STEENBERG
SPA

STEENBERG
SPA

THE STEENBERG WELLBEING PHILOSOPHY

At Steenberg Spa, wellbeing begins with connection – to yourself, to nature and to the moments that allow you to slow down.

Surrounded by sprawling vineyards, lush gardens, and the Cape's iconic mountains beyond, the Spa is a place to step away from the pace of everyday life and reconnect with your body and mind.

Our approach to wellbeing extends beyond the treatment room. Therapeutic touch, mindful movement, breath and stillness, thermal bathing, time in nature and considered nourishment come together to create experiences that restore the body, quiet the mind and renew your energy.

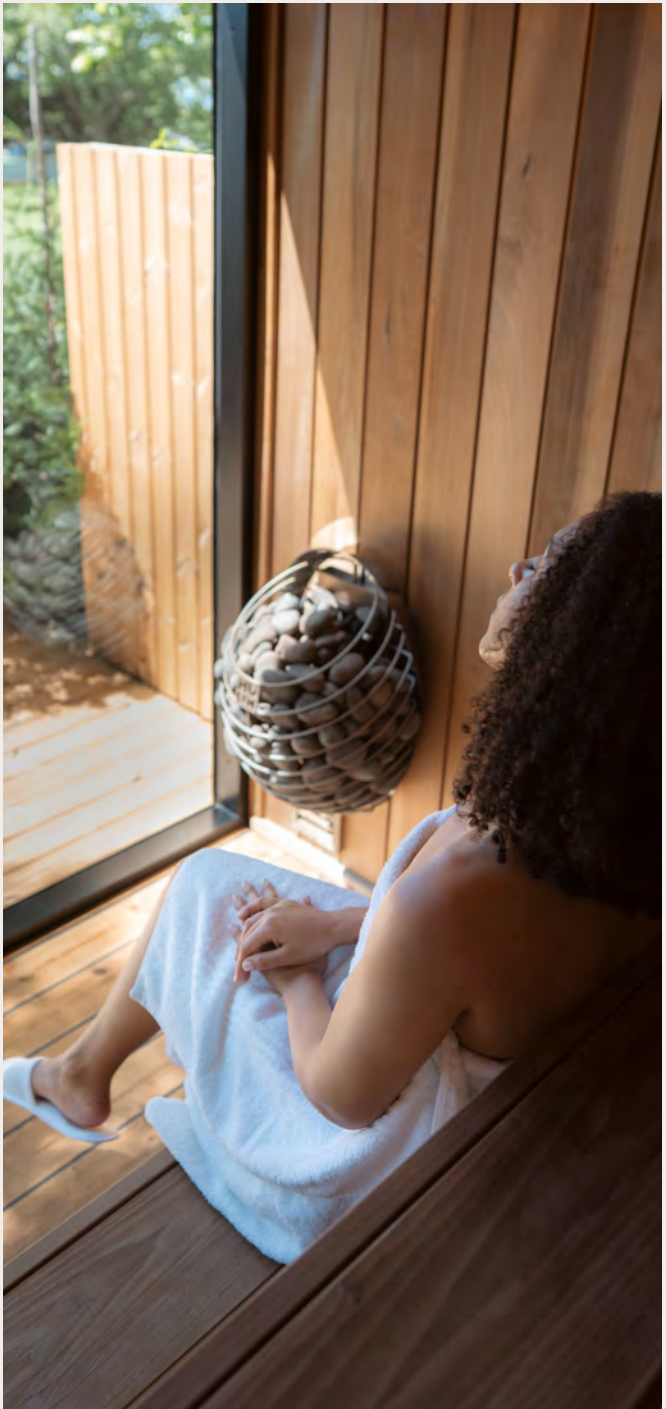
Whether you spend an hour with us or dedicate an entire day to your wellbeing, the experience is yours to shape. Seek deep rest, physical recovery, renewed energy, meaningful connection or simply time for yourself.

Our promise is to create space, care and experiences that invite you to slow down, restore and rediscover a sense of balance.

We see wellbeing not as a single treatment, but as a considered approach to caring for the self.
Body — through therapeutic touch, movement, recovery and nourishment.
Mind — through breath, stillness, rest and opportunities to slow down.
Connection — through nature, meaningful experiences and time intentionally set aside for yourself and those you share it with.

From ila's deeply restorative rituals and the contrasting experiences of our Outdoor Thermal Suite, to movement through the vineyards, moments of stillness in nature, nourishing food and time beside the pool, each experience has been considered with one intention:
To restore self through connection.

STEENBERG SIGNATURE WELLBEING JOURNEYS



MORNING RENEWAL
Awaken · Energise · Restore

A gentle start to the day, combining movement, nourishment and restoration. Begin with Stillness & Flow Yoga, followed by breakfast, before enjoying our contrasting Outdoor Thermal Suite. Conclude your morning with an Ananda facial.

