

BY HEALING EARTH

Take a deep breath, silence the noise of the world, and enter a sanctuary where time stands still. Where the rich heritage of the Cape Winelands offers up its fruits, husks, herbs and vines. Where you can relax, rejuvenate, and recharge in the midst of the sensory paradise of Leeu Estates, where every detail has been carefully considered to create an experience of total bliss - a safe place for you to let go, surrender yourself to the rhythms of nature and take a journey of healing, restoration and revival with us.





COUPLES CONNECTION CERMONY 150 minutes

Dedicate some precious time to relax, connect and heal together as a couple. Harness the soothing aroma of Marula & Neroli and surrender with this ultimate couple's bliss. Starting with a cleansing Himalayan Salt therapy foot bath, continue your journey with a gentle full body polish to soften and smooth skin. Surrender to a tailored and targeted full body massage with a deeply hydrating balm to feed the skin with powerful nutrients. Heated Rose Quartz crystals aids in healing and realigning the body. Complete with an Anti-Oxidant Pinotage tailored Healing Earth Facial to hydrate, sooth and repair the skin. The celebratory experience includes a glass of bubbly or wine after the treatments and a Healing Earth Gift.

ROSE GERANIUM HEATED POULTICE THERAPY 120 minutes

Ease into a therapeutic and complete relaxation journey with the soothing aroma of Rose Geranium infused heated poultices to relieves stress, fatigue and anxiety. Start with a invigorating dry body brush to boost and improve blood and lymphatic flow through the body. This treatment brings fantastic therapeutic benefits with the heated poultice aiding in complete relaxation while improving muscle tone and tension. Complete this therapeutic experience with a facial cleanse and massage using heated rose quartz facial stones and a specialised face oil for pure radiance and glow. Your 'me time' will include a personal affirmation for you to reconnect with your soul, release negative energy from within, and emerge reset and refreshed.

ULTIMATE MUSCLE EASE RITUAL 120 minutes

The ultimate journey to target muscle aches, pains, and fatigue with this Healing Earths specialized Muscle Ease family. Perfectly selected ingredients of Peppermint, Eucalyptus and Rosemary work in synergy to stimulate blood flow, relieve tension while it cools and restores body balance. The journey starts with a deep revitalizing peppermint full body salt scrub to soften skin, boost circulation and boost mental focus. Follow with a tension relieving, deep tissue massage using combination of specialized massage techniques and heated bamboo for a targeted effect. Complete this ritual with a facial cleanse and face massage using cool Jade to revive and revitalize the skin.

PROUDLY LOCAL WINELANDS VINOTHERAPY CELEBRATION 120 minutes

Healing Earth pioneered vinotherapy in South Africa, using the pinotage grape for its high concentration of anti-oxidants. The grapes are sustainably sourced and the pinotage family synergises in anti oxidant properties, with essential vitamins A, E and C which is extracted from the seed, skin and leaves of the grape. This Signature journey offers a pinotage full body polish to smooth skin before you are cocooned with a choice of Firm and Heal Gel wrap or a powerful anti oxidant clay wrap. Choose from our Signature Vinotherapy oils to Relax & Destress, Detox & Uplift or Conditions and Hydrates while you enjoy a full body massage

BODY CEREMONIES

We believe in creating memorable sensory journeys in combination with the latest advancements in natural therapies that not only pamper your body and mind, but also honour our commitment to sustaining the Earth and all its beings. Our celebrated rituals create total balance and powerful results from the application of traditional principles that offer far more than mere superficial beauty treatments, but rather holistic and transformative experiences filled with love, energy and care.

HEAL, REPAIR & RESTORE 120 minutes

A deeply restorative, holistically healing and moisture-boosting treatment using our award-winning African Potato Balm to nourish and revive the whole body while addressing specific concerns such as sun damage, discolouration, eczema, psoriasis and generally sensitive and stressed skin. The experience includes a body polish of your choice, followed by an African Potato Rose Quartz Crystal massage and a mini facial.

JETLAG RECOVERY 120 minutes

The perfect choice for after a long travel. Start with an invigorating Full Body Brushing to boost lymphatic circulation and clearing unwanted toxins. Continue with an Earth green Clay Mask infused with Detox body oil to aid in clearing fluid and toxins. After a warm shower, continue with a 60 minutes tailored deep tissue massage incorporating use of heated bamboo for deep targeted tension and the use of a cooling gel targets achy muscles and focus areas specific to your need. Complete with a mini facial cleanse and hydrate. Ideal to relax, rewind and to energize yourself.

TIME OUT RITUAL 120 minutes

Enjoy some special rejuvenating 'me-time' with this highly personalized and tailored treatment journey. Consult with your skilled therapist and mix and match your preferred treatments for 2 hours to create your own ultimate "Me Time". This nurturing experience is highly tailored to your needs and state of wellbeing.

SCENTED SALT THERAPY 120 minutes

Choose between heavenly scents of Peppermint for muscle ease, Rose Geranium for body balancing or Orange to uplift and energize. Enjoy a deep revitalizing body exfoliation with Mineral rich Himalayan salt for the ultimate skin softening and restoring result. After a warm shower, continue the journey with a relaxing full body massage using one our signature Pinotage body butters to feed much needed nutrients. Complete with a hydrating mini facial to restore radiance and boost moisture.

