

PACKAGES:

Bosbokstrand Delight **R930.00**
60 Minutes Massage
60 Minutes Facial

Bella Express **R970.00**
30 Minutes Massage
30 Minutes Mini Facial
30 Minutes Express Manicure (nail work and varnish)
30 Minutes Express Pedicure (nail work and varnish)

Couples Retreat (90min) **R1750.00**
60 minutes massage
Hydro bath
Fruit platter & champagne

SIGNATURE TREATMENTS:

The Organic Herbal Compress Ritual (60 min) **R550.00**
The Indian ritual of applying poultices to bring about healing comes full circle. We make use of indigenous knowledge systems by including African plants and herbs in our compress. These include Rooibos, Aloe, Kalahari Melon and Buchu. Hot compresses are gently applied to lift away stress from deep within. The sensual experience strengthens your circulatory system while simultaneously bringing about an increase in energy levels.

Mia Healing Ritual (90 min) **R700.00**
You are encouraged to create a personal affirmation that will become your mantra to quieten your mind and body. This silent treatment entails a journey inwards to shift your energy through reclaiming and unconditionally accepting sense of self. Your full body massage is tailor made for your specific needs of that particular day- be it a massage for back, neck, shoulder, deep tissue, aromatherapy, reflexology or even an indulgent African Shea butter massage.

PACKAGES:

The Island Spice Discovery Journey (90 min) **R700.00**
This journey was created to provide the best treatment in true African spirit, ensuring a memorable experience as your skin changes daily due to environmental and hormonal change. We at Healing Earth have created a powerful aromatherapy of coffee, cinnamon, cloves and orange which will take you to a memorable island spice experience. Starting with a dry polish to get your circulation going, followed with energizing and detoxing body polish which will leave your skin silky and fresh. You will be wrapped in coffee, cinnamon and orange gel wrap to eliminate the toxins, firm and energize the skin. A blissful massage with our signature botanical balms and aromatherapy oils completes this truly unique and indulgent experience.

MASSAGES:

CONNECT to the powerful source within you that brings about inner peace and healing. Our full body massages are perfectly mastered and seamlessly integrated into memorable moments of pure delight.

- The Muscle De-Stress Massage (Relax)
- The Detox Massage
- The Energize and Uplift Massage
- The Healing Earth African Shea Butter Massage (Nourishing)

30 Minutes Back, Neck & Shoulder **R330.00**
45 Minutes Back, Neck & shoulder **R430.00**
60 Minutes Full Body Massage **R550.00**
90 Minutes Full Body Massage **R650.00**

Indian Head Massage (30 min) **R330.00**
Bella Foot Massage (30 min) **R370.00**

FACIALS:

Your delicate face is the outer expression of that which lies deep within your soul and tells a tale as unique as your fingerprint. The secret of your unique beauty lies in the correct diagnosis of your skin. We introduce you to our powerful marriage of anti-oxidants working in tandem with your skin's inherent ability to replenish itself through restoring hydration, balance and natural health.

Neroli and Rose (60min) **R760.00**
Age-Less Ancient Essential Skin Booster

Baobab and Jasmine (60min) **R760.00**
Face Compress Anti-Oxidant Pure Aromatherapy Facial

Marula and Rose (60min) **R760.00**
Anti-Oxidant Pure Aromatherapy Intense Hydrating Facial

The Tri-Enzyme Peptide High Performance Facial (90min) **R760.00**
All Facials are 90 Minutes. The ritual starts with a soothing 30 minute Back Neck & shoulder massage, followed by a 60 minute Facial.

BODY TREATMENTS:

African Potato Signature Ancient Therapy Body Scrub and Envelopment
Marula and Neroli Sensory Experience Body Scrub and Envelopment
Your body experience starts with a full body scrub and mud application. Your therapist will choose one of the muds from our range specific to your needs. This process eliminates toxins while exfoliating lifeless skin cells. This treatment softens, soothes, and improves skin hydration; the warm herbal blend massage relaxes you on application.