Includes: Intentionally prepared wellness tea · Stillness & Flow Yoga · Outdoor Thermal Suite experience · Breakfast · Leisure time at the pool · ila Ananda Facial

180 minutes | **R2 900**

INNER PEACE
Ground · Calm · Reconnect

Designed for when you need to slow down and reconnect. Begin with breath and stillness, followed by the cocooning Calm & Regulate Wrap. Continue with the Outdoor Thermal Suite, time beside the pool and a light seasonal breakfast or lunch, before completing your journey with the ila Inner Peace Body Treatment.

Includes: Intentionally prepared wellness tea · Breath Awakening Ritual · ila Calm & Regulate Wrap · Outdoor Thermal Suite experience · Light seasonal breakfast or lunch · Leisure time at the pool · ila Inner Peace Body Treatment

195 minutes | **R5 990**

DEEP REST
Slow · Surrender · Rest

A restorative journey created for unhurried rest. Begin with Guided Stillness Meditation before the Stress Recovery & Balance Wrap. Continue through to the Outdoor Thermal Suite, poolside leisure and a light seasonal breakfast or lunch, followed by an ila Deep Rest Facial.

Includes: Intentionally prepared wellness tea · Guided Stillness Meditation · ila Stress Recovery & Balance Wrap · Outdoor Thermal Suite experience · Light seasonal breakfast or lunch · Leisure time at the pool · ila Deep Rest Facial

195 minutes | **R5 600**

RESTORE

Release · Renew · Exhale

For those who need to stop, release and begin again. Begin with Guided Stillness incorporating breathwork, mindfulness and sound, followed by the Outdoor Thermal Suite and poolside leisure time with a light seasonal breakfast or lunch. A Circulation & Detoxifying Body Polish prepares the body for a 90-minute Deep Therapeutic Massage.

Includes: Intentionally prepared wellness tea · Guided Stillness inclusive of breathwork, mindfulness and sound healing · Outdoor Thermal Suite experience · Light seasonal breakfast or lunch · Leisure time at the pool · ila Circulation & Detoxifying Body Polish · 90-minute Deep Therapeutic Massage

240 minutes | **R6 500**

RECOVERY

Surrender · Replenish · Energise

Designed for fatigue, muscular tension, travel, physical exertion and periods of high demand. Begin outdoors with a Nature Immersion Journey in the vineyards followed by the contrasts of the Outdoor Thermal Suite, a seasonal lunch and time beside the pool. Complete the experience with a Vitality Reset Wrap and targeted CBD Muscle Recovery treatment.

Includes: Nature Immersion Journey · Outdoor Thermal Suite experience · Nourishing seasonal lunch · Leisure time at the pool · ila Vitality Reset Wrap · ila CBD Muscle Recovery

240 minutes | **R6 200**

EXPERIENCES FOR TWO

THE ART OF CONNECTION
Share · Reconnect · Celebrate

Time set aside for two. Move between the Outdoor Thermal Suite and pool before retreating to a private cabana with a charcuterie board and Steenberg 1682 Chardonnay Cap Classique. A Lymphatic Fascia Release Massage completes the experience.

Includes: Outdoor Thermal Suite · Leisure time at the pool · Charcuterie board for two · Steenberg 1682 Chardonnay Cap Classique · Private cabana · Lymphatic Fascia Release Massage

180 minutes | R 4 700 per couple

SCENTED BLISS
Connect · Rest · Dream

Soak up the sounds and scents of nature with side-by-side ila massage 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.

Includes: Side-by-side ila massage in the Scented Garden · Outdoor Thermal Suite experience · Steenberg 1682 Chardonnay Cap Classique · Leisure time at the pool

60 minutes | R4 200 Per couple
90 minutes | R5 200 Per couple
Outdoor treatments are weather dependent

TOGETHER IN STILLNESS
Pause · Embrace · Cherish

A private wellbeing experience created for two. Enjoy the Outdoor Thermal Suite, unhurried time beside the pool, and a private cabana with a charcuterie board and Steenberg 1682 Chardonnay Cap Classique. Side-by-side massages and a seasonal lunch or dinner complete your time together.

Includes: Outdoor Thermal Suite experience · Leisure time at the pool · Private cabana · Charcuterie board · Side-by-side massages · Steenberg 1682 Chardonnay Cap Classique · Nourishing seasonal lunch or dinner

180 minutes | R5 700 per couple

DEEP REST | EVENING EDITION
Soak · Unwind · Harmonise
For in-house guests only

Begin with the Outdoor Thermal Suite and poolside leisure, followed by side-by-side massages and a seasonal lunch or dinner. Return to your room for a prepared bathing ritual to bring the day to a quieter close.

