

DELAIRE
G R A F F
L O D G E S & S P A

Spa Brochure

Spa Brochure



Philosophy

PHILOSOPHY

We provide our guests with an enriching and holistic spa experience – one that focuses on physical, mental, emotional and spiritual wellbeing, while providing inspiration for lifestyle changes that nourish and delight the senses. With breathtaking views of the Simonsberg Mountains and state of the art facilities, the Delaire Graff Spa offers a unique luxury spa experience within a truly awe-inspiring setting.

PRODUCTS

Our entire product range has been specially selected by our Spa Director, ensuring we have the very best quality at our disposal. Continual research and meticulous training ensure that our dedicated team will always offer the world's leading treatments and most exclusive products to our guests on an ongoing basis.

Swiss Perfection

A true cellular anti-ageing treatment, high in proteins and enzymes that accelerate the skin's cellular regeneration with intact and active cells of the Iris Germanica Root. Swiss Perfection applies a scientific and technological approach to anti-ageing skincare from the renowned wellness centre La Prairie in Switzerland.

Aromatherapy Associates

The award winning and 100% natural Aromatherapy Associates provides a full range of products containing essential oils designed to work specifically to clients' needs and expectations, from energising products to those designed to relax and revitalise.

Mama Mio™ Skin Care

Mama Mio skincare offers luxurious high performance Face & Body treatments and products made by women for women. Whatever your age or stage in life – young & carefree, pregnant glowing & growing, woman of wisdom – Mama Mio skincare is there every step of the way offering you results driven skin salvation.

Seasonal Spa Escapes

With every new season, our Spa Director introduces a new product and treatment which compliments and runs in conjunction with the seasonal change. Please see our website for seasonal offers.

SPA TREATMENTS

Massage Therapies

AROMATHERAPY ASSOCIATES

To enhance the treatment benefits our Spa Director suggests you add 30 minutes for a sauna or steam ritual for the following treatments:

DE-STRESS MUSCLE RELEASE: | Back: 40 minutes
| Full Body: 60 minutes 75 minutes 90 minutes

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Swedish and cross muscle fibre massage, with stretching and draining techniques, are combined with essential oils known for their beneficial effects on the circulation.

An intensive massage that works deep into stiff, tight aching muscles to instantly release pain and tension.

THE REAL AROMATHERAPY EXPERIENCE: | 75 minutes 90 minutes

This balancing treatment starts with a consultation to determine your emotional and physical needs. This is followed by an aromatherapy fragrance test to select the oil most suitable for you. There are twelve signature oils to choose from, formulated with natural plant and flower oils with exotic scents and powerful therapeutic benefits for body and mind. With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. Working from your head to your toes, it dissolves away all stress and tension.

This intense massage ritual draws from both eastern and western techniques enabling the therapist to engage your body, mind and spirit.

SPA TREATMENTS

DELAIRE GRAFF SIGNATURE HOT & COLD | 120 minutes
STONE MASSAGE

Your Rasul experience begins with a full face and body exfoliation to start the cleansing, followed by a face and body mud mask to detoxify, mineralise and smooth the skin.

An exotically scented conditioning hair oil is applied to moisturise and nourish the hair, while you unwind and relax in the sauna or steam room. A full body Swedish style massage, incorporated with hot and cold stones with an aromatherapy massage oil of your choice, completes your journey of blissful relaxation and indulgent restoration.

The Spa Director recommends this massage for couples.

To enhance the treatment benefits our Spa Director suggests you add 30 minutes for a sauna or steam ritual for the following treatments:

CLEAR YOUR MIND

Calm a stressed and confused head with a refreshing yet soothing experience for body, mind and soul. A camomile and olive grain scrub refreshes legs and feet before you are treated to a spiritually uplifting inhalation of frankincense and a traditional aromatherapy massage to target symptoms of stress. A blend of camomile, petitgrain and rosemary helps to calm and cleanse your thoughts, whilst an Ayurvedic scalp and facial massage works on your complete wellbeing to relieve anxiety and emotional exhaustion. Perfect for a troubled mind, this is an effective treatment any time of day to refresh your memory and get your brain back on track.

Perfect for times of stress and over activity, this treatment helps the mind unwind and refocus, getting you back on track.

