



STEENBERG

SPA





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SPA

UNLOCK YOUR JOURNEY TO REJUVENATION

A visit to Steenberg Spa promises a day of complete physical and mental rejuvenation. Your experience begins by choosing a therapeutic treatment which can be done within the Spa's serene interiors, or the idyllic gardens outdoors.

Once your treatment is completed, a world of leisure and relaxation awaits across the majestic Steenberg Farm.

The Pool House is a haven where the sounds of nature and the cool waters whisk you away for an afternoon of complete repose. Sip on a bespoke cocktail, or recline on the lounges to soak up the sun. Stroll through the lush gardens and winding walkways that are punctuated by sculptures and blossoming fragrant flowers, before discovering Steenberg's two award-winning restaurants, the Wine Tasting Room nearby, and the sprawling vineyards that climb the rolling green hills.

ABOUT STEENBERG SPA

Situated in the heart of Steenberg's established estate, Steenberg Spa is the very picture of serenity and relaxation. Surrounded by sprawling vineyards, lush gardens, and the Cape's iconic mountains beyond, it's a complete escape from city life, where body and mind find rejuvenation and healing at the hands of skilled and attentive spa therapists, and world renowned treatments.

Steenberg Spa is at the forefront of healing therapies and luxury treatments. Using specialised products from acclaimed brands like ila, Margaret Dabbs, QMS, and Bellabaci, each treatment is designed to unlock a sense of tranquillity and physical well-being; and can be done within the beautifully appointed Spa, at the Pool House, as well as in the breathtaking nature of the secluded gardens.

ilā

ila defines an organic luxury skincare and lifestyle brand, rooted in mother nature, blessed with good intentions, and delivered with joy and love.

ila is named after the Hindu goddess of truth and the Sanskrit word for Mother Earth. Mother Earth is the embodiment of truth and truth is our essence.

ila prides itself on being a skin and heart nurturing brand supporting the age-old adage that beauty is much more than just skin deep, it is a quality within. It is a feeling.

At ila we walk a very different pathway; to be luminously ourselves, to enjoy a harmony between mind, body, and spirit.

Steenberg Spa incorporates ila into a variety of specialised treatments including facial therapies, massages, scrubs and wraps, and full-body Ayurvedic experiences. We are proud to be the sole stockist of ila in the Western Cape.





ILA FACIAL THERAPIES

ANANDA

Nourishing - Hydrating - Rejuvenating
For stressed and exhausted skin

This divine therapy stimulates energy to skin cells. Specialised marma massage techniques restore natural luminance, whilst a green clay mask reduces inflammation.

— 60 min R2 400

RENEWED RECOVERY

Firming - Balancing - Renewing

For hormone imbalance, city living and jet lag
Lymphatic drainage techniques, warm herbal poultices and an Amazonian mud mask, encourage toxin release, reduces water retention, increase blood supply and boost collagen production. Skin tone is brightened and muscle contraction is inhibited, softening fine lines and wrinkles.

— 60 min R1 700

CBD REJUVENATE

Calming - Tension release - Brightening - Hydrating -
Anti-aging

For dull and tired skin

This facial soothes anxiety and relaxes the nervous system. It is supported by botanical extracts to amplify rejuvenation and three types of gold to infuse the skin with new energy. The treatment releases tension and stress within the face, leaving the complexion brighter and spirit lighter.

— 75 min R3 400

ILA MASSAGE THERAPIES

KUNDALINI BACK TREATMENT

Soothing - Grounding

For exhaustion, stress and chronic fatigue

This nurturing treatment has an extraordinary restorative effect on the sympathetic and parasympathetic nervous systems. Energy is released from the base of the spine, negativity is dissolved, and the body is brought back to a state of balance.

— 60 min R2 700

DEEP THERAPEUTIC MASSAGE

Restorative - Relaxing - Grounding

For muscular fatigue and joint pain, computer shoulders and deep rest

A firm full-body massage releases deeply-held patterns of tension and pacifies your mind. The whole experience has been designed to be both remedial and relaxing: ideal for the release of physical tension from the body.