Includes: Outdoor Thermal Suite Experience · Leisure time at the pool · Nourishing seasonal lunch or dinner · Steenberg 1682 Chardonnay Cap Classique · Side-by-side massages · Evening Stillness Soak or Awaken & Reset Soak

165 minutes | R6 550 per couple

CHOOSE YOUR BATHING RITUAL

EVENING STILLNESS SOAK
Sleep Support · Deep Relaxation · System Calming

A calming bathing ritual using ila's Dreamtime blend of vetiver, jasmine and spikenard. Created for evenings when slowing down and switching off are the priority.

AWAKEN & RESET SOAK
Refresh · Renew · Revive

A revitalising bathing ritual created for moments when body and mind feel depleted. Mineral-rich salts and aromatic oils encourage a sense of release, while nourishing body cream restores comfort to the skin. The ritual concludes with an uplifting aromatic mist, bringing a renewed sense of clarity, lightness and energy.

Designed as more than a physical reset, the experience invites you to reconnect with yourself, restore balance and emerge feeling refreshed and reawakened.

CELEBRATION & FULL DAY

THE WELLNESS GATHERING
Gather · Connect · Celebrate

Mark a meaningful occasion with a relaxed day of shared wellbeing. Enjoy the outdoor thermal suite, unhurried time beside the pool and the privacy of your own cabana, accompanied by a charcuterie board for two and Steenberg's 1682 Chardonnay Cap Classique. A Lymphatic Fascia Release Massage completes the experience, leaving you feeling lighter, renewed and ready to celebrate.

Includes: Outdoor Thermal Suite experience · Leisure time at the pool · Private cabana · Charcuterie board for two · Lymphatic Fascia Release Massage

180 minutes | R5 100 per couple
Enhance with an ila Face or Body Ritual, Manicure or Pedicure, Guided Stillness Sound Journey, Stillness & Flow Yoga, Nature Immersion, or a seasonal lunch or dinner.

THE STEENBERG DAY OF WELLBEING | FULL DAY
Gather · Connect · Celebrate

A full day at Steenberg dedicated to movement, treatment and unhurried time. Begin with yoga and breakfast before enjoying the Outdoor Thermal Suite and pool. Body treatments, a seasonal lunch, facials, pedicures and private cabana time complete the day.

Includes: Stillness & Flow Yoga · Outdoor Thermal Suite experience · Breakfast · Leisure time at the pool · ila Circulation & Detoxifying Body Polish · 60-minute ila Body Massage · Light seasonal lunch · Steenberg 1682 Chardonnay Cap Classique · Private cabana access · Deep Reset Facial · Pedicure

420 minutes | R7 800

THE CABANA EXPERIENCE

Three uninterrupted hours in your own private space beside the pool

Pause · Reconnect · Linger

MORNING CABANA | 08:00-11:00
A quiet morning beside the pool with breakfast for two.

Includes: Breakfast for two · Outdoor Thermal Suite Experience · Leisure time at the pool

180 minutes | R3 850

CABANA & GRAZE | 11:30-14:30
A private midday pause with a charcuterie board and Steenberg Cap Classique.

Includes: Outdoor Thermal Suite Experience · Charcuterie board for two · Steenberg 1682 Chardonnay Cap Classique · Leisure time at the pool

180 minutes | R3 900

AFTERNOON CABANA | 15:00-18:00
An unhurried afternoon with a charcuterie board and Steenberg Cap Classique.

Includes: Outdoor Thermal Suite Experience · Charcuterie board for two · Steenberg 1682 Chardonnay Cap Classique · Leisure time at the pool.

180 minutes | R3 900

Enhance any cabana booking with an ila Face or Body Ritual, Manicure or Pedicure, Guided Stillness Sound Journey, Stillness & Flow Yoga, Nature Immersion, or a seasonal lunch or dinner.

OUTDOOR THERMAL SUITE EXPERIENCE

OUTDOOR THERMAL SUITE EXPERIENCE
Warmth · Contrast · Vitality

Inspired by Finnish sauna culture, the Outdoor Thermal Suite offers a unique experience built around the contrast of heat and cold. Move at your own pace between the heated vitality pool, the sauna, the Nordic ice bucket shower and the ice bath. Afterwards, relax in the garden lounge. This outdoor space is naturally ventilated so temperatures change with the seasons

Hotel guests can enjoy access from 07:00-08h00 and 18:00-19:00 daily. Subject to availability. Advance booking with the Spa team is required.

PRIVATE OUTDOOR THERMAL SUITE
Warmth · Contrast · Vitality

Enjoy use of the Outdoor Thermal Suite for up to six guests with time to unwind beside the pool.

Includes: Exclusive Thermal Suite access · Leisure time at the pool · Steenberg 1682 Chardonnay Cap Classique · Charcuterie board for two · Flavoured water

R2 700 per hour

Additional charges apply for guests beyond two, with MCC and charcuterie boards supplemented accordingly.

