



## DIE STALLE SPA AND WELLNESS

### MASSAGES

#### **Ginger and Lavender Poultice Massage**

**90 min R1260**

A tranquil full body massage experience designed to enhance deep relaxation, muscle recovery and increased lymphatic flow from the tips of your toes to the intricate muscles of your face. Inspired by ancient de-stressing heat therapies, your senses are calmed as the Himalayan Salt poultice bags infused with Lime and African Potato extract release tension and restore vitality.

A sensorial journey of therapeutic warmth awaits as the lingering fragrances of Lavender and Ginger invite you to escape from your busy life and restore harmonious flow, leaving your skin nourished and your soul deeply relaxed.

#### **African Wood Massage**

**90 min R1075**

Indulge in a 90-minute full-body massage that invites you to immerse yourself in the rhythmic patterns of an African dance through our signature massage. This expertly designed treatment incorporates light stretching techniques and specialized body and facial wooden implements to gently relax and restore your weary body. As part of this unique experience, your skin will be drizzled with a warm Olive and Shea butter ointment infused with soft notes of Mandarin and Neroli, providing nourishment and healing. Feel the blissful sense of relaxation and rejuvenation enveloping you during this rejuvenating session.

#### **Luxury Fusion Relaxation Massage**

**60 min R800** (full body) | **30 min R500** (back & neck)

Enjoying the freedom of choosing your favourite massage mediums from our selection of luxurious herb-infused Avo and Shea- massage butters OR Marula-herb infused Fusion body oils.

#### **Vigour Back, Neck & Shoulder Massage**

**45 min R500**

A warm aroma blend infused with circulatory-boosting essential oils is coupled with a deep tissue massage relieving deep seated tension all the way to the core of the muscle. A refreshing gel is applied, leaving your body feeling invigorated.

#### **Leg Relief Massage**

**45 min R450**

Firm pressure massage with stretching focuses on reducing muscle tension and tired and sore muscles. The massage technique used, will improve blood flow and oxygen supply as well as loosening of tight areas with an application of muscle relief gel.

## FACIAL TREATMENTS

### **Express Vine Therapy Facial**

**30 min R410**

All skin types.

Indulge in a personalized express Vine Therapy facial boost, a 30-minute procedure meticulously tailored to address your specific skin concerns. This revitalizing experience encompasses a cleanse, manual exfoliation, and the application of a hydrating mask, followed by the finishing touch of nourishing creams.

### **Balancing Facial**

**60 min R660**

Combination and oily skin.

Experience a deep-cleansing facial designed to gently eliminate surface impurities. Our customized purifying mask, infused with specially selected aromatic botanicals, works to restore balance to the skin. This comprehensive treatment involves cleansing to rid your skin of toxins and excess oil, unclogging pores. The exfoliation step targets the removal of dead skin cells and debris, promoting a clearer complexion. Finally, indulge in moisturizing to deeply hydrate, rejuvenate, and replenish your skin's vital moisture for a refreshed and revitalized appearance.

### **HYDRAVINE™ Facial**

**60 min R730**

Dehydrated and sensitive skin.

Introducing a groundbreaking Pinotage cloth mask infused with Hyaluronic Acid, providing intense moisture to the skin and effectively 'locking in' active ingredients for up to 3 weeks. Ideal for those with very dry and sensitive skin in need of profound hydration.

### **ULTRAVINE™ Advance Gold Cellular Facial**

**90 min R880**

Advance Anti-aging

Using TheraVine™'s breakthrough antioxidant technology, this anti-ageing concept along with the revolutionary soft 24K gold and diamond dust collagen film mask, promotes the skin's DNA repair system while luxuriously soft and delicately scented creams, serums and balms transport your skin to an advanced state of renewal.

### **Add On R150**

#### **Facial Cupping**

Facial cupping is an alternative therapy in which cups are placed on the skin to create a local suction which aids with improving micro-circulation to the face to help rejuvenate and brighten the skin. The suction effect pulls blood into the fascia area below the surface of the skin, creating new vessel formation which helps with tissue generation.

**OR**

#### **Rose Quartz**

Stimulates the lymphatic system by activating the lymph nodes located under the eyes and helping them to drain effectively.

## FACIAL TREATMENTS

### **QMS Collagen Reset Facial**

**60min R875**

Transform your skin in a 60-minute reset facial, designed to reclaim, retrain and reform. Tailored to perfection, this facial seamlessly integrates QMS core steps with targeted treatments. Addressing the root causes of skin imbalances, it activates the skin through a hydrating cascade or provides deep nourishment for delicate skin. Experience a holistic synergy that revitalizes your skin, ensuring a comprehensive and effective treatment within the convenience of a 60-min session.

### **QMS Collagen Contour Facial**

**90 min R1146**

Experience the pinnacle of anti-gravity and plumping treatments. Our approach restores and revitalizes your complexion while significantly increasing moisture levels, thank to our pioneering treatment masks and the inclusion of our signature lift and contour massage.

## SPECIALISED TREATMENTS

### **THERAVINE™ Professional Peeling Facial**

**30min R650**

The 4-tier professional grade step-up peel system of various percentage Lactic and Glycolic Acid with Charcoal and Tartaric Acid assists to stimulate the skin's cell turnover for a more youthful and rejuvenated skin.