SLEEP DEEPLY

A powerful body and mind switch-off to induce a serious state of relaxation for a comforting, peaceful night's sleep. Working on all aspects of physical, mental and emotional stress, the treatment begins with a head to toe massage using carefully applied pressures and neuromuscular and Swedish techniques to balance the nervous system and ease an overactive mind. This deeply sedating full body massage harnesses rich earthy essential oils of vetiver, camomile and sandalwood, renowned for their intense calming and grounding effects. A must-have treatment for those who suffer with insomnia or who are longing for a deep sense of tranquility.

Induces serious relaxation to prepare for a good night's sleep.

UPLIFT YOUR MOOD

A truly indulgent and emotionally pampering ritual to harmonise and rejuvenate. This is a complete experience that works on all the senses to boost your emotional wellbeing, whilst treating the body to some nurturing hands-on therapy. This treatment begins with a gentle exfoliation, followed by an application of vitamin rich wheatgerm oil to cuticles and dry skin. A pressure point massage with uplifting oils of geranium, frankincense and rose to encourage feelings of inner harmony. Combined with a relaxing scalp massage using a rich, conditioning hair oil infused with pure essential oils, body and soul are simultaneously nourished and uplifted.

Emotional pampering to harmonize and rejuvenate the spirit.

JET LAG CURE: REVIVE OR RELAX

Travelling long hours is mentally and physically exhausting. This treatment is designed to help recover from the journey and adjust to your new environment. It is also excellent for those feeling tired and sluggish in the mornings, struggling to balance work and play and anyone in need of a good night's sleep. The treatment begins with inhalation therapy using Eucalyptus to clear the airways.

Dry skin brushing increases circulation and stimulates the skin. A series of stretching and invigorating massage techniques re-align the body, while spinal pressures stimulate the nervous system to improve digestion, circulation and elimination.

To revive:

Zesty Grapefruit, Juniper Berry and Rosemary stimulate the digestive system and clear the mind.

To relax:

Vetivert, Sandalwood and Chamomile soothe and calm the nerves for a peaceful night's rest.

A treatment for travelers feeling tired and sluggish.

IMMUNE RECOVERY

Keep your respiratory tract and sinuses clear and your immune system strong with this purifying, fortifying upper body treatment. Perfect for those recovering from seasonal allergies or chest complaints, or anyone who spends too much time in polluted or stuffy environments, this treatment uses inhalation and pressure point massage to open up airways and maximise effective breathing. An Ayurvedic scalp massage lightens a heavy head, while drainage movements help unblock sinuses and ease headaches. With the scent of fresh green leaves, essential oils of eucalyptus, tea tree and pine have a decongesting, purifying effect and, alongside lavender, they boost your natural immunity with their anti-bacterial, anti-viral properties. Used together, they help unblock a stuffy head and keep your airways clear.

To cleanse, clear and decongest the mind and support the immune system.

PERFECT BACK TREATMENT & MASSAGE

Prepare to show off your back with this skin-refining treatment.

Orange Flower water calms inflamed or irritated skin, while gently toning and regulating the production of natural oils. The renowned healing properties of lavender promote healthy cell renewal, and tea tree has an anti-bacterial effect.

This thoroughly cleansing back treatment works deeply into the skin to encourage the effective elimination of toxins and balance the production of the skins own natural oils. Smoothing corn cob and jojoba scrub is followed by a freshwater mud mask to help draw out impurities and soften the skin. Then while the mask goes to work, your therapist will work on detoxifying your entire system with a foot pressure point massage.

Assists backs prone to oiliness, blemishes & break outs.

Body Exfoliation, Hydro Bath & Treatment Wraps

AROMATHERAPY ASSOCIATES | 120min

VANILLA INTENSE NOURISHMENT

This luxurious treatment is designed to rejuvenate dry, out-of-condition skin. The sensual fragrance of exotic flowers such as fresh Tuberose, seductive Ylang-Ylang and rich Vanilla bring their calming properties to this treatment. An intensive Salt and Coffee body exfoliation stimulates the circulation and sloughs off dead cells to revive dull tired looking skin. Your body is then massaged with a blend of four highly nourishing plant oils. Skin is then protected with velvety moisturising body butter.

A deep treatment for dry, devitalised skin.

