

---

# SPA MENU

---

MONT  ROCHELLE  
SIR RICHARD BRANSON'S SOUTH AFRICAN HOTEL AND VINEYARD



Our philosophy: Tell us what is happening in your body,  
and we'll design a treatment that responds to your specific needs.

# WELCOME

to the Mont Rochelle spa, where we have worked with Africology to create a unique experience with signature treatments which are exclusive to us. You will find Africology products in your room so feel free to try them throughout your stay. If you'd like to take a piece of the Mont Rochelle spa experience home with you, the Africology range is available to purchase in the spa - or just ask at reception.

## GETTING IN TOUCH

We're open between **9AM and 7PM**. You can book a spa treatment by getting in touch on **+27 21 876 2770** or [spa@montrochelle.virgin.com](mailto:spa@montrochelle.virgin.com). If you're staying with us, you can also reach out to any member of the team on property.

## SPA ARRIVAL & ETIQUETTE

We kindly suggest arriving 15 minutes before your scheduled treatment to fill out a consultation form. Please note that arriving late may shorten your treatment time.

## CHILDREN'S POLICY

Children under the age of 16 must be accompanied by an adult.

## CANCELLATION POLICY

A 100% cancellation charge will apply for any appointments cancelled on the same day. If you are unable to make your appointment, please do let us know 24 hours before.

## BOOKING CONFIRMATION

A 100% pre-payment is necessary to confirm your reservation at the spa.

## SPA FACILITIES

We offer access to our hammam steam room, but it's not kept running all day. If you'd like to use it, please inform us in advance so we can prepare it for you. The gym and outdoor pool are reserved exclusively for guests staying at Mont Rochelle.

## GIFT VOUCHERS

You can purchase spa gift vouchers from the Mont Rochelle spa team.

## SPA TREATMENTS

All spa treatments are subject to availability. Rates are valid for 2024 and are subject to change without notice. Any of the same treatment type can be enjoyed as a couples treatment.

## PREGNANCY

Feel free to ask our spa team about treatments that are safe during pregnancy. Massage treatments are typically recommended after the first trimester and before the last four weeks of your third trimester.

# THE KUSASA PROJECT

We have selected the two spa treatments below in support of The Kusasa Project, a Franschhoek-based NGO. 15% of the treatment price will be donated to support The Kusasa Project's very own fully accredited independent primary school – run by a skilled and committed team of teachers who help over 150 underprivileged children to reach their full potential. They deliver an exceptional educational experience, focusing on strengthening reading, writing and math skills, as well as physical, psychological and social development in a safe environment.

For more information visit: [www.thekusasa.org](http://www.thekusasa.org)

## SPAGISTA

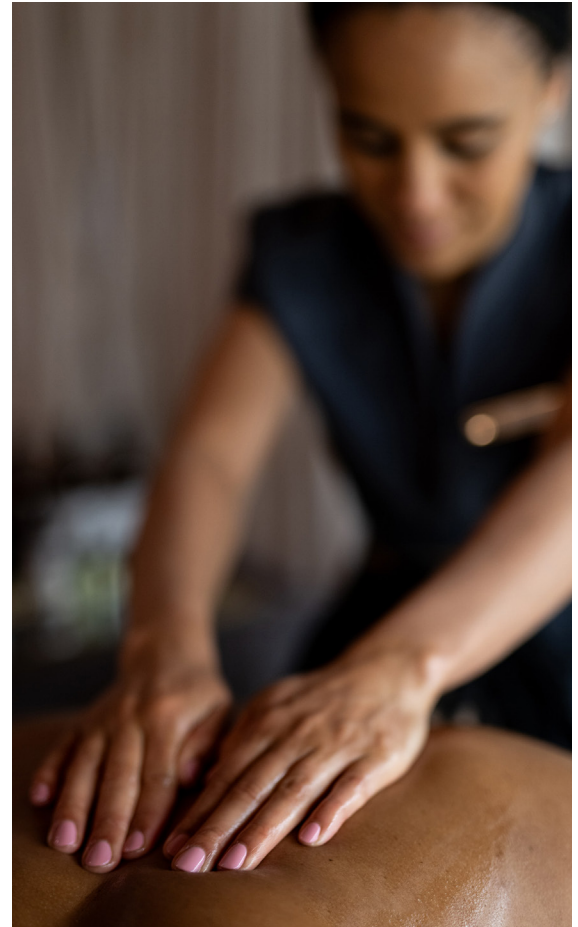
80 mins: R980 | Seasonal: Oct - Apr

A reflexology inspired pedicure – powerfully works on stimulating reflex points whilst grapes are pressed into the feet. A beautiful way to allow natural antioxidants to penetrate the skin as well as rejuvenate and build capillary strength. The experience comprises of a pedicure including a scrub, mask and massage.

## DEVOTION JOURNEY

60 mins: R2,720 | 2 persons

This treatment begins with a ceremonial lighting of a candle that symbolizes the pledge of unity and love followed by a Swedish inspired full body massage with the use of aromatherapy based on your specific needs.