Enhance your experience with an ila Face or Body Ritual or a Manicure or Pedicure. You can also enjoy a Guided Stillness Sound Journey, Stillness & Flow Yoga, Nature Immersion or a Nourishing Seasonal Lunch or Dinner

MOVEMENT, STILLNESS & NATURE

Experiences beyond the treatment room, created around movement, stillness and Steenberg's natural surroundings.

STILLNESS & FLOW YOGA
Align · Lengthen · Balance

A grounding guided practice combining mindful movement, gentle strengthening, breath and restorative stillness.

60 minutes
Group R600 per person | Private R1 200 per person

THE STILLNESS EXPERIENCE
Breathe · Listen · Quiet

A guided combination of meditation, mindful awareness, breathwork and sound. A considered pause from the pace of daily life.

60 minutes
Group R700 per person | Private R1 100 per person

VINEYARD STILLNESS JOURNEY
Slow · Breathe · Reconnect

A gently guided walk through the Steenberg vineyards, encouraging a slower pace and closer attention to the surrounding landscape. Complete the journey with guided breath or stillness overlooking the farm and coast.

Includes: Guided vineyard walk · 60 minutes Breath or stillness ritual

60 minutes
Group R550 per person | Private R1 100 per person

FOREST RESET
Wander · Observe · Return to self

A gently paced guided walk through the forest, combining movement, fresh air and quiet pauses along the way. Well suited to young families.

Includes: Guided hike · Prepared light lunch · Outdoor Thermal Suite experience

150 minutes | R2 500 per person

STEENBERG DISCOVERY
Explore · Energise · Connect

A moderately paced guided trail through Steenberg's natural surroundings, with time along the route to pause, observe and take in the views.

Includes: Guided hike · Prepared light lunch · Outdoor Thermal Suite experience

150 minutes | R3 000 per person

SUMMIT & RESTORE
Challenge · Accomplish · Recover

A guided ascent rewarded with expansive views across the valley and surrounding mountains. Return to Steenberg for a dedicated recovery experience at the Spa.

Includes: Guided hike · Prepared light lunch · Outdoor Thermal Suite experience

180 minutes | R3 500 per person

FOREST BATHING RESET
Sense · Root · Belong

Rooted in the Japanese practice of shinrin-yoku, meaning "bathing in the atmosphere of the forest," this restorative experience invites a slower, more mindful connection with nature, helping to ease stress, calm the mind and restore a sense of balance and wellbeing.

Includes: Forest Bathing · Outdoor Thermal Suite experience · Seasonal lunch

2.5 hours | R3 500 per person

Enhance your experience with a CBD Muscle Recovery Treatment, Manicure or Pedicure, Guided Stillness Sound Journey, Stillness & Flow Yoga, Nature Immersion, or a nourishing seasonal lunch or dinner.

Outdoor experiences are weather permitting. A minimum of 48 hours notice is required for cancellations or amendments. Late cancellations may be charged in full. In unsuitable weather, the booking value will be transferred towards Spa treatments.

Forest Bathing is available from September–April.

ilā

Rooted in nature and inspired by longstanding healing traditions passed down through generations, ila treatments combine therapeutic touch, natural ingredients and considered rituals to support balance and wellbeing. Choose according to what your body and mind need most - rest, recovery, balance, release or renewed vitality.

ANANDA FACIAL

Deep Hydration · Skin Calm · Radiance Renewal · Nervous-System Ease

A restorative facial for tired or depleted skin. Gentle cleansing and exfoliation are followed by Rose Damascena and Sandalwood oils, with marma-point techniques to ease tension and encourage relaxation. A cooling green clay mask refreshes and replenishes, leaving skin hydrated, calm and radiant.

60 minutes | R1 900

CBD FASCIA RELEASE FACIAL

Tension Release · Sculpting · Circulation · Nervous-System Reset

A calming facial combining CBD and gold with marma therapy and sculpting massage. Designed to ease facial tension and support circulation while soothing and replenishing stressed or sensitive skin.

75 minutes | R2 600

DEEP REST FACIAL

Nervous-System Regulation · Deep Relaxation · Restful Sleep · Skin Replenishment

Created for restless minds and times when switching off feels difficult. Light-touch techniques with jatamansi, vetiver and jasmine are combined with warm herbal poultices applied to selected marma points. Skin is left soft and replenished while the slow ritual encourages deep relaxation.

60 minutes | R1 800

BURNOUT RESET FACIAL

Nervous-System Regulation · Lymphatic Detox · Fascia Lift · Skin Recovery

A specialised facial combining lymphatic drainage, fascia release, nerve-point and marma techniques to ease facial tension, support circulation and regulate the nervous system. Skin is left smoother, brighter and refreshed, finishing with a restorative cranial hold for deeper rest.