ROSE HYDRATING & RENEWING

Bring back your radiance with this comforting, restorative treatment. Precious essential oil of Damask Rose works on capillary circulation renewing the skin whilst the aroma has a unique quality that both soothes the emotions and nurtures the senses. The treatment begins with a gentle Olive Grain exfoliation. Nourishing oils are applied to cuticles and heels while your body is layered in a hydrating and regenerating Rose gel. A moisturising and softening mix of Evening Primrose oil and Shea Butter is smoothed on and left to penetrate with the body's own heat under a wrap. This treatment leaves your skin radiant, soft and smooth and your spirits uplifted.

An intensely hydrating treatment with oils, serums and cream.

LAVENDER & PEPPERMINT SUMMER COOLER

Soothe and re-hydrate over-exposed skin with this cooling, refreshing treatment. The treatment combines the famous skin-healing properties of Lavender with cooling Peppermint and regenerative Rose to rescue distressed skin. A hydrating mask is applied to the face, leaving your skin feeling cool, soothed and moisturized.

To soothe, cool, and re-hydrate over exposed skin.

GRAPEFRUIT DETOX & REVIVE

Feel fresh and alive with this detoxifying treatment.

The perfect pick-me-up for when you're feeling sluggish or lethargic with out-of-condition skin, this treatment combines sweet zesty pink grapefruit, fresh green rosemary and rich, woody juniper berry for a strengthening, detoxifying effect. Exfoliation with finely ground olive grains refines the pores and reveals fresh, new skin then while you are enveloped in layers of gels and oils a stimulating foot reflex pressure massage encourages the release and elimination of toxins.

For cellulite, water retention and periods of over indulgence.

Facial Treatments

INCLUDES TINTING, BROW SHAPING AND ORGANIC MAKE-UP APPLICATION | 90 or 120 minutes

THE ULTIMATE AGE REPAIR FACIAL & EYE TREATMENT

A natural, highly effective skincare treatment which reduces the signs of ageing without using harsh chemicals. This repairing and anti-ageing facial works with natural oils which stimulate collagen formation to produce firm and tightened skin, whilst anti-inflammatory properties work on slowing down the effects of ageing skin.

The skin is prepared by cleansing and exfoliating. It is then massaged for cellular renewal and anti-oxidant effects. Masks are applied to firm and plump.

Whilst the masks take effect, a lymphatic massage is applied to the eye area to improve skin suppleness and elasticity. For ultimate luxury your scalp is massaged to release stress and tension. Pure indulgence will leave your skin with a firm, plumped and more youthful looking complexion.

Aromatherapy Associates or Swiss Perfection.

THE ULTIMATE SKIN SOLUTIONS FACIAL FOR ALL SKIN TYPES

Restore and revitalise with a facial tailor made for your skin. This new approach to facial care not only uses essential oils and technologically advanced ingredients to improve skin condition, but also incorporates Eastern and Western massage techniques as well as modern day technology to refresh the skin, improve circulation, lymph flow and skin oxygenation whilst easing stress and toning the muscles.

A personalised prescription, this treatment is as relaxing as it is beautifying, leaving you feeling refreshed and revitalised.

Whether you want to clear up congested skin, condition and protect your skin, smooth the appearance of wrinkles, treat an overly sensitive skin or simply maintain an even complexion, we will tailor your treatment to suit your skin's particular requirements. Treats your individual skincare needs to restore and rebalance skin condition, leaving your complexion smooth and luminous.

Aromatherapy Associates or Swiss Perfection.

CELLULAR INTENSIVE REJUVENATION SECRET MASK FACIAL

Especially formulated to protect the youthfulness of the skin, this treatment's rich results-driven active ingredients expertly merge to stimulate collagen production, smooth wrinkles and lines, improve the skin's elasticity and softness and reveal a rejuvenated radiant complexion. A hydrating or revitalising mask is applied to the neck, chest and hands to offer an intensive anti-ageing skin treatment

Swiss Perfection.

EXCLUSIVE LIFT CONCEPT FACIAL

Dedicated to impart resilience and youthful freshness to the cutaneous tissues, Exclusive Lift Concept is an exceptional smoothing and lifting partner for all skin types, particularly dry, tired and stressed skin. A hydrating or revitalising mask is applied to the neck, chest and hands to offer an intensive anti-ageing skin treatment.

