



THE
Sanctuary
at Whispering Pines Country Estate

Spa Bar

REVEL

KAHUNA TRIBAL CEREMONY
45min - R460

An original River Dance massage inspired from ancient Hawaiian kahuna and applied to the back of the body. The natural dance like a rhythm, much like the ebb and flow of the ocean, lulls one into a deep relaxation. Long flowing movements along the body provide a synergistic rhythmic flow between you and your therapist. The use of forearms, hands and elbows in deep, dynamic, flowing strokes release physical blockages.

DEEP TISSUE
60min - R700

Transmutation is achieved from tension to utter relaxation during this full body massage. We use deep pressure to release tension, calabashes to shift blockages and heated herbal bags for pain relief and release. Fragranced warmed oil is poured over your body feels like the sun raining onto your skin.

HOT STONE
60min - R660

Like a butterfly emerging from a cocoon, we have recreated the warmth and comfort of a cocoon to envelop you during your full body massage which includes volcanic hot stones. Expert movements and infused oils lull you to complete submission and total relaxation. Let us nurture you through to your awakening flight on beautiful wings.

INDULGE

PRAYING HANDS MANICURE
60min - R380

Our hands are naked and unprotected and we would like to serve you by restoring their natural beauty. As you rest your body, we will nourish and hydrate your hands and arms will include shaping, buffing and cuticle treatments.

BAREFOOT BLESSINGS PEDICURE
60min - R480

Memories of footprints in the sand are rekindled as your feet touch the warm pebbles and are bathed in water. Our travels are scrubbed away and nails nourished to reveal the softest sand blown skin. A touch of sun kissed colour completes your dancing feet.

METAMORPHOSIS
210min - R1740

A complete body treatment to reveal your inner beauty as we remove your cocoon and let you emerge as a beautiful butterfly. We begin with an aromatic back, neck and shoulder massage for heavenly relaxation. We follow with the hand and foot treatments and end with an instantly ageless facial.

FULL BODY - SWEDISH MASSAGE
60min - R600

DELIGHT

RITE OF PASSAGE
75min - R880

Begin your initiation with warm botanically infused coconut oil being painted onto the back of your body before being massaged with deeply sacred movements. End with a drizzle of heated sesame and frankincense oil weeping through your hair to awaken your essence and provide deep nourishment to your scalp.

THE PILGRIMAGE
60min - R460

We begin with a unique ritual water cleansing in preparation of the deep relaxation achieved with our stress relieving massage technique for the foot and legs. We lather you with rich healing balm before you awaken refreshed and floating on air.

TRANSCENDENCE
90min - R1000

Begin your transformation with body brush to stimulate detoxification and the purging of skin and whatever no longer serves us. A sublime body polish prepares the body for a moisture wrap with exotic aromatics and restorative properties. To complete your total body rejuvenation, we include a treatment hair and scalp massage with conditioning oils to leave you feeling nourished from head to toe.

Champagne available on request

*WILL BE AN ADDITIONAL CHARGE

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www.whisperingpines.co.za

Body Bar

EYELASH TINT (10 MIN)	R110
EYEBROW TINT (10 MIN)	R120
LASH & BROW TINT (20 MIN)	R220
EYEBROW WAX (10 MIN)	R110
BROW WAX & SHAPING (20 MIN)	R135
UPPER LIP WAX (10 MIN)	R120
UPPER LIP & CHIN WAX (20 MIN)	R150
FULL FACE WAX (30 MIN)	R300
(INCLUDES SIDES, LIP & CHIN & BROWS)	

Facial Bar

ANTI-AGEING FACIAL (60 MIN)	R 600
WELLNESS FACIAL (60 MIN)	R 600
AROMATIC FACIAL (60 MIN)	R 600

Massage Bar

BACK NECK SHOULDER (30 MIN)	R350
BACK NECK SHOULDER (45 MIN)	R400
INDIAN HEAD MASSAGE (30 MIN)	R300
FOOT MASSAGE (30 MIN)	R300

AWAKEN

COMFORT ZONE FACIAL | 60min - R600

Intensive hydrating treatment for face, neck and decollate with Biomimetic fragments Hyaluronic Acid and Marco hyaluronic Acid, for a bright and silky skin aspect. The exclusive application of the mask with brushes offers a unique experience. Hydrating, It cosmetically supports the compactness of the skin, It helps to prevent the visible signs of a premature aging. Ideal for all skin conditions, specific for particularly dehydrated and stressed skins, exposed to air-conditioned and very dry climates. Hydramemory for all skin type.

HONEYMOON

PER COUPLE (2 PAX) | 120min - R2828

FULL BODY HOT STONE MASSAGE | INDIAN HEAD MASSAGE | FACIAL OR BAREFOOT BLESSING | PICNIC BASKET FOR TWO

Champagne available on request *WILL BE AN ADDITIONAL CHARGE