— 60 min R1 900 - 90 min R2 600

PRANA VITALITY MASSAGE

Energy Boosting - Detoxifying - Positive Mood Enhancement

For low energy and sluggish circulation

This revitalising full body massage helps release toxins, reduce fatigue and restore physical and mental strength. Invigorating massage and marma therapy leaves mind, body and spirit sparkling with vitality.

— 60 min R1 900

CBD BODY BALANCE MASSAGE

Harmonising - Balancing - Relaxing

For deep peace and renewal

This back massage soothes and calms the entire nervous system, and is followed by a chest and abdomen massage (arms if preferred). The treatment concludes with a grounding foot massage that gently brings you back down to Earth feeling calmer, fresher and connected.

— 60 min R1 800

SCALP AND HEAD REVIVER

Combining scrub, mask and acupressure, this invigorating and restorative treatment relieves tension in the head and neck whilst nourishing the hair and hair follicles with vital minerals and oils.

— 30 min R1 800



ILA SCRUBS AND WRAPS

ENERGISING AND DETOXIFYING BODY RENEWAL

Toning – Skin illuminating - Cleansing

For exhaustion and combatting cellulite

Using the ionising properties of Himalayan salt crystals, this body renewal is gently massaged into the skin resulting in rapid exfoliation and the elimination of toxins and tension. It cleanses and strengthens the bio-energy fields leaving the mind, body and spirit uplifted.

— 60 min R1 900

BLISSFUL BODY RENEWAL

Nourishing – Skin illuminating - Restorative

For depletion and fatigue

Drawing on the healing properties of Himalayan salt crystals, this body scrub nourishes both physical and emotional well-being. This treatment settles the nervous system and revives stressed or neglected cells. Skin is left glowing with health and a sense of joy is restored.

— 60 min R1 900

BODY WRAP FOR BIO-ENERGISING

Detoxifying - Cleansing - Energising

For sluggish and tired body and mind

In this deeply rejuvenating treatment, an energising and detoxifying scrub is intensified by the addition of a mud wrap, drawing deeper toxins from the cells. Revitalising the skin and lymphatic system, the wrap physically detoxifies and cleanses the body, re-energising and softening skin.

— 90 min R2 500

PEARL AND JASMINE SCRUB WITH AMETHYST WRAP

Restoring nervous system - Reconnection - Radiance

For life's transitions

This pearl and jasmine Himalayan salt crystal scrub has the immediate effect of restoring vitality and energy levels, mental clarity, well-being and strength. The ensuing amethyst gel body wrap relaxes and balances the nervous system, stimulating circulation, regeneration of skin cells, and cell growth.

— 90 min R2 500



ILA EXPERIENCES

ILA CHAKRA WELLBEING

The ultimate ritual for restoring mind, body and soul

As exquisite as it is holistic, this bespoke treatment – tailored to the needs of each individual – works on the muscles, lymph and nervous system as a whole.

Based around seven blends of chakra-balancing essential oils, each unique ritual involves deep relaxation of the nervous system, sensuous lymphatic drainage, subtle healing of the chakras and the pouring of warm oil over the third eye to restore and relax every sense.

— 120 min R13 900

CBD RITUAL

Harmony - Balance - Brightening

A restorative face and body treatment to reduce fatigue and instil deep calm and harmony within.

A specialist Marma-point massage on the back of the body releases tension and loosens up the body. The enlightening facial introduces active CBD into the face and neck to calm inflammation and fortify the skin whilst soothing anxiety and relaxing the nervous system.

A unique 'nerve point therapy' massage technique is used to smooth out facial nerves releasing tension and stress within the face, leaving the complexion brighter and spirit lighter.

Emerge feeling serene, calm and collected.

— 120 min R4 800

COUPLES CONNECT

Reconnection - Love - Happiness

Designed for couples to experience together, this sensual ritual helps calm the nervous system and promote reconnection on a physical, emotional and spiritual level.

