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HYDING SPA



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# Our Story

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At the Hyding Spa, each treatment is thoughtfully crafted for our private retreat—an experience designed to guide you into deep relaxation, grounded calm, and renewed vitality.

Drawing inspiration from Japanese philosophies of harmony (wa) and mindful presence, our rituals encourage you to slow down, reconnect, and return to your natural state of balance.

Our wellness journeys extend far beyond pampering.

Every experience is tailored to your unique needs, blending medical-grade products with ancient holistic healing and the spirit of omotenashi—genuine, wholehearted care.

Guided by our expert team of medical and wellness practitioners, your treatment becomes a complete rejuvenation of mind, body, and spirit.

Step into a space of stillness reminiscent of shinrin-yoku, where your nervous system can release tension and your body can gently reset. From calming rituals to advanced therapeutic therapies,

The Hyding Spa is a sanctuary where every detail is designed to support your well-being.



# Our Treatments

## Mizu Sanctuary | Page 6

Our Mizu Sanctuary is our restorative therapy facility composing water, ice, cold, heat and deep relaxation.

It comprises a heated pool, steam chamber, two rasul suites, a hot stone + Himalayan salt sauna, barrel ice bath and relaxation lounge.

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## Ichigo Ichie Rituals | Page 8

Every moment is unique and should be treasured, as it will never happen in the exact same way. A curated harmony of scrub therapy and mineral mud rituals, designed to purify the skin, revive its tone and awaken natural radiance. Each journey in our exclusive thermal water suites are infused with therapeutic essential oils, bringing healing properties, cellular renewal and a deep sense of whole-body wellbeing.

## **Massage Collection** | Page 10

*Where healing and serenity begins.*

Each journey is exclusive to The Hyding Spa, blending authentic techniques with a medical understanding of the body. We work beyond routine massage — offering purposeful touch, tailored aromas, healing temperatures, and intentional movement to create a full-body reset. Every treatment is designed as a sensory journey -a moment to slow down, reconnect and truly feel your body again.

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## **Facial Therapies** | Page 12

*Skin first. Wellness always. Results naturally.*

Your face quietly represents who you are. At The Hyding, each facial begins with a professional skin analysis and uses medical-based, results-driven skincare — not trends. We blend clinical care with luxury pampering, offering real results while guiding the mind into calm.

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## **Hand and Foot Therapies** | Page 14

*Where unique expert care meets deep repair.*

Your hands and feet carry you through life — this journey gives them the quiet care they deserve. We focus on repair, regeneration and nail health using medical-grade products that are vegan, chemical-free, and non-porous — safe for sensitive skin and designed to strengthen from within.

# Mizu Sanctuary

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## **Yu Journey - Steam & Clay Cleansing Experience** | 50 min

Individual R 880 pp · Couples R 1400 · Group R 600 pp

A modern Japanese-inspired water ritual where mineral heat and aromatic steam restore harmony to the skin. A purifying clay scrub gently detoxifies and renews the body, followed by a soothing rainfall rinse that washes away impurities. This calming experience leaves the skin refreshed, balanced, and deeply restored.

## **Day-pass Executive Mizu Sanctuary\***

R 950 pp · Couples R 1480

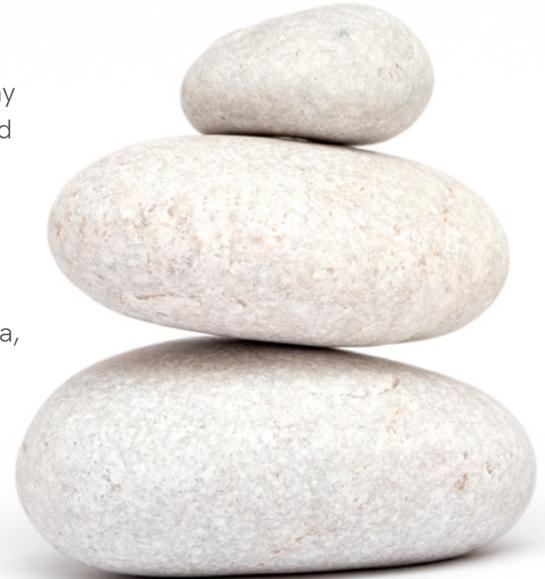
1-day pass with access to the Steam Chamber, Heated Pool, Ice Bath, Sauna, and Relax Suite.

