



THE  
FEATHER  
HILL

SPA | **MENU**  
2026

*You deserve it.*

### **WHERE ELEGANCE MEETS COMFORT**

Welcome to The Spa at The Feather Hill, where luxury meets stillness and every detail is designed with intention. Overlooking the tranquil beauty of our surroundings, our spa is more than a destination — it is a sanctuary created for restoration, balance, and refined indulgence.

In 2026, we invite you to slow down, breathe deeply, and reconnect. Our thoughtfully curated menu of treatments blends time-honoured techniques with modern wellness innovation. From signature massages and advanced skin therapies to deeply grounding holistic rituals, each experience is tailored to your individual needs and delivered with genuine care.

Our highly trained therapists are dedicated to creating a calming, nurturing environment where your comfort and well-being remain our highest priority. Whether you are seeking relaxation, rejuvenation, or renewal, every visit is designed to leave you feeling restored, valued, and beautifully rebalanced.

At The Feather Hill, wellness is not simply a treatment — it is an experience.

## SPA PACKAGES

*All packages include a light lunch and a glass of sparkling wine from our beautiful Vista's restaurant.*

### ESCAPE PACKAGE - 4 HOURS

Indulge in a 90-minute Custom Massage to release all the tension in your body, followed by a full-body exfoliation to rejuvenate your skin and a detoxifying mud wrap to reduce fluid retention. While you luxuriate in your mud wrap, enjoy a calming foot massage and be transported. Your skin will be hydrated and smooth with our Baobab body lotion, leaving you in complete body bliss. Conclude your experience with a TheraNaka Classic Facial to hydrate and balance your skin, and choose between an express manicure and pedicure. To top it all off, enjoy a glass of sparkling wine and a light lunch while you lounge by the pool.

**R2800**  
PER PERSON

### RENEW PACKAGE - 3 HOURS 30 MINUTES

Unwind with a classic Hot Stone Massage using African Vigour oil to relax your muscles and ease pain. Follow this with a TheraNaka Classic Facial to rebalance and hydrate your skin. Indulge your feet with a complete Pedicure to soften the skin and add a pop of colour to your toes. Finish off with a luxurious scalp massage to leave you feeling completely rejuvenated. Enjoy a glass of sparkling wine and a light lunch while you lounge by the pool.

**R1620**  
PER PERSON

### A TREAT FOR TWO - 3 HOURS

Cherish a day at the spa with your partner. Begin with a private moment for two in our Rasul chamber, where you can pamper each other with African-inspired body scrubs and masks. Then, enjoy a soothing Couples Massage with African Recharge Oil, followed by facials that deeply hydrate the skin, leaving you both looking refreshed and revitalized. Conclude your visit with a glass of sparkling wine and a light lunch while you lounge by the pool.

**R3350**  
PER COUPLE

### THE FEATHER HILL SIGNATURE PACKAGE - 90 MINUTES

Customize your relaxation with three of the following 30-minute treatments:

- Back Massage - with African Earth Body Butter
- Relaxing Scalp Massage - includes the neck and shoulders
- Full Body Polish with TheraNaka African Earth Body Polish & Baobab Body Lotion
- Express Facial - a quick radiance boost
- Invigorating Foot Massage with African Revival Gel

Craft your perfect relaxation experience at Feather Hill, tailored to meet your needs.

**R1300**  
PER PERSON

## THERANAKA SIGNATURE MESSAGES

### AFRICAN WOOD MASSAGE - 90 MINUTES

This restorative treatment blends gentle stretches with black wood implements designed to relieve deep muscle tension and boost circulation. A warm drizzle of Olive and Shea butter hydrates dry skin, leaving you relaxed, nourished, and renewed

**R1020**

### FACE AND BODY CUPPING THERAPY - 90 MINUTES

Experience a rejuvenating journey from head to toe with this specialised treatment that contours, detoxifies and revitalises. Using precision-crafted German-grade silicone cups, gentle localised suction stimulates lymphatic drainage and improves microcirculation, helping to eliminate waste while enhancing your skin's natural glow. FasciaStretch techniques further release tension and sculpt facial and body features, leaving you feeling lighter, radiant, and beautifully renewed.