Focusing on the heart, sacral and crown chakras, it draws on the strength of three exquisite oils – rose (the flower of love), orange blossom (the flower of bliss) and jasmine (the flower of uniting love). Chakra healing and the pouring of warm oil over the third eye encourage a beautiful union of body, mind and soul.

— 120 min R15 000



STEENBERG'S SIGNATURE PACKAGES

Steenberg's selection of signature packages reflect our holistic approach to well-being, with each treatment restoring harmony and an energised sense of being.

DRIFT AWAY

Release tension from your mind, body, and soul and relish in an exfoliating body polish of your choice, followed by a balm-infused signature hot stone massage and scalp ritual to leave your skin feeling refined and alive. Drift away as you enjoy your scalp ritual and pressure point foot massage.

— 2 hrs R2 200

SOULFUL DECADENCE

Embark on your journey of pure decadence with a signature energising massage of your choice. End your blissful experience with a bespoke facial, scalp ritual, and pressure point foot massage.

— 2 hrs R3 800

SCENTED BLISS

Soak up the sounds and scents of nature with a side-by-side bespoke herbal oil massage, pressure point foot massage and scalp ritual in our Scented Garden. To round off your al fresco treatment, refresh with a dip in the pool while sipping a glass of Steenberg 1682 Chardonnay Cap Classique.

— 60 min R3 100 per couple ~ 90 min R3 800 per couple

BEING IN BALANCE

When you need the best of both worlds, begin with an exfoliating body polish and signature massage, pressure point foot massage followed by your bespoke facial and scalp ritual, leaving your skin feeling revitalised and refreshed. Complete your experience with a light lunch.

— 2.5 hrs R4 150



INNER PEACE

Realign your body's natural balance with our half-day package to re-energise and re-invigorate your senses. Begin your journey with a signature massage, bespoke anti-ageing facial, pressure point foot massage, and scalp ritual, followed by a luxurious manicure or pedicure. End your restorative journey with a light lunch.

— 5.5 hrs R5 100

MIND, BODY AND SOUL

Start your full day journey with an exfoliating body scrub and a beautifully cocooned Wrap. Release all the essential oils by enjoying a steaming shower followed by a sleep therapy massage, bespoke facial and scalp massage, and pressure point massage. End your treatment with a luxurious manicure and pedicure. Included is a two-course seasonal lunch.

— 8 hrs R8 900

CELEBRATIONS

Whether you are celebrating a special occasion or just in need of some downtime, we have a custom package to meet your needs. Choose from the options below:

— **1.5 hrs R1 700**

Any 3 of the following:

Back Massage

Scalp Massage

Express Manicure

Express Pedicure

OR

Any 2 of the following (45min):

Express Facial

Back Massage

Pressure Point Foot Massage

Indian Head Massage

*Minimum of 3 guests

MEN'S JOURNEY TO RESTORATION

Take time out from the hustle-bustle of daily life and enjoy our Signature Deep Tissue Massage followed by an energising Facial, Scalp, and Foot Ritual leaving you feeling revitalised. End your treatment with our delectable seasonal two-course lunch.