## **Day-pass Mizu Sanctuary\***

R 650 pp · Couples R 1000

The essence of both deep cleansing and restorative therapy.

1-day pass with access to the Steam Chamber, Heated Pool, and Relax Suite.



## Mizu Session (Individual Use)\*

From R150–R300 per session

Book any of our personalised, individual sessions at the Mizu Sanctuary and immerse yourself in a private restorative experience.

## Hi No Ma Experience - Hot Stone & Himalayan Salt Sauna | 25 min

R 210 pp · Couples R 300 · Group R 150 pp

Heated stone and Himalayan salt gently warm the body, encouraging detox, deep relaxation, and a sense of grounded calm.

## Mizu-Buro - Barrel Ice Bath | 25 min

R 150 pp

A guided cold immersion experience designed to awaken circulation, reduce inflammation, and restore mental clarity. The ritual alternates between 1–5 minute cold plunges and short recovery intervals, allowing the body to gradually adapt to the therapeutic effects of cold water. This contrast rhythm stimulates circulation, supports muscle recovery, and invigorates the nervous system.

## Contrast Himalayan Salt Sauna & Barrel Ice Bath Therapy

R 290 pp

A restorative hot–cold hydrotherapy designed to support circulation, reduce inflammation, and assist the body’s natural recovery processes. This guided experience alternates between therapeutic sauna heat and brief ice bath immersion, encouraging vascular stimulation and nervous system regulation. The contrast between warmth and cold helps promote muscle recovery, improve circulation, and restore overall physical balance.

Ice bath immersion intervals: 1–3 minutes between sauna sessions.

*\*Note: It is not advised to use any facility for more than 25 minutes per session. Intervals between sessions and proper hydration are highly recommended.*

**Complimentary Day-pass Mizu Sanctuary with any treatment booked.**



# Ichigo Ichie Rituals

In the spirit of Ichigo Ichie, each ritual is a singular moment, a journey of touch, exfoliation, water, or mud. Allowing restoration to unfold gently and naturally.

## **Simple Tranquility - Sacred Earth Renewal Ritual** | 90 min

R1350 pp · R 2150 couple

This deeply grounding ritual begins with a warm aromatic back massage using therapeutic oils to melt away muscular tension and calm the nervous system. A full-body herbal exfoliation follows, gently polishing the skin and stimulating circulation. The experience concludes with a detoxifying mud wrap treatment, cocooning the body in mineral-rich earth to draw out impurities while restoring hydration and radiance. Leave feeling renewed, lighter, and deeply restored.

## **Serenity Drift** | 75 min

R 1250pp · R 1990 couple

Begin with a traditional Japanese bamboo brush exfoliation to awaken circulation, followed by a brightening Yuzu sugar scrub to smooth and renew the skin. You are then cocooned in a detoxifying clay body wrap, while enjoying a deeply relaxing scalp massage. Leaves Skin feeling soft and radiant, while your body and mind drift into calm serenity.

## **Herbal Harmony** | 75 min

R1100 pp · R 1750 couple

A grounding herbal-infused body ritual designed to restore balance and vitality.

Begin with a gentle botanical exfoliation to smooth and renew the skin. You are then wrapped in a warm herbal body mask to detox and nourish, while enjoying a soothing foot massage. Promoting refreshed skin, balance and deep restoration.

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# Massage Collection

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## **Wabi-Sabi Massage**

**60 min** | Individual R 1150 · Couple R 1800 · Groups R 900 pp

**90 min** | Individual R 1450 · Couple R 2310 · Groups R 1150pp

A timeless full-body massage inspired by the Wabi-Sabi philosophy of simplicity and harmony. Long, flowing strokes, rhythmic kneading, and mindful touch dissolve tension, inviting deep relaxation and stillness.