60 minutes | R2 800

ila BODY THERAPIES

DEEP THERAPEUTIC MASSAGE
Muscle Recovery · Joint Support · Tissue Repair · Postural Relief

A recovery-focused full-body massage for muscular tension, stiffness and physical fatigue. Shiatsu-based stretches and rhythmic pressure-point techniques work into muscles and connective tissue to release restriction, encourage circulation and restore ease of movement.

60 minutes | **R2 200**
90 minutes | **R3 200**

GUT CALM BODY THERAPY
Digestive Support · Nervous-System Regulation · Anxiety Relief · Abdominal Ease

A restorative full-body treatment for digestive discomfort and stress-related tension. Gentle marma therapy and rhythmic massage focus on the abdomen to ease tension, support digestion and encourage nervous-system regulation, leaving the body feeling lighter and more settled.

60 minutes | **R2 700**

BURNOUT RESET BODY
Nervous System Reset · Fascia Release · Adrenal Recovery · Deep Muscle Release

A targeted treatment focused on areas where physical tension commonly builds, particularly the back and shoulders. Deep fascia release, lymphatic techniques, warming poultices, therapeutic oils and a herbal kidney pack are combined in a restorative body ritual.

60 minutes | **R2 600**

LYMPHATIC FASCIA RELEASE MASSAGE
Circulation Boosting · Detox Support · Fatigue Relief · Mood Uplift

A revitalising full-body massage using targeted techniques to encourage blood and lymphatic flow, and ease feelings of physical heaviness. Juniper berry, geranium, lemongrass and patchouli add a fresh aromatic element to the experience.

60 minutes | **R2 000**

INNER PEACE BODY TREATMENT
Nervous-System Calming · Anxiety Relief · Emotional Balance · Deep Relaxation

A calming body treatment combining specialised massage and marma-point techniques with rose, sandalwood and jasmine. Designed to ease tension and encourage a slower, more settled state.

60 minutes | **R2 000**

CBD MUSCLE RECOVERY
Muscle Recovery · Tension Release · Mobility

An intensive treatment for deep muscular tension and physical strain. Deep-tissue massage and targeted myofascial techniques work into muscles and connective tissue, complemented by ila CBD oil with vetiver and jatamansi.

60 minutes | **R2 000**

BACK, NECK & SHOULDER RELEASE
Upper-Body Relief · Tension Release · Ease

A targeted massage using rhythmic kneading and gentle cupping to release tension across the back, neck and shoulders.

60 minutes | **R1 800**

HEAD & SCALP RESTORE
Tension Release · Scalp Care · Mental Refresh

Gentle exfoliation, nourishment and targeted pressure combined in a restorative scalp treatment for head and neck tension.

30 minutes | **R1 600**

REFLEXOLOGY RESTORE
Nervous-System Calm · Balance · Relaxation

A grounding foot treatment using reflexology techniques to encourage relaxation and whole-body balance.

30 minutes | **R1 600**

MOTHER-TO-BE
Pregnancy-Safe Nurturing · Stress Relief · Skin Comfort · Hormonal Balance

A gentle treatment created to support comfort and relaxation during pregnancy. An optional blackcurrant-seed exfoliation is followed by a nourishing massage with rosehip and argan oils, lavender, geranium and rose. Himalayan herbal poultices are applied to selected areas of tension for added comfort.

60 minutes | **R2 700**
90 minutes | **R3 300**

ila BODY RENEWAL & ENHANCEMENTS

STRESS RECOVERY & BALANCE WRAP
Calm · Restore · Rebalance

A restorative full-body ritual for periods of stress and depletion. Exfoliation prepares the skin before the body is cocooned in a nurturing wrap, combining warmth and stillness.

60 minutes | R2 650

CALM & REGULATE WRAP
Soothe · Ground · Settle

A cocooning body ritual for times when everything feels a little too much. Slow, considered touch and enveloping warmth create space to settle.

60 minutes | R2 650

VITALITY RESET WRAP
Energise · Renew · Revive

An invigorating body ritual combining exfoliation and wrapping techniques to refresh the skin and awaken the senses.

60 minutes | R 2 650

SHIRODHARA
Mental Stillness · Deep Relaxation · Restful Sleep Support · Emotional Balance

An Ayurvedic ritual in which a continuous stream of warm oil is gently poured over the forehead. The rhythmic experience encourages stillness and deep relaxation.

15 minutes | R900

CIRCULATION & DETOXIFYING BODY POLISH
Exfoliation · Circulation · Skin Smoothing

An invigorating Himalayan salt body polish that exfoliates and smooths the skin while encouraging circulation. Ideal before a body treatment.

