



STEENBERG  
SPA

# WELLNESS SANCTUARY DAYS

07 & 21 SEPTEMBER

A restorative day designed to help you slow down, reset and reconnect with a sense of balance. Thoughtfully paced from start to finish, Wellness Sanctuary Days offer time to unwind and settle into a gentler rhythm.

**INCLUDES:**

- Guided yoga session
- Breakfast at Tryn
- Holistic Touch Massage
- Access to the outdoor Thermal Suite and heated Vitality Pool

**BOOKING ESSENTIAL**

R2 000 per person

Call 021 712 7481, WhatsApp 076 419 1593 or email [spa@steenberghotel.com](mailto:spa@steenberghotel.com)



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