

MONT ROCHELLE

SIR RICHARD BRANSON'S SOUTH AFRICAN
HOTEL AND VINEYARD

THE MONT ROCHELLE SPA

Welcome to the Mont Rochelle spa! 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. They are also available for purchase in the spa or you can just ask at reception.

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

More on Africology:

Bespoke pampering experience, with a real health beneficial outcome. We use a range of products from Africology in our treatment rooms at Mont Rochelle. 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.



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GENERAL INFORMATION

You can book a spa appointment before your stay by contacting our reservations team or on property by asking a team member. Please note that prices are subject to change without notice. If you are unable to make your appointment please let a member of the team on property know the day before.

A 100% cancellation charge will apply for any appointments cancelled on the same day.

The treatment time stated includes a consultation, so please arrive 15 minutes before as during busier periods we will not be able to extend the session.

Please enquire at the spa about treatments safe for pregnancies.

All spa treatments are subject to availability.

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SIGNATURE TREATMENTS

CAPE MALAY SPICE JOURNEY

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 30 minute circulatory back massage.

75 mins single - R1,555

75 mins double - R2,730

SIGNATURE NATURE'S STEM CELL FACIAL

A beneficial repairing and preventative facial, which awakens dormant 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.

75 mins - R1,470

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THE KUSASA PROJECT

We have selected a number of treatments which support the Kusasa Project. At least 15% of the treatment price will go to assist their work promoting academic, sporting and life skills for underprivileged children in the Western Cape. The project runs both regular and ad hoc programmes including breakfast clubs, feeding hundreds of children every morning during term time as well as organising football tournaments, field trips and assistance with homework.

For more information visit: www.thekusasaproject.org

SPAGISTA

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 treatment will finish with a pedicure including a scrub, mask and massage.

80 mins - R895

DEVOTION JOURNEY

This treatment begins with a ceremonial lighting of a candle that symbolises the pledge of unity and love followed by a Swedish inspired full body massage with the use of an aromatherapy infused oil or balm depending on your specific needs.

60 mins - R2,470 per couple

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MASSAGES

SOUL OF AFRICA

A restorative 'ceremonial' treatment that improves skin hydration and is aimed to be deeply relaxing. Starting with a 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.

90 mins - R1,915

THE BESPOKE MASSAGE

A tailor-made massage focusing on your specific needs. Using shea aroma therapeutic balm or intuitive oil this Swedish inspired massage includes relaxing pressure points.

30 mins - R840

45 mins - R1,015

60 mins - R1,260

90 mins - R1,810

MONT ROCHELLE "LITTLE ROCK" MASSAGE

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

60 mins - R1,470

90 mins - R1,995

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MASSAGES

SHAMAN'S HEALING JOURNEY

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

90 mins - R1,915

AFRICOLOGY BODY WRAP

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.

45 mins - R685

Include a full body scrub to any massage treatment

15 mins - R 370

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FACIALS

AFRICOLOGY BESPOKE FACIAL

Your treatment will begin with a skin consultation that will enable us to tailor this facial according to your skin type and needs.

30 mins - R685

60 mins - R1,155

AFRICAN GODDESS ANTI-AGEING FACIAL

A luxurious and sensory treatment, your therapeutic journey begins with a warm back scrub, followed by a back, neck and shoulder massage. The facial treatment includes a cleanse, exfoliation, mask, massage and nourishment.

90 mins - R1,470

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BEAUTY ESSENTIALS

COPPER AND HOT STONE PEDICURE

A luxurious pedicure using an energy balancing copper bath followed by a full pedicure. Your treatment will include a massage with hot stones, reducing water retention and improving circulation. Finish with a nail enamel of your choice.

60 mins - R685

AFRICAN POTATO MANICURE

This relaxing manicure is about treating the skin and nails naturally to keep them intensely hydrated and conditioned. The treatment will finish with a nail enamel of your choice.

60 mins - R685

EXPRESS MANICURE OR PEDICURE

For those that have less time available, we will work on your specific needs. This comprises of cuticle work and a nail enamel of your choice.

30 mins - R370

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BEAUTY ESSENTIALS

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-resistance and does not darken as it ages, so you'll have a high shine, high gloss look.

Shellac treatment: 45 mins - R685

Add on to a treatment: 30 mins - R340

Shellac removal: R235

Acrylic/tips removal: R280

WAXING & TINTING

Pricing available on request.