Swiss Perfection.

Luxury Hands & Feet

AROMATHERAPY ASSOCIATES | 120 minutes

All our manicures and pedicures include one finishing touch of choice:

- Aromatic Paraffin wrap to enhance the benefits of your treatment
- Nail Colour
- French Colour
- Buffing

TIRED HANDS & ACHING FEET WITH ROSEMARY

Refresh and support aching, fatigued hands and feet after a long day at work with this specially selected combination of essential oils to stimulate and invigorate. Spicy, rich black pepper and fresh, green rosemary stimulates circulation while warming ginger lends an energising effect. Your hands and feet are immersed in a warm, aromatic soak then prepared with a refining olive grain scrub. A tension relieving gel is applied to hand and feet and completed with a massage of specially nourishing oil and lotion.

Especially suitable for men.

AGE REPAIR HANDS & FEET WITH DAMASK ROSE

A carefully selected combination of restorative oils deeply nourishes rough, dry hands and feet leaving them soft, smooth and comfortable.

Your hands and feet are immersed in a warm, aromatic soak of fragrant aromatic essential oils chosen to ease stress and refresh the mind. A refining olive grain scrub then prepares the hands and feet. Cuticles are given special attention with an application of rich vitamin E oil. Hands and feet are layered in hydrating rose gel and deeply nourishing oils and creams, with evening primrose oil and shea butter.

A deeply restorative treatment to nourish rough and dry skin, leaving your hands and feet soft and smooth.

INTENSE NOURISHING HANDS & FEET WITH VANILLA

An indulgent yet deeply restorative treatment for dry, hard working and out of condition hands and feet. A salt and coffee exfoliation smoothes and sloughs off dead cells to prepare skin for a rich application of vitamin E oil, giving special attention to cuticles. Relax while your hands and feet are then treated to enriching layers of exotic serum, oil and velvety butter to hydrate, nourish and protect.

Skin is left looking and feeling extremely supple, smooth and revitalised.

Spa Pregnancy

MAMA MIO

MELLO MAMA MASSAGE

| 90 minutes

Rejuvenate your skin and clear your mind in preparation for your pending arrival. A completely relaxing full body exfoliation to gently exfoliate your skin, followed by the most moisturising massage using our safe but effective pre-natal techniques and our award-winning Omega-rich oils to relax those specific lower back muscles that are carrying that beautiful bump.

SKINFIT FACIAL TREATMENT

| 90-120 minutes

How fit is your face? Our High Protein Face Fitness Facial is a first of its kind, personalised interactive amazingly anti-aging, deep cleansing treatment that uses unique massage techniques, powerful anti-aging serums and targeted facial exercise to transform your face. This is no ordinary facial. It is a reprogramming, a remodelling, a total release of tense tiny muscles and a re-energiser to restore skin's youthful bloom and bounce. Your skin will look and feel super-charged; double cleansed, massaged, vibrant and glowing with health and vitality. Perfect for all skin types and age ranges.

MELLO MAMA FACE & BODY

| 120 minutes

Offering you the absolute best of both worlds when combining our Mellow Mama Massage with the Skinfit Facial treatment.

O-MEGA HANDS & FEET THERAPY

| 120 minutes

An O-Mega & mineral-rich hand and foot treatment to exfoliate and massage your arms, hands, lower legs and feet. The perfect treatment to help with poor circulation, water retention and the tiring aspects of carrying an extra load. They don't call it a maternity marathon for nothing.

Teen Spa (12-19 years)

AROMATHERAPY ASSOCIATES

It's all about you! Choose from a variety of fun, in-spa treatments specially formulated for our younger guests. This is the perfect activity to share with your friends!

BALANCE DEEP CLEANSING FACIAL

| 60 – 75 minutes

Includes tinting, brow shaping and organic make-up

A purifying treatment for teen skin incorporating powerful essential oils of Lavender, Ylang-Ylang and Tea Tree are at the heart of this facial. With natural antibacterial properties these carefully selected oils penetrate deep into the skin, helping to regulate skin functions.

Cleansing and exfoliation is followed by steaming, extraction and a hot towel compress to refine the pores. A facial massage follows using drainage techniques to improve circulation and help eliminate toxins whilst special pressure points ease tension and stress. A mask is then applied to draw out dirt and harmful impurities. As relaxing as it is cleansing, this treatment also includes a scalp massage and hand and arm massage for complete care.

