



STEENBERG
SPA

THE WOMEN'S WELLNESS RETREAT

A Women's Month Signature Experience

Gather your friends for a morning dedicated to movement,
restorative therapies and time to reconnect.

Your experience includes:

08h00 | Guided Yoga Session

09h00 | Sound Healing Journey

09h15 | Guided Sauna and Cold Plunge

10h00 | Signature Vitality Massage (60 min) and Blissful Facial (30 min)

This four-hour experience is followed by time beside the heated Vitality Pool and
an optional breakfast at Tryn.

— R2 500 per person (4 hours) | Limited spaces are available —

BOOK YOUR TREATMENT TODAY

Call 021 712 7481, WhatsApp 076 419 1593 or
email spa@steenberghotel.com

Promotion valid: 1 - 31 August 2026