**R1020**

# MASSAGES

## THE FEATHER HILL SIGNATURE MESSAGE - 75 MINUTES

Using melted massage candle this unique custom blend of techniques like Swedish, deep tissue, acupressure, Kahuna and Hotstones is designed to alleviate muscle tension and leave you feeling deeply relaxed.

**R850**

PER PERSON

## AFRICAN FUSION MESSAGE WITH SELECTED OILS

Choose between:

- Peace – soothes and calms
- Recharge – uplifts and energizes
- Vigour – relieves muscle aches & pains

This therapeutic full body massage uses a combination of effleurage (long, sweeping strokes), kneading, and wringing techniques. Each movement is designed to release muscle tension and promote a sense of overall calm and well-being. Experience the perfect balance of relaxation and rejuvenation as our skilled therapists tailor each stroke to soothe your body and refresh your spirit.

**30 MIN 60 MIN 90 MIN**

**R505**

PER PERSON

**R750**

PER PERSON

**R1100**

PER PERSON

## CLASSIC HOT STONE MESSAGE

Using warm basalt stones, this massage employs ancient techniques to deeply relax tight muscles. The heat penetrates deep into the muscles, increasing circulation and melting away tension. Oil to relieve aches and pains, you will be left feeling deeply relaxed and re-balanced.

**R505**

PER PERSON

**R800**

PER PERSON

**R1350**

PER PERSON

## REFLEXOLOGY

Experience the benefits of Reflexology, a technique that applies gentle pressure to reflex points on the feet, based on the theory that different reflex points correspond with different areas of the body. By stimulating these reflex points, a positive response can be achieved in the corresponding parts of the body. This soothing therapy is suitable for anyone at any age.

**R380**

PER PERSON

**R735**

PER PERSON

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## SCALP AND NECK MESSAGE

Utilising the beautiful Africa inspired oils, this massage is designed to release tight muscles in the neck and upper shoulders, stimulating blood flow to the scalp and promote overall well-being.

**R380**

PER PERSON

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## MOM-TO-BE MASSAGE

Experience ultimate comfort and relaxation with our Full Body Pregnancy Massage. This soothing treatment utilizes a side-lying position, allowing for a gentle Swedish massage that caters specifically to the needs of expectant mothers. Performed in a supportive and comfortable recovery position, this massage is designed to ease tension, alleviate discomfort, and promote overall well-being for both mother and baby.

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**R720**

PER PERSON

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## BODY TREATMENTS

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### **THERANAKA EXOTICS BODY EXFOLIATION - 40 MINUTES**

**R505**

Treat your skin to a tropical escape. Gently exfoliate with the Exotic Island Body Polish, infused with Ylang Ylang to reveal radiant, silky skin. Rinse off in a warm shower, then hydrate with a lush balm rich in coconut oil, nourishing baobab, and shea butter—leaving your body smooth, replenished, and deeply pampered.

### **THERANAKA BODY RITUAL - 70 MINUTES**

**R860**

Start with a gentle exfoliation and get rid of the dry dead skin, a warm shower to rinse and application of the body mask. You are cocooned to aid in absorption while enjoying the comforting scalp massage, a warm shower to remove and to finish a luxurious application of the Baobab Body Lotion. Your skin is left feeling soft and soothed.

Choose between

Nourishing | Detoxifying | Muscle Release

Add a 20 minute Back Massage

**R200**

### **SKIN-PERFECTING BACK TREATMENT - 45 MINUTES**

**R420**

A targeted back care treatment that cleanses, exfoliates, and hydrates the often-neglected skin on the back to remove impurities, reduce acne, and improve texture .

## FACIAL TREATMENTS

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### **THERANAKA ESSENTIAL CARE FACIAL - 45 MINUTES**

**R450**

Influenced by nature and focused on naturally improving the condition of the skin. With Mother Nature as your chemist and the powerful gift of touch, the treatment was designed to create a healing experience from the earth and leave you feeling renewed and revitalised with guaranteed results. This idyllic and rejuvenating facial will repair, hydrate and rebalance the skin's natural protective functions whilst leaving the skin feeling smooth, radiant and ultra-nourished.

