



HEALING
earthTM

TRANSFORMATIVE
wellness

slow beauty • slow food • slow living

AT BRAHMAN HILLS





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Step into a world of relaxation and restoration surrounded by the picturesque surrounds of the magical Midlands. Surrender your body and mind to the healing powers of nature as you luxuriate in our pure aromatherapy formulations applied with skillful touch, and complemented by an array of bespoke grooming and pampering treatments. Healing Earth and Brahman Hills - creating harmony, together.

SIGNATURE JOURNEYS

All signature journeys begin with a healthy welcome drink, and can be tailored into a half-day experience

EARTH GODDESS FACIAL CEREMONY

90 minutes

Harness the power of antioxidant-rich natural wonder ingredients that will recharge your skin with a boost of powerful nutrients, hyaluronic acid, vitamins and probiotics. Using Healing Earth's patented vinotherapy, this unique facial treatment combines a double dose of antioxidants with a range of skin-loving vitamins to drain toxins, stimulate cell tissue, and rejuvenate from deep layers of the epidermis allowing for better absorption. A special massage technique is applied, using hot stones, rollers, and cold compresses for lymphatic drainage, stimulation, cellular renewal, collagen production, and improved blood circulation. This anti-ageing facial improves skin tone and radiance by addressing all your skin's needs.

HIGH PERFORMANCE SPECIALISED FACIAL

90 minutes

This facial is particularly powerful due to the use of peptides, which allow the active ingredients to penetrate deeply. The results-driven treatment also harnesses the powers of AHA and enzymes to gently stimulate skin cell renewal and cleanse on a deep level. It's particularly helpful for environmentally damaged skin, and enhanced with vitamin C and a cocktail of other powerful natural active ingredients for radiance and collagen and elastin production. The perfect anti-ageing facial for mature, dry skin, it's combined with a unique lymph drainage massage to rid your skin of toxins and decrease water retention.

SIGNATURE BESPOKE COUPLES CONNECT

120 minutes

Dedicate some precious time to relax, connect and heal together as a couple. Begin with a full-body polish of your choice: Pinotage, Kalahari Melon, Mongongo Nut, or Coffee, Cinnamon & Orange. This is followed by a luxurious couple's bath ceremony with Himalayan salts crystals and an aromatherapy formulation of your choice. Finish the journey with a full-body massage using our luxurious Pinotage oils for relaxation. The celebratory experience includes a glass of bubbly or wine to end off your ceremony.

IT'S MY PARTY

120 minutes

Whether it's for some much-needed me-time or a celebration with friends, family or colleagues, this package offers the perfect mix to meet your needs. Choose a deeply relaxing full-body massage using one of our antioxidant-rich Pinotage oils to Relax & De-Stress, Condition & Hydrate, or Detox & Uplift. This is followed by a bespoke facial using one of our unique pure aromatherapy formulations to address your personal skin concerns.



FACIALS

HEALING EARTH TAILORED FACIAL JOURNEY

60 minutes

Choose from our unique bespoke facial ceremonies to best fit the needs of your skin. Hydrate, rejuvenate and regenerate tired skin; instantly heal and renew dull, lifeless skin; and visibly improve complexion.

Choose between: *Balancing and Rejuvenating Neroli & Rose Facial*

• *Hydrating Marula & Rosehip Booster Facial* • *Stimulating Jasmin & Baobab Facial*

VITAMIN PEPTIDE AND HYLURON-POWERED FACIAL

90 minutes

This age-defying, high-performance treatment is specially formulated for cellular rejuvenation. It includes the application of two therapeutic masks, as well as a specialised facial massage including lymph drainage to deliver potent nutrients to support cellular rejuvenation on a deeper level. The signature facial massage begins with Healing Earth's unique lymph drainage protocol to bring the skin into balance while eliminating toxins for immediately visible results. The unique delivery of active ingredients offers highly nourishing results from the cocktail of peptides, hyaluronic acid, enzymes and probiotics.

SKIN SOOTHER FACIAL CEREMONY

60 minutes

This gentle facial is specially designed for skin that has been damaged by the sun or exposure to other environmental toxins. It harnesses the naturally nourishing powers of superfoods to heal the skin without the use of chemicals. Peptide boosters, masks, serums and natural oils with herbs and shea butters are all combined for optimum restoration.

ADVANCED MEN'S FACIAL CEREMONY

60 | 90 minutes

A deep cleansing, exfoliating facial treatment harnessing the antioxidant powers of Pinotage vinotherapy with our healing and restoring African Potato Balm and a specialized facial massage for a naturally hydrating experience that refreshes, nourishes, and soothes the skin for visible results.