This treatment refreshes and balances, leaving the complexion super clean and clear.

OMEGA HANDS AND FEET THERAPY

| 60 or 75 or 120 minutes

If you are too cool for school, you will love this fresh citrus manicure and pedicure spa treatment. A mineral-rich hand and foot soak, exfoliation and massage, followed by the funkiest varnish colours straight from New York will have you red carpet gorgeous in no time!

PERFECT BACK DEEP CLEANSE & MASSAGE

| 105 minutes

Prepare to show off your back with this skin-refining treatment. Orange Flower water calms inflamed or irritated skin, while gently toning and regulating the production of natural oils. The renowned healing properties of lavender promote healthy cell renewal, and tea tree has an anti-bacterial effect. This thoroughly cleansing back treatment works deeply into the skin to encourage the effective elimination of toxins and balance the production of the skin's own natural oils. Smoothing corn cob and jojoba scrub is followed by a freshwater mud mask to help draw out impurities and soften the skin. Then while the mask goes to work, your therapist will work on detoxifying your entire system with a foot pressure point massage.

Assists backs prone to oiliness, blemishes & break outs.

THE REAL AROMATHERAPY EXPERIENCE

| 75 min or 90 min

This balancing treatment starts with a consultation to determine your emotional and physical needs. This is followed by an aromatherapy fragrance test to select the oil most suitable for you. There are twelve signature oils to choose from, formulated with natural plant and flower oils with exotic scents and powerful therapeutic benefits for body and mind. With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. Working from your head to your toes, it dissolves away all stress and tension.

This intense massage ritual draws from both eastern and western techniques enabling the therapist to engage your body, mind and spirit.

Kiddies Spa Treats (under 12 years)

AROMATHERAPY ASSOCIATES

All children 12 years and under must be accompanied by an adult. We recommend that adults book a treatment too and savour this unique experience with the young spa enthusiast in our double room!

PRINCESS ROSE SPA BUBBLE BATH

| 15 min

Aloe Vera juice to moisturise the skin and Sandalwood to delight the senses.

A richly aromatic spa bath treat that is a definite favourite of the little ones!

LAVENDER & ROSE FACIAL TREAT

| 20 min

Imagine strolling through a lavender field! Enjoy a gentle Lavender cleanse and Rose tonic followed by a supersensitive organic face oil.

Leaves the skin soft and soothed.

GERANIUM & ROSE MINI MANICURE AND PEDICURE

| 25 min

Rose oils will leave hands and feet silky soft.

Add a splash of colour to the nails – the perfect finishing touch for pretty hands and feet.

RELAXING LAVENDER BACK MASSAGE

| 20 min

Lavender relaxes the little mind, body and spirit. A gentle massage to introduce the little ones to the joys of massage!

Highly recommended to be enjoyed with mom or dad.

Day Spa Journeys and Rituals

AROMATHERAPY ASSOCIATES OR SWISS PERFECTION

Its all about choice.

Our unique combination of all our individual treatments offers stepping stones to a sumptuous journey of choice towards wellness and harmony, a true celebration of the senses.

These exclusive packages include complimentary access to our fitness centre, the 22-metre outdoor infinity pool with heated Jacuzzi, sauna and steam room, cloakrooms and hair & make-up studio.

Spa facilities and treatments 09h00-14h00 followed by an optional lunch at Indochine or Delaire Graff Restaurant

RENEW

The Luxury Hands & Feet treatment followed by any 90 minute Facial Treatment of choice.

SUPPORT

Any 90 minute Facial Treatment of choice followed by a Massage Therapy OR Wellbeing Treatment & Massage OR Body Exfoliation, Hydro Bath & Treatment Wrap.

ENRICH

Your choice of a Massage Therapy OR Wellbeing Treatment & Massage or Body Exfoliation, Hydro Bath & Treatment Wrap followed by the Luxury Hands & Feet treatment.

Spa-ing, Pairing & Dining – BEYOND ALL COMPARE

Perfect for any special celebration, an all-encompassing sensory experience for true connoisseurs of the finer things in life. Enjoy a Luxurious Spa treatment followed by a sublime lunch at a choice of one of the estates award-winning restaurants.