Begin with a refreshing foot bath and conclude your experience with a calming tea ritual.

## **Yuzu Lava Stone Therapy** | 75 min

**Individual R 1450 · Couples R 2600 · Group R 1200 pp**

An anti-inflammatory ritual designed to restore balance and vitality. Your journey begins with an infused mineral foot soak, followed by invigorating dry body brushing to stimulate circulation and prepare the skin for deeper absorption.

A soothing full-body massage using heated lava stones infused with uplifting Yuzu essential oils melts muscular tension while the citrus warmth calms the mind and renews clarity.

Conclude your experience with a herbal tea ritual in our Wabi-Sabi Café.

### **Ibuki Massage** | 90 min

**Individual R 1550 · Couple R 2750 · Group R 1310 pp**

Begin with a grounding mineral foot soak to relax the body. An Ibuki massage follows, using a bespoke aromatic blend designed to calm the nervous system and support deeper breathing.

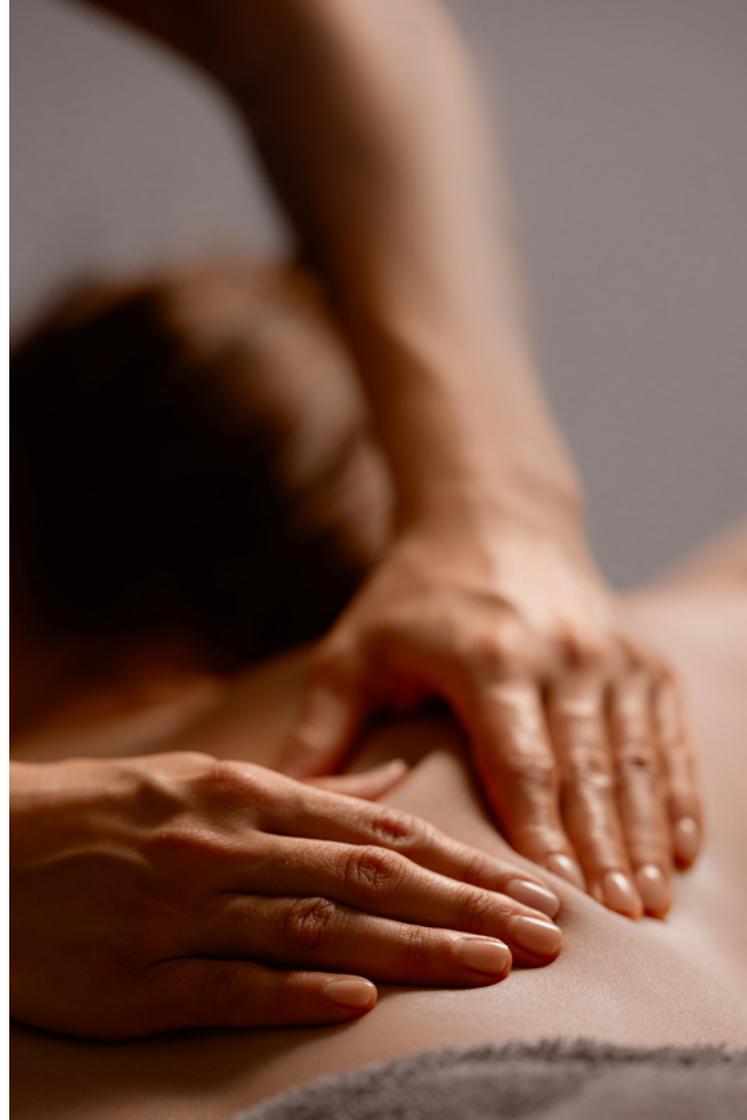
The ritual concludes in our thermal suite with a full-body exfoliating scrub and a soothing herbal tea ritual.