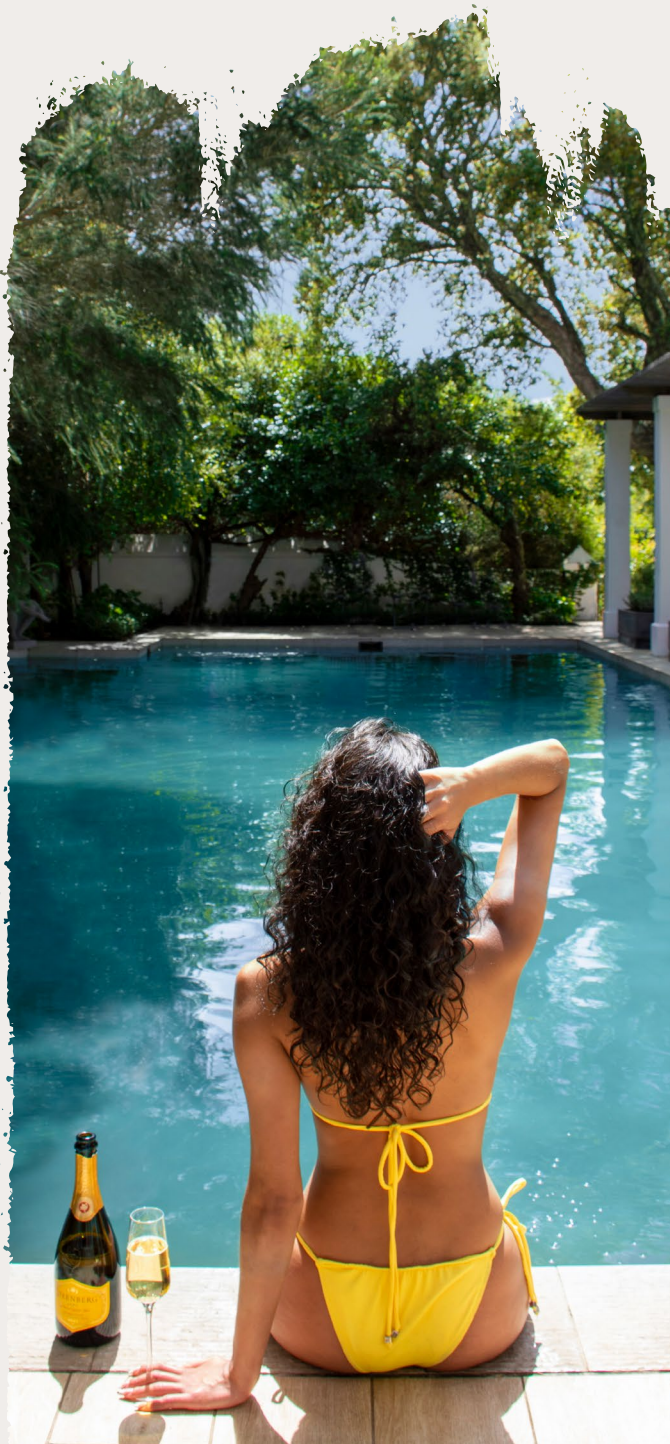
— **3 hrs R3 300**

ROMANTIC ESCAPE

Escape to a harmonious dimension and restore your couple's unity. Relax and unwind with a luxurious couple's massage followed by a 3-course dinner.

— **60 min R3 900 per couple**

*All Spa packages include leisure time at The Pool House.



STEENBERG'S MASSAGES

INDIAN HEAD MASSAGE

This treatment is based on old Ayurvedic techniques, involving massage movements on the upper back, shoulders, neck, scalp and face. Reducing stress and increasing mental clarity, this treatment relaxes and rejuvenates the body, mind and soul.

— 45 min R950 - Add a hot oil hair and scalp treatment R300

PRESSURE POINT FOOT MASSAGE

A focussed pressure point foot massage technique that boosts the immune system, relaxes the body and restores energy.

— 45 min R850

MERIDIAN APPRAISE SCALP AND FOOT MASSAGE

A balancing massage treatment helping to relax, relieve tension in the scalp, legs, and feet as well as working on calming and relaxing pressure points to help restore energy balance.

— 60 min R1 050

BACK, NECK AND SHOULDER MASSAGE

Targeted massage to release tension and restore equilibrium.

(Upgrade to a specialised back massage at additional cost of R150).

— 45 min R1 100 - 60 min R1 250

HOLISTIC TOUCH MASSAGE

Our signature Swedish style massage allows you the opportunity to customise your treatment, by selecting your massage oils and areas that are focused on.

— 60 min R1 300 - 90 min R1 500

CLASSIC DEEP TISSUE MASSAGE

A firm pressure massage that concentrates on the deeper layers to target stiff and tired muscles.