30 minutes | R1 600

MYOFASCIAL LYMPHATIC LIFT
Lymphatic Lift · Fascia Release · Facial Decompression · Vagus Activation

A targeted facial enhancement using precise Gua Sha techniques across the jaw, cheeks and eye area. Designed to release facial tension, encourage lymphatic flow and leave the complexion looking refreshed and more defined.

15 minutes | R900

ILA CBD BETTER DAY DROPS
Calm · Soothe · Rebalance

Thoughtfully formulated to encourage relaxation and a greater sense of calm and balance.

R400

TREATMENT IN NATURE
Grounding · Tranquillity · Renewal

Take your massage outdoors into Steenberg's Scented or Secret Garden, surrounded by fresh air, natural fragrance and the sounds of the garden.

R400 per area.

Outdoor experiences are weather permitting. A minimum of 48 hours notice is required for cancellations or amendments. Late cancellations may be charged in full. In unsuitable weather, the treatment will take place inside the Spa.

ila IMMERSIVE THERAPIES

SLEEP THERAPY
Sleep Support · Nervous-System Calming · Deep Relaxation · Night-Time Recovery

Created for restless minds and difficulty switching off. Gentle massage, and nurturing body and face therapy are combined with jasmine, patchouli, lavender and spikenard to create a slow, deeply calming experience.

120 minutes | R10 400

BURNOUT & NERVOUS SYSTEM THERAPY
Fatigue Recovery · Stress Resilience · Deep Restoration · Nervous-System Regulation

A restorative treatment for periods of prolonged stress and fatigue. Body exfoliation is followed by a warm abdominal wrap and thermal packs before a Ku Nye massage with vetiver, pine, cedarwood, ashwagandha and pfaffia to release tension and encourage deep relaxation. The body is left feeling rested, replenished and restored.

120 minutes | R4 600

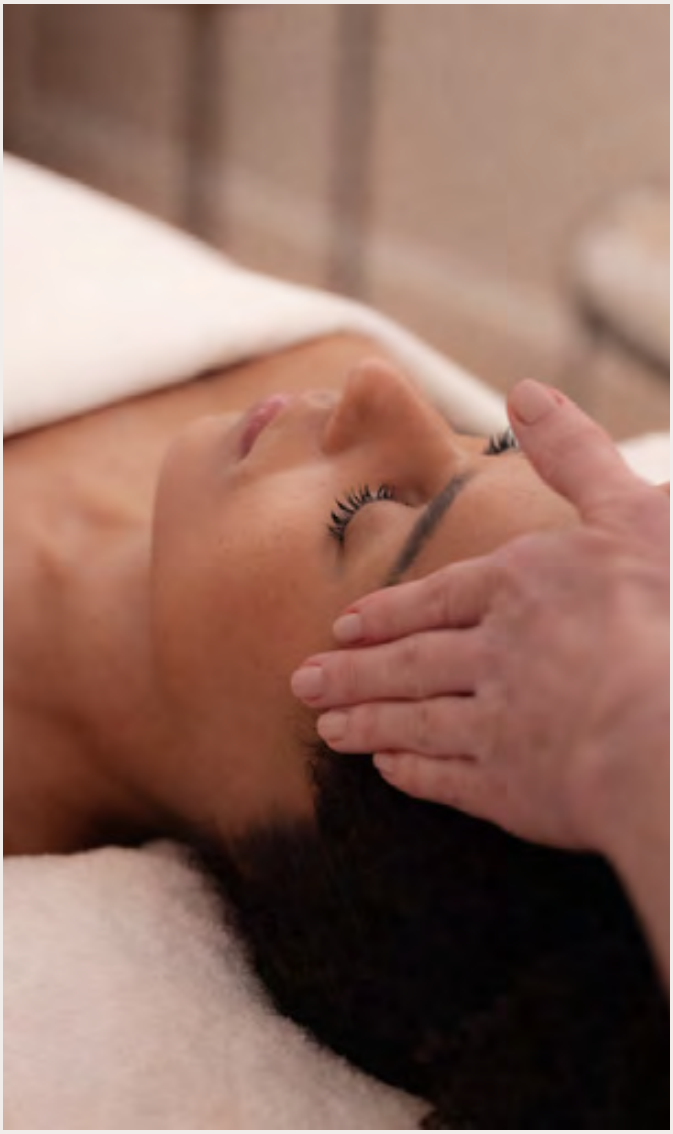
INNER PEACE IMMERSION
Nervous-System Calming · Anxiety Relief · Deep Relaxation · Sensory Restoration

A full-body ritual beginning with exfoliation, followed by the Inner Peace massage with rose, jasmine and sandalwood. The experience concludes with Ananda Face Therapy for head-to-toe restoration.