### **THERANAKA PHYTO BOOST FACIAL - 60 MINUTES**

**R830**

A synergistic action of premium new generation actives, indigenous plant actives and medicinal botanicals to help restore, hydrate and re-balance the skin's inherent protective functions with a focus on naturally improving the condition of the skin while safeguarding the skin against the impact of elemental abuse. Featuring a plant stem cell anti-aging treatment mask, the treatment helps to deeply hydrate the skin and increase skin firmness – ideal for those looking to replenish moisture levels and rejuvenate moisture-depleted skin.

### **THERANAKA HIGH FREQUENCY FACIAL - 50 MINUTES**

**R700**

A high-frequency facial is a non-invasive, skincare technique that uses a glass electrode to deliver a safe, low-level electric current to the skin. It stimulates circulation, boosts collagen/elastin production, and kills acne-causing bacteria through oxygenation, effectively reducing inflammation, treating acne, and rejuvenating the skin.

### **GLOW BOOST FACIAL WITH DERMAPLANING - 60 MINUTES**

**R650**

A Glow Boost facial with dermaplaning" is a specialized, non-invasive skincare treatment that combines manual exfoliation with a customized facial to achieve an instantly brighter, ultra-smooth, and more radiant complexion.

## THERAVINE FACIALS (NEW)

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### **THERAVINE HYDRATING FACIAL - 60 MINUTES**

**R800**

A facial designed for extreme relaxation with the aromatic scent of essential oils designed to deeply hydrate your skin, leaving you with a radiant complexion.

### **THERAVINE MATURE FACIAL - 60 MINUTES**

**R800**

Firm and visibly tone the skin whilst smoothing out wrinkles. Skin is left looking more radiant and uniform.

### **THERAVINE PROFESSIONAL PEELING FACIAL - 45 MINUTES**

**R830**

Your most youthful skin awaits! This peeling facial improves the skin texture, fine lines and wrinkles, superficial imperfections and pigmentation while giving the overall complexion a subtle glow.

### **THERAVINE MICRO-DERMA NEEDLING - 60 MINUTES**

**R2105**

The TheraVine™ professional grade dermal micro-needling pen creates precise piercings into the epidermis allowing the stimulation of naturally occurring growth factors and fibroblasts, which have a regenerating effect on both the dermis and epidermis. This completely safe and effective professional micro-needling system treats advanced skin concerns, obtains specific skin goals and delays the indicators of skin aging. Includes the TheraVine™ Post Treatment Recovery Kit.

## TREATMENTS FOR HIM

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### **SPORTS MASSAGE - 60 MINUTES**

**R840**

Targeted tension relief for active men, combining deep kneading and stretching, finished with a cooling Revival Gel boost.

### **THERANAKA GENTLEMEN'S FACIAL - 60 MINUTES**

**R455**

Treat your skin to a deep cleansing, exfoliation, and moisturizing session, specially formulated for men using targeted products to address unique skin concerns. This treatment concludes with a relaxing scalp massage.

### **MANICURE FOR HIM - 60 MINUTES**

**R355**

Give your hands the attention they deserve with a manicure tailored for men. This treatment includes nail trimming, shaping, cuticle care, and a relaxing hand massage.

### **SPORTS PEDICURE - 60 MINUTES**

**R455**

Revitalize and heal your feet after a tough workout or long day. This treatment involves a thorough foot scrub, nail trimming, cuticle care, and a rejuvenating foot massage. It also includes a foot peel to remove dead skin and leave your feet feeling exceptionally smooth. Perfect for athletes or men on their feet all day.

## KIDS SPA MENU

*For guests aged 8 - 14.*

<b>RELAXING BACK MASSAGE - 30 MINUTES</b>	<b>R335</b>
A soothing massage with African Earth Body Butter to bring serenity.	
<b>MINI FACIAL - 30 MINUTES</b>	<b>R230</b>
Facial treatment with a magic mask restores radiance to little faces.	
<b>HAND OR FOOT TREATMENT - 30 MINUTES</b>	<b>R230</b>
A nourishing and repairing treatment and application of coloured nail polish.	

