callus therapy & mask add-on to either Manicure or Pedicure				15 min	R200
Eyebrow tint					R110

BOOK 5 OF THE SAME TREATMENT & GET THE 6TH FREE

MEALS – Delicious, healthy breakfast & lunch available

TRADING HOURS – Monday – Sunday 8am to 4.00pm

GIFT VOUCHERS

We offer the perfect alternative to conventional gifts with Gift vouchers available for family, friends, colleagues, or as incentives in the workplace. These vouchers can be redeemed for stays at Highgrove House or treatments at the Day Spa.

HIGHGROVE HOUSE SPA ETIQUETTE

We warmly welcome you to our spa, and we trust you will enjoy your experience with us.

Please take note of the following:

Prices:

All our prices are subject to change without notice. Payments can be made in either cash or credit cards. No cheques will be accepted.

Children:

Please do not bring children to appointments, as they cannot be left unattended.

Contra-indications:

Please inform your therapist if any of the following conditions apply to you:

- High blood pressure or heart conditions
- Recent surgery
- Muscle or joint injuries

- Any product or nut allergies
- Pregnancy
- Epilepsy or diabetes

Mobile phone:

Please ensure mobile phones are switched off during treatments.

Punctuality:

Please arrive at least fifteen minutes before an appointment. Should you arrive after your scheduled time, your treatment time will either be reduced or cancelled. The original price for the treatment will be charged regardless of duration.

Cancellation Policy:

If you need to cancel an appointment, please provide us with at least six hours' notice, or the full cost of the appointment will be charged.

Indemnity:

Highgrove, the spa and its therapists cannot accept responsibility for injuries, adverse reactions or complications before, during or after treatments, or for theft, damage, loss or accident that occurs on the premises.

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www.highgrove.co.za