120 minutes | R4 310

QMS

QMS Medicosmetics combines doctor-founded skincare science with targeted facial treatments designed to support hydration, renewal and overall skin health



COLLAGEN RESTORE
Hydration · Revitalisation · Contour

An intensive collagen facial focused on hydration and revitalisation. A sculpt-and-define massage works across the facial contours, with the option to add intra-oral massage for further jaw release.

90 minutes | R3 500

QMS COLLAGEN REPAIR
Barrier Support · Hydration · Calm

A restorative facial focused on the skin barrier and stressed or sensitised skin. Tailored QMS products are combined with manual lymphatic techniques to leave the complexion calm, hydrated and refreshed.

90 minutes | R2 700

COLLAGEN CONTOUR
Hydration · Sculpt · Refresh

A hydrating facial using targeted masks and the signature Lift & Contour Massage to plump, sculpt and refresh the complexion.

90 minutes | R2 300

QMS COLLAGEN RESET
Targeted · Express · Renewal

A targeted facial tailored around one of four skin priorities: collagen support, hydration, oxygenation or cell renewal.

60 minutes | R1 900

QMS TREATMENT ENHANCEMENTS

DERMA EXPERT LED LIGHT TREATMENT
Red & Infrared LED
Clarity · Balance · Calm

Red and infrared LED light therapy designed to support the skin's natural renewal processes and improve the appearance of tone, texture and redness.

15 minutes | R800

COLLAGEN AND STEM CELL BOOST
Moisture · Firmness · Renewal

A concentrated collagen and plant stem-cell treatment for dry, stressed or mature skin, focused on moisture, firmness and a smoother-looking complexion.

15 minutes | R800

OXYGEN BOOST DEVICE
Hydration · Vitality · Radiance

A gentle oxygen infusion for dull or tired skin, designed to support hydration and leave the complexion looking fresh and revitalised.

15 minutes | R600

Margaret Dabbs®
LONDON

Margaret DabbsTM London combines specialist expertise in feet, hands, nails and legs with considered formulations and meticulous treatment.

PURE GOLD LUXURY PEDICURE
Nourish · Restore · Soften

A restorative pedicure featuring colloidal gold. Detailed foot and nail care is followed by a nourishing balm masque, soft hemp socks and massage with PURE Gold Elixir.

75 minutes | R1 100

SUPREME PEDICURE WITH MASSAGE
Refine · Refresh · Hydrate

The signature Margaret Dabbs London pedicure combines detailed nail and cuticle care with exfoliation, a refreshing foot soak and a hydrating foot and lower-leg massage.

60 minutes | R900

SUPREME MANICURE WITH TREATMENT GLOVES
Hydrate · Soften · Replenish

An expert manicure incorporating a Pure Hand Mask and Luxury Treatment Gloves for deep hydration, using the Margaret Dabbs™ London Fabulous Hands collection.

60 minutes | R850

YELLOW MASQUE LEG TREATMENT
Warm Comforting · Nourish · Refresh

A warming treatment for dry or tired legs using the V-Tonic essential oil complex and conditioning botanical oils. Designed to nourish the skin and leave the legs feeling refreshed.

60 minutes | R800

RELIEVING & TONING BLACK LEG MASQUE TREATMENT
Cool · Refresh · Tone

A cooling charcoal treatment for tired, heavy or puffy legs, followed by lymphatic drainage massage and firming leg serum.

70 minutes | R800

FINISHING TOUCHES

HANDS & FEET ENHANCEMENTS

French Polish - 15 minutes | R200
Gel Polish - 15 minutes | R250
Gel Soak Off - 30 minutes | R280
Heel Peel - 15 minutes | R400

WAXING

Using Cirepil by Perron Rigot wax.

Lip | Brow | Chin | Nose | Ear - R220
Underarms - R420
Full Arm - R700
Half Leg - R450
Full Leg - R550
Bikini - R400
Brazilian - R500
Hollywood - R550
Full Chest or Back - R600