BODY CEREMONIES

All body ceremonies can be made into half-day packages or incorporated into a full-day stay

FULL BODY DETOX RITUAL

120 minutes

An uplifting and invigorating experience using our fragrant Coffee, Cinnamon & Orange Body Polish and wrap, followed by a detoxifying massage with our unique blend of plants, fruit and herbs to define, detox, destress, sculpt and revive.

HEAL, REPAIR & RESTORE WITH AWARD-WINNING AFRICAN POTATO BALM

120 minutes

A deeply restorative, holistically healing and moisture-boosting treatment using our award-winning African Potato Balm to nourish and revive the whole body while addressing specific concerns such as sun damage, discolouration, eczema, psoriasis and generally sensitive and stressed skin. The experience includes a body polish of your choice, followed by an African Potato hot stone massage and a mini facial.

BODY POLISHES

45 minutes

Enjoy a full-body exfoliation with your selection of Body Polishes. Combining natural exfoliants with our patented vinotherapy oils, our invigorating body polishes serve to remove dead skin and encourage cellular renewal for smooth, soft, balanced, firm, and retextured skin that glows with vitality. Follow the body exfoliation with a shower and complete your experience with a luxurious and nourishing massage with one of our renowned Healing Earth Body Butters.

Choose between: *Pinotage Vinotherapy Body Polish • Kalahari Melon Body Polish*

- *Coffee, Cinnamon & Orange Body Polish • Marula & Neroli Body Polish*
- *Himalayan Crystal Salt Body Scrub*

TIME OUT RITUAL

120 minutes

Enjoy some special rejuvenating 'me-time' with this highly personalised and tailored treatment journey. Consult with your skilled therapist and mix and match your preferred treatments for 2 hours to create your own ultimate personal journey. We highly recommend including a relaxing massage with one of Healing Earth's luxurious body butters.

GLOW FROM THE INSIDE OUT

120 minutes

Enjoy a full-body massage to release, restore and revive. Continue this ceremony with your choice of antioxidant-rich Pinotage vinotherapy specialised facial ceremony to balance, hydrate, stimulate or rejuvenate. For an extra glow, speak to your therapist about experiencing one of our deeply nourishing handmade body butters tailored to a range of different needs.

EPICURIAN BESPOKE MARULA AND NEROLI EXPERIENCE

120 minutes

Start your treatment with a Marula and Neroli body polish and be surprised by the heavenly scent of Neroli, which will transport you into a full body relaxation. This is followed by a relaxing and rejuvenating Himalayan bath. Continue the journey with a one-hour massage with our handmade Marula and Neroli balm to create a total memorable experience connecting either the smell and beauty of the midlands.

MASSAGES



MUSCLE RELAX MASSAGE

60 | 90 minutes

Designed specially to relieve stiff muscles and joints, this treatment makes use of specific movements and detox oils to eliminate toxins and water retention, creating a better flow of energy and a feeling of lightness once the deeper layers of the muscles and connective tissues have been released. This is a great option if you're struggling with tension and/or limited mobility, and you can choose the pressure (from medium to deep) according to your needs.

HEALING TOUCH PURE AROMATHERAPY MASSAGE

60 | 90 minutes

This holistic treatment combines gentle to medium pressure touch with Healing Earth's pure essential oils expertly blended with cold-pressed, organic, antioxidant-rich Pinotage grapeseed oil. Choose between Relax and Destress, Condition and Hydrate, or Detox and Uplift to suit your unique needs. Not sure which to choose? Your therapist will be able to make the right recommendation for your specific physical, mental and emotional needs. Let the aromatic oils seep into your system and work their therapeutic magic while you surrender to the restorative power of nurturing touch...

ROSE CRYSTAL STONE MASSAGE

60 | 90 minutes

Rose quartz is the stone of universal love. It purifies and opens the heart at all levels to promote love, self-love, friendship, deep inner healing and feelings of peace. This holistic treatment works on realigning the body through the energetic meridians to melt away tension and stress, release toxins, and improve blood circulation for metabolic health, improved immunity and overall wellbeing.

HOT OIL MASSAGE

60 minutes

We've curated a unique collection of hand-blended African indigenous oils for complete relaxation and realignment of body and mind. Surrender to a sublime experience of total release for the whole body as these warm oils are carefully curated according to your unique fragrance preference, and expertly applied and absorbed into the bloodstream for optimal therapeutic effects.

MASSAGES



SOUL OF THE EARTH

60 | 90 minutes

Take a journey across the plains of Africa in this full-body massage using a selection of specially blended and nourishing body butters with ancient healing traditions and techniques. Ingredients sourced and selected for their connection and roots with Africa will help relieve dry and dehydrated skin. Selecting a butter of choice, you not only nourish the skin, but also target specific concerns and achieve your desired outcome.