*Regular treatments improve the skin texture, fine lines and wrinkles, superficial imperfections and pigmentation while giving the overall complexion a subtle glow. Your most youthful skin awaits.*

### **Micro-Dermal Needling Treatment**

**45min R1440**

The TheraVine™ professional grade dermal micro-needling pen creates precise piercings into the epidermis allowing the stimulation of naturally occurring growth factors and fibroblasts, which have a regenerating effect on both the dermis and epidermis. This completely safe and effective professional micro-needling system treats advanced skin concerns, obtains specific skin goals and delays the indicators of skin aging.

## BOSJES SIGNATURE JOURNEYS

### **Bosjes Well-Being Journey**

**120min R1300**

Begin your sensory journey by immersing yourself in our hydrotherapy pool allowing the body to relax. As you progress through this indulgent experience, luxuriate in a full-body exfoliation followed by the application of herbal fusion oil. Allow your mind to drift away as you cocoon yourself in the comforting embrace of fragrant oils and African wraps from our therapeutic range. An idyllic and rejuvenating facial will then work its magic, repairing, hydrating, and re-balancing your skin's natural protective functions. The result is skin that feels smooth, radiant, and ultra-nourished.

### **Cleansing and Detox Journey**

**120min R1450**

Elevate your body's detoxification process with our rejuvenating spa ritual. Begin with a Full Body Sugar Exfoliation, designed to stimulate detoxification by gently removing impurities. Follow this with a detoxifying Clay Mud Wrap infused with essential nutrients, promoting a holistic cleansing experience. While your body unwinds and detoxifies, indulge in a soothing Hydrating Hair Treatment, expertly massaged into your scalp for tension relief. Immerse yourself in the harmonious synergy of body and mind during this revitalizing session.

### **Bosjes Couples' Experience**

**120 min R2500**

Begin your memorable and unifying journey with an intimate session in the Rasul, featuring a scrub and wrap. Conclude this experience with a couples' full-body massage. Melt away stresses with this head-to-toe treatment, incorporating natural botanical mood-enhancing essential oils tailored to each person. Escape into the antidote to stress, fostering a deep physical, emotional, and spiritual connection. Enhance the experience further by enjoying our hydrotherapy pool, ensuring an everlasting and rejuvenating escape.

#### **Add on:**

### **Nourishing Hair and Sculp Treatment**

**30min R300**

An ultra relaxing, stress relieving scalp massage treatment using a stimulating scalp tonic followed by a conditioning hair oil and intensive hair mask to leave your hair silky soft and shining.

## SPA DAYS

### Half-Day Visit

**R1700**

Unwind and enjoy our hydro and hot spa facilities before or after your 60min facial and back, neck & shoulder Massage. Includes a Spa lunch.

### Full-Day Visit

**R2 200**

Relax in our hydro and hot spa facilities before or after your 90 min facial and full body relaxation massage. Includes a Spa lunch.

## HOT SPA FACILITIES

### Bosjes Mineral Rasul Oasis

**45 min R450**

Indulge in the delightful experience of a Rasul, where you can luxuriate in a complete sensory journey. Begin with a full-body rich mineral clay mud application, followed by a comforting hot shower. Revel in the application of body scrub designed to nourish your skin and immerse yourself in a tranquil steam session to gently open your pores and unwind. Conclude this rejuvenating journey with a refreshing rain shower rinse, leaving you with irresistibly silky-smooth skin and a serene, blissful state of mind.

### Sauna

**R200 | 20min**

Visit our sauna to relieve muscle aches and ease arthritis. Alternate heat with a cold open-air shower to improve circulation. The use of the sauna is complimentary with any other Spa treatment.

## DIE STALLE HANDS & FEET INDULGENCE

### **BOSJES Hand Therapy**

**30 min R305**

Immerse yourself in the therapeutic treatment as your hands and forearms undergo a gentle exfoliation, followed by a relaxing massage and Aloe Ferox gel mask, providing. The application of a Baobab-infused lotion adds a finishing touch, leaving your hands irresistibly soft to the touch.

### **BOSJES Hand Journey Treatment**

**60 min R360**

Indulge in an African inspired spa manicure, treating your hands and forearms to a gentle exfoliation followed by an African Earth fusion hand massage, whilst including nail and cuticle attention, followed by a nail colour of your choice for your rejuvenated younger looking hands.

### **BOSJES Feet Therapy**

**45 min R360**

Your experience begins with a gentle sugar exfoliation, accompanied by a blissful soak in an herbal salt foot bath. Followed by a muscle-soothing foot and leg massage, expertly administered with wooden implements. The application of a cool, revitalizing mask will rejuvenating your feet. Concluding this nourishing journey, a lavish application of Baobab-infused lotion prepares your feet for the adventures that lie ahead.

### **BOSJES Feet Journey Treatment**

**60 min R410**

As your feet and legs surrender to complete relaxation, embark on a "soulful" journey that pampers your feet in absolute luxury, focusing on exfoliation and filing of rough skin, a customised nourishing African Shea butter dumbbell massage, including nail and cuticle attention. Choose a dazzling nail colour for your gorgeous new feet.

### **Add on:**

#### **Biosculpture Gel Overlay**

**R200**

## FINISHING TOUCHES

### **Waxing**

Eyebrow	R120	Belly path	R150
Chin	R100	Tummy	R250
Lip	R90	Back	R350
		Chest	R350
Arm	R250	Full Leg	R400
Underarm	R150	1/2 Leg	R300
Brazilian	R350	Hollywood	R380
Bikini	R300		

### **Tinting**

Brow tint	R90	Eyelash tint	R150
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