TINTING

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

Lash Tint - R210
Brow Tint - R190

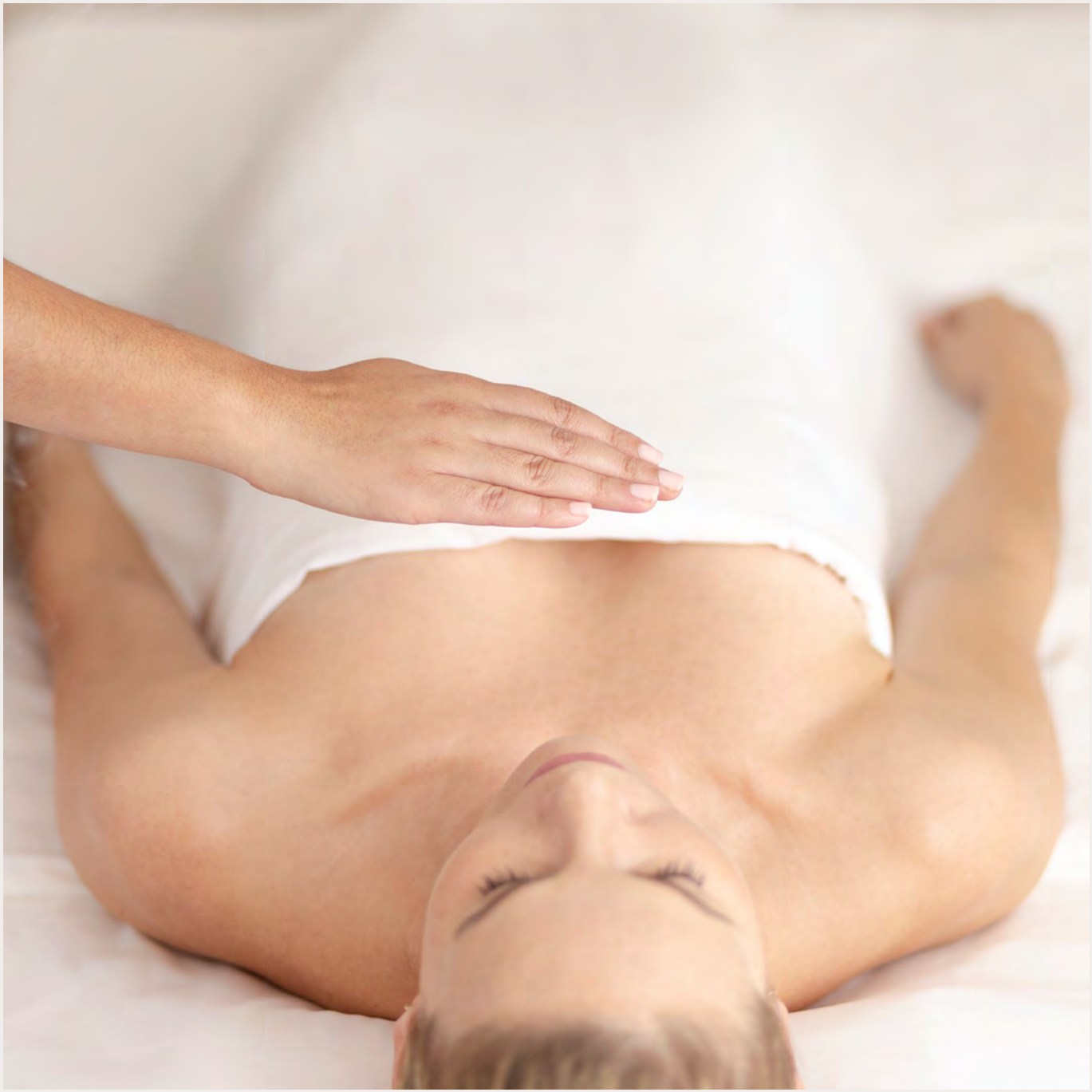
Bookings & Cancellations

A 50% deposit is required to secure your spa reservation. The deposit is fully refundable for cancellations or rescheduling made at least 24 hours before the scheduled appointment.
For groups of three or more guests, full prepayment is required. This applies to both hotel residents and external guests.
All treatment packages may be reserved for couples, subject to availability.
For in-room or after-hours treatments, please contact Spa Reservations on 7303 for availability and details of the additional charges applicable.
We kindly request 24 hours' notice for cancellations or rescheduling to allow us to accommodate other guests. Late cancellations may be subject to a fee.
Gift vouchers may be subject to price adjustments due to annual rate changes. Any remaining debit balance not redeemed within the six-month validity period will be forfeited.

Spa Guidelines

Please arrive at least 15 minutes before your scheduled treatment to allow time to settle in. Late arrivals may result in a shortened service.
To preserve the quiet of the Spa, please keep voices low and mobile phones on silent.
Our facilities include an outdoor heated vitality pool, sauna, Nordic ice bucket shower and ice bath. Please shower before entering hydrotherapy areas and be mindful of shared spaces.
The Thermal Suite is reserved for guests aged 16 years and older.
If you have any health concerns, allergies or are pregnant, please inform our team before your treatment so that we can guide you towards the most appropriate experience.
Robes, slippers and towels are provided for your comfort. Swimwear is required in hydrotherapy areas, while our treatment rooms offer complete privacy.
Gratuities are at your discretion and are always appreciated by our therapists. If you have feedback, we would love to hear about your experience.

Thank you for honouring the sacredness of this space.
We are delighted to welcome you to Steenberg Spa.



STEENBERG
SPA

QMS

Margaret Dabbs
LONDON

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bellabaci
KISS OF WELLNESS

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

Summer Hours | 1 December 2026 – 31 March 2027
08h00 to 19h00 | Monday to Sunday

Surcharge applies to bookings from 18h00 to 19h00

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