BACK, NECK, SHOULDER & FOOT RELIEF

60 minutes

This classic option is great for the relief of tension where it is most typically held in the body.

ADD ON TREATMENTS

30 minutes

Should you wish to extend your spa experience, you may select any of the below Add On menu items. These treatments cannot be booked as a single treatment or combined. The suitable wrap will be recommended by the therapist, based on the guest consultation form, focus or areas of concern.

- Healing Earth Hydrating Facial
- Full Body Polish of Your Choice
- Back, Neck & Shoulder Massage
- Revitalising Foot & Ankle Massage
- Relaxing Head Massage
- Healing Earth Body Wrap



FULL-DAY PACKAGES

EMBRACE, CONNECT, INSPIRE & TRANSFORM

4 hours

Pause, take a deep breath, and surrender to a world of serenity and revitalisation in the natural luxury of the Midlands. The journey inwards begins with an immune-boosting body brush and detoxification polish. Followed by an immersive holistic bath that will fully engage all your senses. After this, you will be treated to a full-body holistic wellbeing massage using pure essential oil blends and healing touch to relax, restore and re-energise. Finish the experience with a Healing Earth tailor-made facial journey, choosing between a range of specialised aromatherapy formulations to hydrate, stimulate, or balance and rejuvenate. The experience will include an energising drink, as well as a health bowl from our delicious and nutritious menu.

SUNSET IN THE MIDLANDS

4 hours

The perfect way to end the day, this luxurious experience begins with our popular antioxidant-rich Pinotage full-body polish, followed by a relaxing aromatherapy bath, and a full-body massage specially tailored to your needs (whether you want to Condition & Hydrate, Detox & Uplift, or Relax & De-stress). A bespoke facial using one of our specially blended Pinotage vinotherapy formulations follows, and is topped off with a relaxing and restoring hand and foot celebration.

MOM AND DAUGHTER CELEBRATION

3 hours

Invest in this special relationship through some memorable pampering time together with a deeply relaxing full-body massage with a pure aromatherapy blend tailored specially to your individual needs. Next, indulge in one of our specialised Pinotage facials of your choice and complete this special time together with a luxurious hand and foot pamper.

BLUSHING BRIDE

3.5 hours

A bespoke luxury bridal package that's best enjoyed at least a day before the wedding. Surrender your senses to a relaxing aroma bath with added mineralising Himalayan crystal salts to soften your skin and de-stress your mind. This is followed by a nourishing and revitalising full-body polish with our Kalahari Melon Polish, and a deeply relaxing full-body massage with a luxury pure shea butter. The experience is perfected with your choice between a mani, pedi, or mini-mani and pedi combo.

** Any add-on treatments can be chosen from the menu to fully personalise your bridal experience.*

A DAY OF INDULGENCE FOR HIM

3.5 hours

This one is for the gentlemen! Enjoy a full-body, remineralising Himalayan salt exfoliation complete with nourishing natural oils, followed by a tension-relieving deep tissue massage, a men's hero facial tailored to your specific skin condition and needs, and a men's mini mani and pedi combo as the perfect finishing touch.

SALON & GROOMING

ULTIMATE HAND & FOOT CELEBRATION

120 minutes

The treatment begins with a luxurious hand and foot Himalayan salt bath complete with nourishing aromatherapy oils. You will then be treated to a remineralising Himalayan salt foot scrub and an antioxidant-rich Pinotage hand polish, followed by a nourishing shea butter mask for hands and feet. The experience ends with an invigorating massage, cuticle treatment and nail shaping and varnishing to perfection. The ultimate luxury for your hands and feet! *Includes a full Spa Deluxe Manicure / Pedicure. **Add gel application (30 min).***

Please book a soak-off additionally, should you already have gel on.

CLASSIC SPA MANICURE

60 minutes

A relaxing manicure including a hand soak, gentle exfoliation, nail and cuticle work. Complete the treatment with a varnish of your choice to complete the perfect look. Please advise upon reservation should you have gel polish that needs to be removed (soak off will be booked additionally). **Add gel application (30 min)**

CLASSIC SPA PEDICURE

60 minutes

A relaxing pedicure including a foot soak, gentle exfoliation, nail and cuticle work. Complete the treatment with a varnish of your choice for the perfect finish. Please advise upon reservation should you have gel polish that needs to be removed (soak off will be booked additionally). **Add gel application (30 min)**

WAXING SERVICES

- Eyebrow / Lip
- Underarm
- Bikini
- Brazilian
- Half Leg
- Full Leg

EARTH CHILD CHILDREN'S MENU

6 - 12 years • with a parent present in the room

MINI PAMPER MANICURE

30 minutes

Treat little hands to a gentle and fun mini mani complete with a coat of their favourite colour polish.