## SIGNATURE TREATMENTS

### CAPE MALAY SPICE JOURNEY

90 mins single: R1,800 | 90 mins double: R3,200

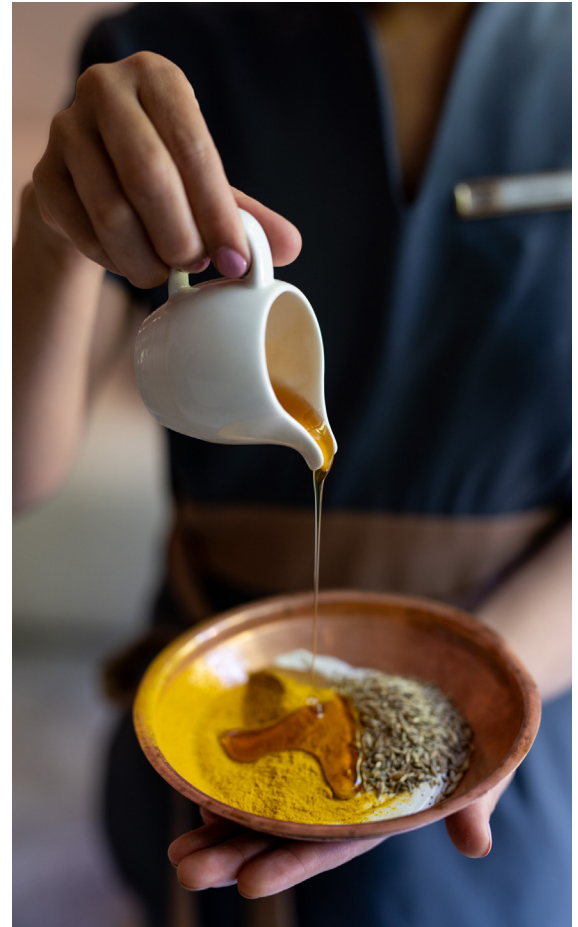
Select your own blend of spices and herbs from our spice apothecary. These will then be combined with essential oils and a kaolin mud to stimulate your body's healing ability. Part of this experience takes place in the Hammam where you can relax and let the spices work their magic. Your treatment will finish with a circulatory back, neck and shoulder massage.



### SIGNATURE NATURE'S STEM CELL FACIAL

75 mins: R1,620

A beneficial repairing and preventative facial, which awakens dormant skin cells for a fresh and younger looking glow. Plant essences of the Cape are used to energise and stimulate new cell growth, slowing down chronological ageing, whilst citrus stem cells have the ability to protect skin against UV damage.



## BODY TREATMENTS

### SOUL OF AFRICA BODY JOURNEY

90 mins: R2,110

A restorative 'ceremonial' treatment that improves skin hydration and is aimed to be deeply relaxing. A warm back scrub and detox mud on the back, followed by a massage using Africa's Miracle oil 'Marula' to soften signs of ageing and treat inflamed, irritated or sun-damaged skin.

### THE BESPOKE MASSAGE

30 mins: R920 | 45 mins: R1,120 | 60 mins: R1,390 | 90 mins: R1,990

A tailor-made Swedish inspired massage, focusing on your specific needs, including relaxing pressure points.

### MONT ROCHELLE "LITTLE ROCK" MASSAGE

45 mins: R1 350 | 60 mins: R1,620 | 90 mins: R2,190

A deeper pressured massage to relieve tension in the fascia structures of the muscles as well as relieving chronic muscular tension.

### SHAMAN'S HEALING JOURNEY

90 mins: R2,110 | *Treatment available between 9AM and 12PM*

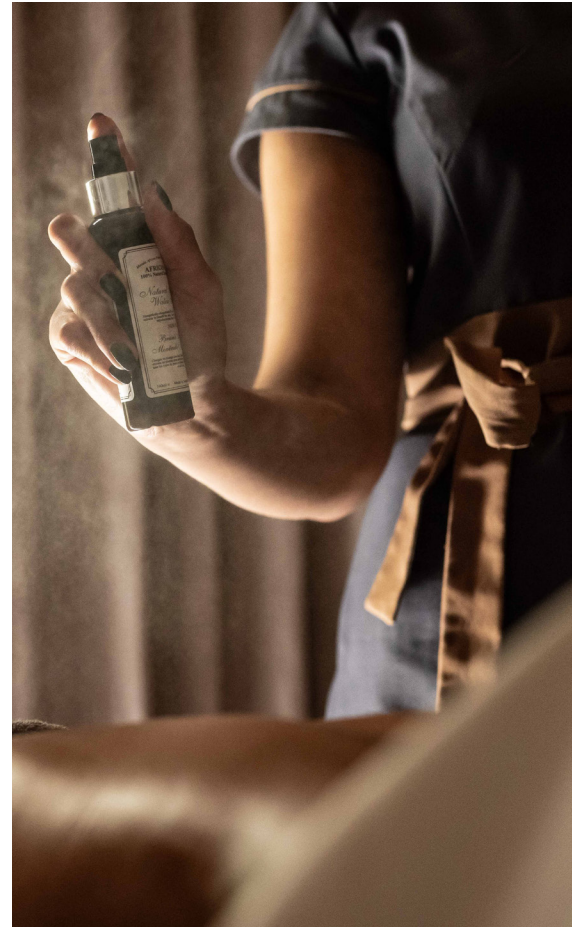
A gentle warm rose quartz and amethyst crystal experience releasing pent up energy likely to cause muscular stress. A beautiful way of balancing the body's energy to create optimum health and well-being.