SPA BUTLER:

Create your own escape for 60min for R550 | 90 min for R700.00 | 120 min R850.00
You get to choose between the following treatments:
Back neck & shoulder massage
Bella foot massage
Indian Head Massage
Mini Facial
Eyebrow wax or Tint
Express manicure or Pedicure

BEAUTY ESSENTIALS:

African Hand Print Ritual **R260.00**
The ultimate hand ritual. Your hands are polished with an aloe vera polish and cuticles restored with indigenous healing oils. Your hands are then massaged with African Shea butter and covered with warm mits. You will feel totally relaxed as you received a shoulder and scalp massage while the warm oils penetrate into your skin. Pinotage hand or oil is applied, leaving your hands feeling totally invigorated.

African Footprint Ritual **R310.00**
Celebrate your feet with this wonderful luxurious pedicure treatment. Your feet are soaked in African Joy energizing salt soak, scrubbed and massaged with our celebrated peppermint and aloe vera gel which will leave your feet smooth and slender as circulation is restored to your tired limbs. Your feet are then embalmed in Shea butter whilst you sit back and relax as you receive a shoulder and scalp massage. Pure bliss for tired feet.

GEL VARNISH:

French Varnish (30min) **R250.00**
Colour Varnish (30min) **R210.00**
Gel soak off (30min) **R130.00**

GROOMING & WAXING:

Lip (15min) **R100.00**
Chin (15min) **R100.00**
Brow (15min) **R100.00**
Underarm (15min) **R130.00**
Leg (30min) **R150.00**
Bikini (30min) **R200.00**
Tinting Eyebrow (15min) **R100.00**

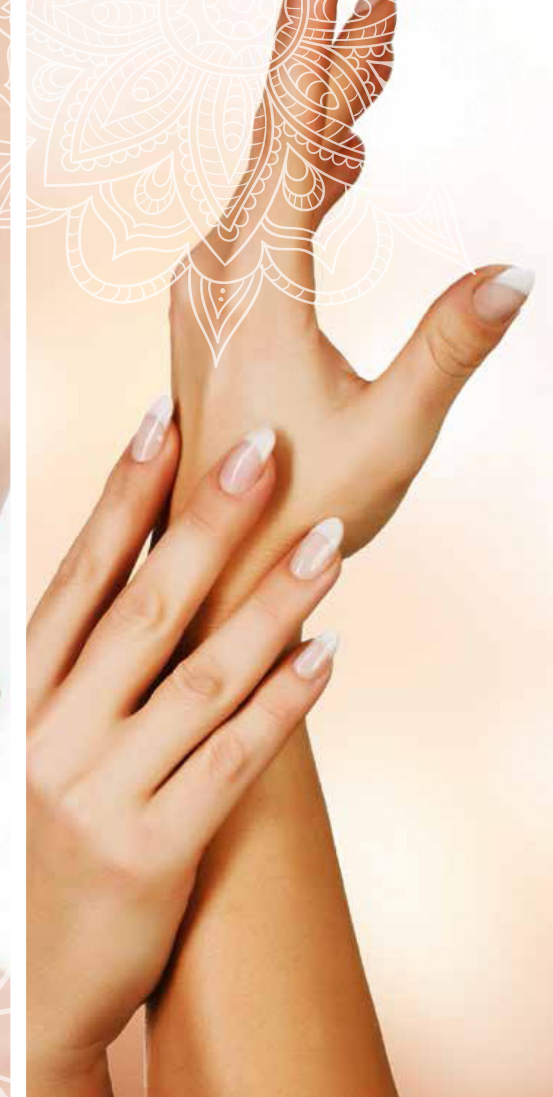


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SPA MENU

We welcome you to embark on our Spa Journey, a place of profound peace, love and tranquillity. We welcome you to our divine sanctuary of Healing Earth at the Spa Miarestate.

Our bodies reflect the health and radiance within us. Conscious beauty and health is being aware of what we expose our skin and bodies to as this become medicine for it. Healing Earth strives to be an inspiration to each guest in pursuit of vitality and total body rejuvenation. Taking care of all aspects of mind, body and spirit, allows total freedom of energies to flow towards ultimate equilibrium.

The Journey starts at the Feet, with our purifying foot ritual, which cleanses the mind of influences and thoughts, in anticipation for what lies ahead. Meandering up the body to the Head, our Spa treatments open up a new world of higher state of consciousness, getting you in touch with ultimate serenity.