MINI PAMPER PEDICURE

30 minutes

Treat little feet to a gentle and fun mini pedi complete with a coat of their favourite colour polish

FUN FACIAL

30 minutes

A relaxing and pampering junior facial to leave young skin feeling cleansed, soothed and pampered.

GENTLE BODY POLISH

30 minutes

A gentle body exfoliation to leave youngsters feeling fresh and fragrant!

RELAXING MASSAGE

30 minutes

A relaxing soft-pressure massage to make the little ones feel pampered and spoiled.

HOLISTIC HEALING



KINESIOLOGY

50 minutes

This holistic treatment uses muscle testing to identify imbalances in your body's structural, chemical, and emotional energy. It's gentle and non-invasive, and yet powerfully transformational on all levels of being.

HOLISTIC HOT OIL MASSAGE

60 minutes

A traditional massage technique that relaxes muscles, irons out muscular tension, improves circulation and encourages detoxification. Choose from our tailored oil blends to suit your unique needs.

PRIVATE YOGA SESSION WITH BREATHING & AFFIRMATION

60 minutes

Embark on or deepen your yoga practice with one-on-one guidance from our skilled teacher, who will also guide you through a series of calming breathing techniques. Leave with a 30-card affirmation deck to take home to remember the experience.

GROUP YOGA CLASSES

Available upon request

Join our free daily yoga sessions to enjoy the energy of movement, breath, and union with others on the journey of holistic wellbeing. Classes take place on the beautiful deck outside when the weather permits.

TRANQUILITY ROOM IMMERSION

Duration of your choice

Enjoy use of this unique quiet, multi-sensory haven we have created to help facilitate deep relaxation. Choose from our menu of guided meditations, pick a personal affirmation card, sip on a fresh health juice, and breathe in the aromatherapy tailored to relax, destress, uplift or refresh, dependent on your unique needs.

We invite you to join us for our regular holistic health events, including motivational talks, educational workshops, and more.

Memberships available on request

SPA ETIQUETTE

SPA EXPERIENCE

Healing Earth Transformative Wellness at Brahman Hills offers a variety of luxury experiences using only the very best in spa products. Choose from our list of signature packages, facials, body ceremonies, massages, salon and grooming services. When making a booking, please advise us of any health conditions or allergies that could affect the choice of treatment and hinder your spa experience.

SPA FACILITIES

Our spa features multiple treatment rooms (including a couples' room); a nail bar; male and female changing rooms; a wedding suite; a health bar; a sauna and steam bath; a pool; a unique tranquility cocoon room; as well as various other indoor and outdoor wellness areas and facilities.

SPA ENVIRONMENT

Healing Earth Transformative Wellness at Brahman Hills is a tranquil environment, and we kindly request that guests switch off or silence their mobile phone to ensure the spa experience is at its best.

SPA ARRIVAL & ETIQUETTE

We recommend that you arrive 15 - 30 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. We require you to fill in a Guest Consultation Form advising us of any medical history and concerns in order for us to tailor your treatment experience. Please note that late arrivals may result in a reduction of your treatment experience.

SPA CANCELLATION POLICY

Treatment times have been scheduled for you. If you must reschedule or cancel any spa appointments or packages, please notify the spa 24 hours in advance. Missed appointments without proper notices are subject to a 100% charge for reserved services.

CHILDREN'S POLICY

We welcome all guests to Healing Earth Transformative Wellness at Brahman Hills, and have a dedicated list of treatments for children. Please note that guests between the ages of 6 - 18 years require permission from a parent to book any treatments. Any guest below the age of 16 must be booked in the same room as a parent.

SPA ATTIRE

You will receive a bathrobe, disposable underwear and slippers to wear between treatments, as well as a locker for your personal belongings. We request that you please leave jewellery and valuables in your hotel room or at home, or store them safely in the locker provided. Please note that appropriate swimwear is to be worn in all areas, including in the plunge pool, steam room and outdoor swimming pool. We offer complimentary amenities for your use.

SERVICE PRICES

All prices are listed in South African Rand (ZAR) and are subject to change at any time. Gratuities are not included, and are welcome at your discretion.

GIFT VOUCHERS

Gift vouchers for all spa services or monetary vouchers are available for purchase. Please contact our Spa Reception for further information.

GROUP BOOKINGS

Please note that a 50% deposit is required to secure a reservation for group bookings of three or more people.

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PLEASE NOTE:
THE MENU MAY CHANGE
WITHOUT PRIOR NOTICE