— 60 min R1 500 - 90 min R1 700

MAGNESIUM MAGIC

Re-energise the body while treating symptoms of insomnia, pain, and fatigue. Our luxurious magnesium therapy induces a state of calm and promises a good night's sleep.

— 60 min R1 500 - 90 min R1 700



REFLEXOLOGY

Focused on the feet, this massage helps alleviate stress, reduce tension and enhances the body's natural healing processes.

— 60 min R1 100

NEW ARRIVAL MASSAGE

A tailor-made, relaxing full body massage using our safe but effective pre-natal techniques. Includes a superb leg wrap to help with water retention. Available in your second and third trimesters.

— 60 min R1 300

HOT STONE MASSAGE THERAPY

A specialist massage technique using smooth heated basalt stones which help to alleviate pain and ease tense muscles.

— 60 min R1 500 - 90 min R1 700

BREATH OF LIFE MASSAGE

A deep tissue sports massage that includes specialised stretching techniques and focuses on enhancing circulation, and flexibility, increasing tissue elasticity, and reducing muscle tension.

— 90 min R1 900

Massage treatment upgrades: R300

Personalise your massage with one of the following massage upgrades:

Hot stones | Bellabaci cupping | Deep tissue | CBD (R400)

Choose to experience your massage in our scented garden
R300 per couple (Please note this option is weather dependent)

OUTDOOR THERMAL SUITE EXPERIENCE

Inspired by Finnish sauna culture, our thermal suite embraces the natural rhythm of heat and cold as a path to restoration. This is an outdoor experience designed to engage the senses — featuring a heated vitality pool, sauna, Nordic ice bucket shower, and garden relaxation lounge.

Our thermal suite is purposefully open to nature and weather conditions, offering a grounding and sensory connection to the environment.

Begin with the enveloping warmth of our sauna, where dry heat soothes muscles, promotes detoxification, and enhances circulation preparing you for the contrasts to follow. Step into the refreshing cascade of the Nordic ice bucket shower to boost energy and awaken the senses. Then, for the ultimate reset, immerse yourself in the ice bath a deeply restorative plunge that helps reduce inflammation, accelerate muscle recovery, and leave you feeling recharged and renewed.

Please note: As a naturally ventilated space, temperatures may vary slightly with the seasons.

The Thermal Suite Experience is included for spa services to the value of R1500 or more.

Hotel guests receive a complimentary Thermal Suite Experience. Please book directly with the Spa team.



CELEBRATE YOUR EXPRESSION

QMS Medicosmetics are targeted and proven treatments that transform your skin delivering immediate and long-term results. Founded by doctors and grounded in science.

Discuss the option of treatment enhancements with your therapist

QMS Facials

COLLAGEN RESTORE

Indulge in this luxurious facial featuring an intensive collagen mask for deep hydration and skin revitalisation. A sculpt-and-define massage enhances facial contours for a more youthful appearance. Add an inter-oral massage for deeper relaxation and jaw release. A premium experience that leaves your skin radiant and lifted.

— 90 min R2 750

QMS COLLAGEN REPAIR

This reparative facial restores the skin's barrier, soothes inflammation, and boosts regeneration. Tailored QMS products and manual lymphatic techniques work together to detoxify and repair, revealing a calm, healthy, and luminous complexion.

— 90 min R2 100

COLLAGEN CONTOUR

An advanced anti-gravity treatment that plumps, hydrates, and restores skin vitality. Innovative masks and our signature Lift & Contour Massage firm and sculpt, delivering a visibly refreshed and lifted appearance.

— 90 min R1 800

QMS COLLAGEN RESET

A targeted facial designed to restore and rebalance the skin. Choose from four treatments focused on collagen production, hydration, oxygenation, or cell renewal. This express facial delivers maximum impact in minimal time.

— 60 min R1 400

Treatment enhancements

QMS OXYGEN MACHINE

This gentle treatment helps detox the skin which encourages collagen production, a decrease in acne scarring as well as reducing the appearance of pigmentation, fine lines, and wrinkles.