Please see our website for the current seasonal offer.

Finishing Touches

Add the perfect finishing touches to any of the featured Spa treatments and packages.

SPRAYTAN SUNLESS TANNING

| 40 minutes

The healthy way to tan with SprayTan. This fast drying formula tans in 5 minutes, with a reduced development time of only 2 hours. It is fragrance free, non-sticky and completely natural looking.

Includes full body exfoliation.

LUXURY WASH & BLOW DRY

Complete your perfect day in our hair studio with an all-encompassing sensorial experience with expert massage and hair treatment. By appointment only.

WAXING SERVICES BY REQUEST ONLY

ABOUT US

Opening Hours | 9:00 – 18:00 (Mondays - Saturdays); 9:30 - 16:00 (Sundays)

Spa facilities | 1 couples suite with ensuite shower, hydrotherapy bath and outdoor patio.
| 1 gentlemen's suite with ensuite shower.
| 2 single treatment suites with ensuite shower, hydrotherapy bath and outdoor patio.
| Steam Room and Swedish Sauna.
| 22-metre outdoor infinity style swimming pool with heated Jacuzzi.
| Technogym
| Hair and make-up studio

Reservations | We recommend you reserve your treatment 24 hours in advance. For reservations please contact us on +27-21-885 8160. Your credit card details are required to hold reservations for non-residential guests.

Arrival | Treatment sessions begin and end at indicated times. Please arrive 15 minutes ahead of your appointment. Late arrival will result in your treatment time being reduced accordingly, but still charged at full price.

Re-scheduling & Cancellation

- | Treatment times have been reserved for you, therefore kindly let us know at least 24 hours in advance if you would like to reschedule or cancel them. Please note we have to charge you for any sessions not cancelled 24 hours in advance.

Valuables

- | We recommend that you do not wear any jewellery or other valuables. Delaire Graff Lodges & Spa cannot be held responsible for any loss or theft.

Spa etiquette

- | The spa is designed for relaxation and tranquility. It would be appreciated if you could refrain from using mobile phones.

Age requirement

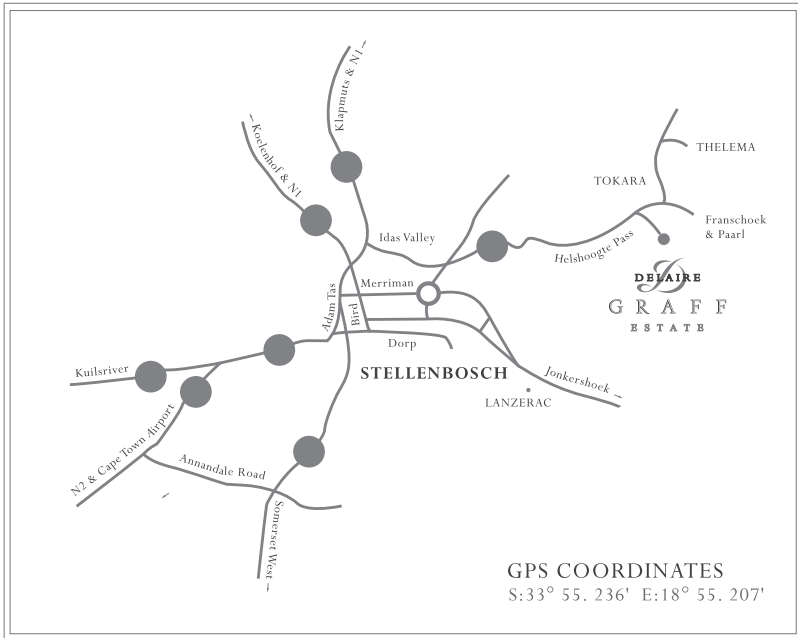
- | We welcome all ages to the spa but ask that children under 12 be accompanied by an adult.

Health conditions

- | Please be sure to tell us about any health conditions, injuries and allergies that could affect your treatment or the use of spa facilities by completing the guest questionnaire.

Gift vouchers

- | Gift vouchers are available. To enquire please email spa@delaire.co.za



DELAIRE GRAFF SPA

Phone +27 21 885 8160 | info.spa@delaire.co.za

Helshoogte Pass | Stellenbosch

www.delaire.co.za