### AFRICOLOGY BODY WRAP

60 mins: R800

This treatment begins with a stimulating full body scrub. A wrap will be chosen to suit your body's specific needs. The treatment also includes a relaxing scalp massage.

*Add a 30 mins full body scrub to any massage treatment for R450.*





## FACIAL TREATMENTS

### AFRICOLOGY BESPOKE FACIAL

60 mins: R1,270

This bespoke treatment is tailored to your skin's individual needs includes cleanse, exfoliation, massage, mask and after care.

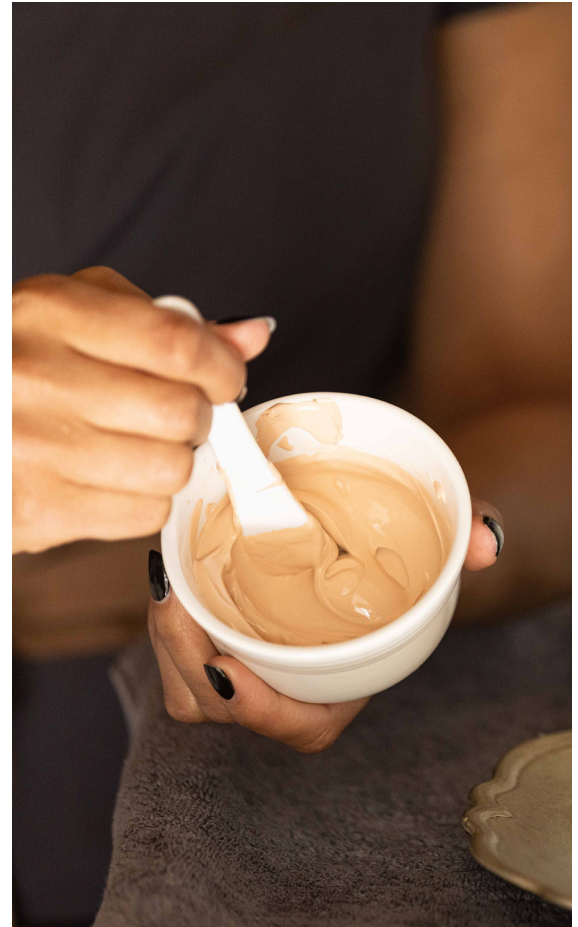
### AFRICOLOGY EXPRESS FACIAL

30 mins: R750 | Excl. facial massage

### AFRICAN GODDESS ANTI-AGEING FACIAL

90 mins: R1,700

When your primary focus is facial rejuvenation – but your body calls out for tender loving care too. This luxurious and sensory therapeutic journey starts with a back-and-neck exfoliation, followed by a muscle-release back, neck and shoulder massage to melt away tension. As a stressed muscular system can lead to gravity taking its toll on facial muscles, which often results in sagging skin, it's the ideal all-over therapy. Including cleansing, massage, and sound therapy, this soothing ritual is a sacred and sensory journey to awakening the Goddess within.



## BEAUTY ESSENTIALS

### COPPER AND HOT STONE PEDICURE

75 mins: R750

A luxurious lower leg and foot pedicure using an energy balancing copper both followed by a full pedicure. Your treatment will include a massage with hot stones, reducing water retention and improving circulation. Finish with a touch of colour.

### AFRICAN POTATO MANICURE

75 mins: R750

A forearm and hand relaxing manicure is about treating the skin and nails naturally to keep them intensely hydrated and conditioned. The treatment will finish with a touch of colour.

### EXPRESS MANICURE OR PEDICURE

45 mins: R410

For those pressed for time, focusing on your specific needs. This comprises of cuticle work and a nail colour of your choice.

### SHELLAC

This is a 14-day non-chip, non-smudge manicure or pedicure. It is a hybrid between regular varnish and flexible gel. Shellac is UV-resistant and does not darken as it ages, so you'll have a high shine, high gloss look.

Shellac manicure/pedicure

60 mins: R750

Shellac removal

30 mins: R260

Add on to a treatment

45 mins: R370

Acrylic/tips removal

45 mins: R310

*Don't forget to pack your flip flops so you can keep that pedicure looking fresh, without any accidental smudges.*









Africology's ethical skincare products capture the rejuvenating and healing essences of Africa, helping to revitalise the skin as well as prevent damage and premature ageing.

**+27 21 876 2770**

**[spa@montrochelle.virgin.com](mailto:spa@montrochelle.virgin.com)**