### **Shakura Massage** | 75 min

**Individual R 1450 · Couple R 2600 · Group R 1200 pp**

A delicate Japanese-inspired sensory ritual using cherry blossom-infused oils, known for their soothing and regenerative qualities. Flowing movements calm the body while the soft floral aroma nurtures emotional stillness and renewal.

Begin with a warm mineral foot bath and conclude your journey with a traditional blossom tea ritual in our Wabi-Sabi Café.





## Facials

Our facial therapies blend science and serenity. Each treatment is performed with high-grade, clinically backed ingredients designed to restore, repair, and rejuvenate the skin. While deeply therapeutic, our facials incorporate active formulations that deliver visible results – promoting balance, radiance, and long-term skin health.

## **Dewdrop Radiance Facial | 80 min**

Individual R 1250 · Couple R 2200 · Group R 1060 pp

A deeply purifying treatment that restores clarity and balance to the skin. The ritual begins with a soothing back massage to release tension and calm the body, followed by a tailored deep-cleansing facial that refines pores, smooths texture, and promotes a natural, radiant glow.

## **Hikari Renewal Journey | 80 min**

Individual R 1450 · Couples R 2600 · Group R 1200 pp

## **Age-Defying Facial with Growth Factors**

Guided by the light of renewal, this rejuvenating journey combines advanced growth factor technology with mindful touch to smooth fine lines, improve elasticity, and deeply hydrate. It awakens the skin's natural vitality, restoring youthful luminosity and inner balance.

Includes a choice of a back massage – Scalp or Foot 30 min

## **Surien Hydration Ritual | 90 min**

Individual R 1550 · Couple R 2750 · Group R 1310 pp

Immerse your skin in a cocoon of renewal with this moisture-rich ritual inspired by Japan's reverence for water and natural harmony. A gentle lactic acid infusion softly resurfaces and refines the complexion, allowing deep hydration to penetrate parched layers of the skin. Nutrient-dense botanical essences and a silk moisture mask restore suppleness and luminosity.

# Hands and Feet Therapies

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Each treatment combines mindful care with professional-grade systems to restore balance, circulation, and nail health. Every experience is performed with intention — where therapy meets precision.



**Hadaka Naiyo** | 80 min

Hands R 790 · Feet R850

A therapeutic hand/feet and nail renewal.

Hadaka Naiyo begins with gentle restoration, skin-renewal ingredients and warm oils melting into the hands/feet. What is damaged is cared for, what is dry becomes soft. The ritual ends in stillness, with a quiet repaint. A true expression of natural beauty.

While the vegan polish cures organically.

An Aromatic Scalp, Neck and Shoulder Massage is performed to release tension and invite calm back into the body.

## **Mendou Ritual** | 60 min

**Hands R 690 · Feet R750**

A medically guided manicure/pedicure that blends beauty with nail health. Using non-porous medical gel and vegan, chemical-free products, this treatment restores the natural appearance of the hand/feet and nail.

Beginning with careful cuticle renewal and soft gel therapy, the hands/ feet are refined with a delicate scrub and a nourishing leave-on mask.

The ritual gently slows... ending in warm water in a Mizu bath — with a calming hand /foot massage to encourage quiet circulation.

## **Kanso Nail and Gel Therapy** | 45 min

**Hands R 600 · Feet R650**

A quiet layer of protection using a vegan, non-porous gel that supports the nail's natural strength. The treatment includes file, soft buff, and gel paint — refined with intention, allowing the nail to breathe and endure with quiet resilience.



## **Soak-Off and Mijika** | 45 min

**Hands R 400 · Feet R450**

Mijikai is a swift nail restoration that gently removes existing gel product, followed by a file, soft buff and natural shaping. The treatment concludes with a clean repaint using breathable nail varnish, offering a quick refresh while preserving nail health.

**Share the journey — couples and groups enjoy exclusive rates when booking together.**



# Advanced Medical Wellness Solutions

At The Hyding, we encourage every guest to fully embrace the time needed to relax and restore within our spa sanctuary. A true holistic well-being experience, one that gently pampers, recentres, and regrounds your mind, body, and spirit.