— 15 min R480

QMS EYE RECOVERY TREATMENT

To lift tired and puffy eyes and rejuvenate the delicate eye area with intense hydration to nourish, refresh and smooth.

— 15 min R600

QMS LIP ZONE REPAIR

Combining the action of the Lip Line Corrector and oxygen to treat the fine lines and wrinkles of the upper lip zone with Intensive hydration.

— 15 min R600

QMS-HAND RECOVERY

Hands will look younger and feel smoother with this exfoliating and moisturising treatment. This treatment can be adapted to target excess pigmentation marks.

— 15 min R600



Margaret Dabbs®

LONDON

Margaret Dabbs™ London is the globally recognised British Beauty Brand created by Margaret Dabbs OBE that fuses the best of medical science with the best of beauty, to produce a unique and unrivalled range of hugely effective, credible yet luxurious Spa and Clinic Treatments and Retail and Professional beauty products for Feet, Hands, and Legs.



NAIL & SPA TREATMENTS

Pedicures

Margaret Dabbs™ London – the leading name for foot products that beautify as well as effectively treat the skin of the feet. Outstanding formulations give you “new feet” and deliver that “Walking on Air” experience that you will only ever get from a Margaret Dabbs™ London foot treatment.

PURE GOLD LUXURY PEDICURE

Our advanced luxury vegan-friendly pedicure with expert treatment techniques indulge the feet and hands in PURE luxury. The most opulent Spa Pedicure yet.

— 70 min R1 100

SUPREME PEDICURE WITH MASSAGE

Luxury Supreme Pedicure is an outstanding treatment that transforms the feet. Performed on dry skin with expert techniques to medical standards of hygiene utilising sterilised, single-use tools created by Margaret Dabbs™ London. Feet are left looking renewed and younger, soft, silky, illuminated, and light. Can be followed by a toenail paint.

— 60 min R900

PURE SUPREME PEDICURE

This outstanding luxury pedicure treatment focuses on foot health and returns the foot and toenails back to a more youthful appearance. This treatment transforms the way your feet both look and feel. Finish with nail polish if you wish to add some colour.

— 60 min R950

Manicures

Margaret Dabbs™ London – anti-ageing hand range has been expertly formulated to give you healthy and more youthful hands. Utilising plant extracts such as Hempseed and Seaweed to boost & maintain the moisture levels, collagen, and elasticity of the skin, with anti-inflammatory properties and scented with geranium and mandarin.

SUPREME MANICURE WITH TREATMENT GLOVES

Unique, anti-ageing expert manicure treatment, with Pure Hand Mask and Luxury Treatment Gloves. Giving long lasting results and deep hydration, with the indulgence of the full range of Margaret Dabbs™ London Fabulous Hands professionally formulated products.

— 50 min R850

PURE SUPREME MANICURE WITH TREATMENT GLOVES

Our unique anti-ageing expert manicure treatment gives exceptional results, with a focus on treating nails and cuticles and uses our award-winning Margaret Dabbs™ London PURE Hands product range. The manicure is finished with a lower arm and hand massage and with your choice of nail polish.

— 50 min R800



Leg therapies

Leg Therapies by Margaret Dabbs™ London have medical and beauty benefits and contain key ingredients of Legance™ and V-Tonic complex focusing on targeting cellulite, reducing water retention, venous de-congestion and foot and lower leg swelling whilst at the same time transforming legs leaving them feeling smooth, visibly more slender, silky, and light.

YELLOW MASQUE LEG TREATMENT

A luxurious treatment created to illuminate, brighten, revive, and refine the appearance of the legs whilst also working to improve circulation, cellulite, and skin complexion. Legs are left radiant and bright with firmness and tone improved.

— 60 min R800

RELIEVING & TONING BLACK LEG MASQUE TREATMENT

This treatment is designed to relieve the feeling of heavy, tired, and uncomfortable legs. It works to help stimulate circulation and reduce water retention, whilst providing a cooling sensation to soothe swollen or fatigued legs.