## TREAT YOUR HANDS AND FEET

<b>THE FEATHER HILL MANICURE WITH THERANAKA - 60 MINUTES</b>	<b>R335</b>
<b>THE FEATHER HILL PEDICURE WITH THERANAKA - 60 MINUTES</b>	<b>R440</b>
<b>GEL MANICURE - 90 MINUTES</b>	<b>R380</b>
<b>GEL PEDICURE - 90 MINUTES</b>	<b>R485</b>
<b>ADD ON PARAFFIN DIP - 15 MINUTES</b>	<b>R85</b>
<b>ADD ON HEEL PEEL - 15 MINUTES</b>	<b>R85</b>
<b>GEL SOAK OFF - 30 MINUTES</b>	<b>R85</b>

## TINTING

<b>LASH TINT</b>	<b>R90</b>
<b>BROW TINT</b>	<b>R90</b>
<b>LASH AND BROW TINT</b>	<b>R170</b>

## WAXING

<b>1/2 LEG WAX</b>	<b>R200</b>
<b>3/4 LEG WAX</b>	<b>R240</b>
<b>FULL LEG WAX</b>	<b>R310</b>
<b>BIKINI WAX</b>	<b>R200</b>
<b>FULL BIKINI</b>	<b>R270</b>
<b>BACK / CHEST WAX</b>	<b>R280</b>
<b>ARM</b>	<b>R180</b>
<b>UNDERARM</b>	<b>R100</b>
<b>NOSE / EAR WAX</b>	<b>R115</b>
<b>LIP OR CHIN WX</b>	<b>R90</b>
<b>BROW SHAPE</b>	<b>R90</b>

## HYDRO THERAPY TREATMENTS

*\*Kindly adhere to our noise policy in the hydro, no noise is allowed*

*\*No glass allowed in pool*

**RASUL CHAMBER TREATMENT - 30 MINUTES**

**R350**

**HYDRO FACILITIES (POOL, SAUNA, STEAM ROOM) - 120 MINUTES**

**R300**

**HYDRO FACILITIES COMPLIMENTARY FOR TREATMENTS ABOVE - LIMITED TO 60 MINUTES**

**R300**

*Spa facilities access is complimentary with treatments of R300+ and limited to 60 minutes.*

## THE DETAILS

### OPENING TIMES

Monday	Closed
Tuesday - Wednesday	09h00-17h00
Thursday - Saturday	09h00-19h00
Sundays	09h00-13h00

### SPA ARRIVAL

We advise you to arrive at least 15 minutes before your scheduled appointment. Please be aware late arrivals may mean a reduced treatment time.

### WHAT TO BRING

Towels, robes and flip flops will be provided; all you need to do is arrive ready for a wonderful time.

### HEALTH CONCERNS

Please let us know in advance of any health conditions or concerns you may have. This will enable us to recommend treatments and products most suitable for you. If you are taking medications or have recently had any surgical procedures we strongly recommend consulting your doctor before having any spa treatments.

### MUMS-TO-BE

It is essential that mums-to-be advise us when booking their treatment. Please enquire which of our treatments can be modified to suit pregnancy after the first tri-mester. Treatments within the first trimester of pregnancy and after 31 weeks are not permitted.

### PENSIONERS

We are delighted to celebrate the older generation, and would love to offer our pensioners 10% discount on Tuesdays. This is subject to availability and on presentation of your ID.

### CANCELLATION POLICY

As a courtesy to all a 100% charge will be incurred for late cancellations or no shows. Please note we require 24hrs cancellation notice for individual treatments and 48hrs for packages.

### SPA ETIQUETTE

We kindly ask that you use your spa voice when using the facilities. We love to keep noise to a minimum to avoid disturbing other guests during their relaxing time. In order to preserve the tranquility and harmony in the Spa, we request that you please turn off mobile phones and all other electronic devices.

We recommend that you keep your valuables either in the lockers located in the locker room or in the safe of your room (if you are staying at the hotel).

We do not accept any liability for loss or damage of personal items.

NO inappropriate or sexual behaviour will be tolerated.

### DRESS CODE

Please ensure that appropriate personal swimwear is worn while using the various spa facilities.

Spa gift vouchers are available.

All prices are subject to change and are inclusive of VAT.