Your well-being remains our highest priority. For those seeking advanced wellness solutions beyond relaxation, we invite you to consult with our in-centre doctors and healthcare professionals, each devoted to delivering care at the highest standard.

Our integrated medical-wellness offering includes preventative health support, medical aesthetics, body science, hormone optimisation, dietary and nutritional guidance, weight management, fitness and mobility, mental health care, body contouring, inflammation reduction, musculoskeletal care, eye health solutions, and more.

Our team is here to guide and support your personalised wellness journey.

Please enquire at reception for further information or to book a consultation.

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# Guest Etiquette

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At The Hyding, we honour stillness, respect, and mindful presence. To preserve the harmony of our space for all guests and practitioners, we kindly ask that you follow our Guest Etiquette below.

## Swimwear & Facility Etiquette

### For Guests Enjoying Our Spa & Thermal Facilities

To ensure a serene and respectful environment for all guests, we kindly request the following:

#### Swimwear Requirement

Appropriate swimwear is required when using the dipping pool, sauna, steam room, hammam, or thermal facilities.

Swimwear should be comfortable, secure, and suitable for a shared wellness space.

If you have forgotten your swimwear, please enquire at reception regarding available options.

## Bookings & Cancellations

**Advance bookings:** We encourage booking your treatments or consultations in advance to ensure availability.

**Arrival time:** Please arrive at least 15 minutes before your scheduled appointment to allow time for check-in, relaxation, and any consultation forms.

**Cancellation policy:** We have a 24-hour cancellation policy. Appointments cancelled or rescheduled within 24 hours, or missed without notice, will be charged in full.

**Late arrivals:** Arriving late may result in a shortened session to avoid delaying the next guest. Full payment will still apply.

## Atmosphere of Stillness

The Hyding is a sanctuary of calm. Please maintain a quiet and peaceful tone throughout your visit.

Mobile devices should be kept silent and used minimally.

Kindly refrain from phone calls, loud conversations, or disruptive behaviour in all wellness areas, lounges, and corridors.

Children under 16 are not permitted in treatment or thermal areas unless part of a designated family session.

## Wellness & Respect

The Hyding is a smoke-free and vape-free environment. Smoking, vaping, intoxicants, and strong perfumes are not permitted anywhere on the premises.

Please be mindful of other guests' privacy and relaxation.

Respect the space, therapists, and the natural materials that form part of our retreat — from stones and water features to linens and oils.

## Health & Safety

Inform your therapist or practitioner of any medical conditions, allergies, injuries, or medications prior to your treatment.

The Hyding reserves the right to refuse service if a guest is unwell or under the influence of alcohol or substances.

Please hydrate before and after your treatment.

Use all thermal and heat areas responsibly — no longer than 25 minutes per session, with resting intervals between heat experiences.

## Belongings & Responsibility

Lockers are provided for your convenience.

Please keep valuables secure, as The Hyding cannot be held responsible for lost or damaged items.

Robes, towels, and slippers are provided during spa experiences and must be returned after use.

## Gratuities & Feedback

Gratuities are optional but always appreciated.

Your feedback helps us grow.

Please share any suggestions with our reception team or email:

**[info@thehyding.co.za](mailto:info@thehyding.co.za)**

For more information and a full list of therapies, visit:

**[thehyding.co.za](http://thehyding.co.za)**

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## Limitation of Liability & Indemnity

(In terms of the Consumer Protection Act 68 of 2008)

All guests enter and make use of The Hyding Wellness Retreat premises and facilities at their own risk. To the fullest extent permitted by law, The Hyding Wellness Retreat, its owners, employees, independent practitioners and affiliates shall not be liable for any loss, theft, damage, injury, illness or death occurring on the premises or arising from the use of any facilities or services, except where caused by gross negligence.

By entering the premises, guests acknowledge and accept this limitation of liability and indemnify The Hyding Wellness Retreat against any related claims.



**Opening Hours:**

Monday – Saturday: 8am–5pm

Public Holidays: 8am–3pm

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