— 70 min R800

Finishing Touches

HANDS AND FEET ENHANCEMENTS

- French Polish (15 min R150)
- Gel Polish (15 min R200)
- Gel Soak Off (30 min R200)
- MediHeel Peel (15 min R400)

WAXING

Our Cirepil by Perron Rigot award-winning wax is gentle on your skin and highly effective.

Lip/Brow/Chin/Nose/Ear	10 min R180
Underarms	15 min R350
Half Arm	30 min R450
Full Arm	45 min R400
Half Leg	30 min R350
¾ Leg	45 min R400
Full Leg	45 min R450
Bikini	15 min R320
G-String	30 min R430
Brazilian	30 min R400
Hollywood	30 min R430
Full Chest or Back	45 min R495

TINTING

For added depth and colour to your eyes and definition to your face.

Lash or Brow	15 min R150
Brow and Lash	20 min R220

TWEENS MENU

(6–11 years old)

SPARKLE MANI AND PEDI

A shimmery water soak, massage and polish application.
— 60 min R550

BRIGHT AND LIGHT

A gentle facial cleanse, tone, massage and mask.
— 30 min R500

A NEW LEAF

A relaxing back massage to revive the senses.
— 30 min R400

LITTLE MOMENTS

An invigorating and soothing scalp and foot massage.
— 30 min R500



TEENS MENU

(12–17 years old)

PORE PERFECTING FACIAL

Cleanse and reduce the appearance of facial pores with a gentle cleanse and exfoliation, facial steam, light extractions, and a calming mask.
— 60 min R900

TENSION RELEASE MASSAGE

A tension reducing massage focusing on your specific areas of concern.
— 45 min R690

MANICURE OR PEDICURE

Considered nail care which includes exfoliation, massage and a polish application.
— 45 min R460

*All Tweens and Teens treatments are offered as group bookings.

Bookings & Cancellations

A 50% deposit is required to secure your spa booking. This deposit is fully refundable for cancellations or rescheduling made at least 24 hours before your appointment.

Gift vouchers may be subject to price adjustments due to annual rate changes.

All treatment packages are available for couples.

For in-room or after-hours treatments, please contact reception for availability and details on additional charges.

Our treatment menu pricing is valid from 1 October 2024 – 30 September 2025.

Spa Guidelines for a Sacred Experience

To ensure a serene and rejuvenating experience for all, we kindly ask that you observe the following guidelines while enjoying our spa facilities:

Arrival & Check-In

Please arrive at least 15 minutes before your scheduled treatment to allow time to settle in. Late arrivals may result in a shortened service.

Sacred Silence & Atmosphere

Our spa is a sanctuary of peace — please keep voices low and phones on silent. We invite you to disconnect and embrace the stillness of your spa journey.

Use of Spa Facilities

Our facilities include a heated pool, sauna, Nordic ice bucket shower and an ice bath designed for deep relaxation. Please shower before entering hydrotherapy areas. Respect shared spaces by keeping them clean and using provided amenities mindfully.

Health & Wellness

If you have any health concerns, allergies, or are pregnant, please inform our team before your treatment. We offer Ayurvedic and holistic treatments tailored to your individual needs — let us know how we can best support your wellness.

Attire & Comfort

Robes, slippers, and towels will be provided for your comfort. Swimwear is required in hydrotherapy areas, while our treatment rooms offer full privacy.

Cancellations & Rescheduling

We kindly request 24 hours' notice for any cancellations or reschedules to allow us to accommodate other guests. Late cancellations may be subject to a fee.

Gratuities & Service Excellence

Gratuities are at your discretion and always appreciated by our dedicated therapists. If you have any feedback, we would love to hear about your experience.

Thank you for honouring the sacredness of this space. We are delighted to welcome you into our sanctuary of wellness and renewal.





STEENBERG

SPA

Margaret
Dabbs
LONDON

ilā


bellabaci™
KISS OF WELLNESS

08h00 to 18h00 Monday to Sunday (later appointments available on request)

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