GLOW FROM THE INSIDE OUT 120 minutes

Enjoy a relaxing full-body massage with a pure and premium aromatherapy blend of your choice to release, restore and revive. Continue this ceremony with your choice of antioxidant-rich Pinotage vinotherapy specialised facial ceremony to detox & uplift, condition & hydrate, or relax & de-stress. For an extra glow, speak to your therapist about experiencing one of our deeply nourishing handmade body butters tailored to a range of different needs.

TOTAL BLISS BODY RITUAL 90 minutes

Choose between the fragrant Marula & Neroli for a deeply calming and relaxing journey or should you need a hydration boost, gentle Kalahari Melon is the perfect choice to take you on a journey through the African desert. Begin with a full body polish to cleanse, soothe and brighten the skin. Complete this body ritual with a relaxing full body massage to relax, relieve and release anything concerns and stresses.





AFRICAN SPICE, REFINE AND DEFINE 120 minutes

A stimulating body ritual using Healing Earth's specially blended Coffee, Cinnamon & Orange range to invigorate, sculpt and define. Start with a brisk full body brush and full body polish to soften and smooth the skin while a gel mask is applied to targeted focus areas. After a quick shower, an invigorating full body massage application is performed to assist with improving circulation and lymph drainage.

INVIGORATING DETOX JOURNEY 120 minutes

Our powerful Detox Wrap start with an invigorating full body brushing to boost lymphatic flow. Continue with a detoxifying body scrub infused with powerful Mongongo Nut oil to cleanse and remove unwanted toxins from the body while it softens skin textures. Choose between a mineral rich mud wrap application or a detox Gel wrap to enhance the powerful functions to optimize detoxification. While cocooned, enjoy a nourishing scalp massage while you take a moment to breathe. After a warm shower, complete this experience with an invigorating and toning full body massage.

LYMPH DRAINING USING SPECIALISED CUPS 90 minutes

This treatment improves the Natural silhouette of the body by increasing lymphatic drainage and reducing water retention or oedema in the body. An intensive lymphatic massage includes the use of the highly effective Massage Cups and the Aromatherapy oils of Mongongo Nut which when used in combination releases toxins and aids in increased Lymphatic drainage improving the contours and silhouette of the body and improves the texture of the skin. Complete your journey with a pinotage hydrating facial to refresh and restore skin hydration. The ideal massage choice for treatment of jetlag, removing fluid retention and treatment of over indulgence.

BODY CONTOURING MASSAGE

90 minutes

Start with a full body brisk brushing aids to improve lymphatic and blood circulation. Continue with a stimulating full body massage using Coffee, Cinnamon and Orange body oil to warm, firm and refine body contours. Upgrade with Massage cups for optimum results.



SPECIALISED FACIAL THERAPIES Pacials

More than just a facial, each of our facial ceremonies is designed to transport you on a memorable sensory journey that includes a specialised, expertly curated facial massage and bespoke aromatherapy oils to relax and uplift your mind while offering visible results to your skin. Can be combined with any other treatment on the menu.

SPECIALIZED TRI ENZYME PERFORMANCE FACIAL 90 minutes

This age-defying, high-performance treatment is specially formulated for cellular rejuvenation. It includes the application of two therapeutic masks, as well as a specialised facial massage that delivers potent nutrients to support cellular rejuvenation. The signature facial massage begins with Healing Earth's unique lymph drainage protocol to bring the skin into balance while eliminating toxins for immediately visible results. The unique delivery of active ingredients offers highly nourishing results from the cocktail of peptides, hyaluronic acid, enzymes and probiotics.

EARTH GODDESS FACIAL CEREMONY 90 minutes

Harness the power of antioxidant-rich natural wonder ingredients that will recharge your skin with a boost of powerful nutrients, hyaluronic acid and probiotics. Using Healing Earth's patented vinotherapy, this unique facial treatment combines a double dose of antioxidants with a range of skin-loving vitamins to drain toxins, stimulate cell tissue, and rejuvenate from deep layers of the epidermis (allowing for better absorption of the vitamins and minerals). Rose Quartz facial rollers incorporated to stimulation collagen and elastin leaving the skin radiant and renewed.

BRIGHETNING VIT C BOOST FACIAL 60 minutes

This brightening and radiance boosting facial, harnesses the powerful functions of powerful Rosehip and Vitamin C. An active facial starting with a cleanse to remove impurities, followed with our microfoliant enzyme clay to exfoliate and soften the skin. A lifting facial massage helps to relax muscles while the Radiance Rosehip serum regenerating and renews skin cells. This is followed by a therapeutically enriched mask that lathers the skin with the best nature has to offer, enriched with Cranberry leaving it brightened, refreshed and radiant. Complete with hydration boosting serum, our active brightening Vitamin C treatment cream and moisturizer to leave the skin nourished and youthful. Ideal for stressed, dull skin with pigmentation concerns.

RESTORATIVE HYDRATION FACIAL WITH HYALURONIC 60 minutes

An intensive hydration infused facial specially targeting dehydrated, and water lacking skins. Start with a nourishing cleanse best suited to your individual skin to begin the ultimate hydrating experience. Active ingredient Hyaluronic acid is lavishly used to feed the skin with nutrients, moisture and assist with the skins natural hyaluronic production, leaving it plump and moisture rich. Incorporating Rose Quartz crystal with Healing Earth Hydrating serum or Radiance Rosehip to aid in boosting circulation, resulting in optimum skin glow. Suitable for all skin types, ideal for dehydrated and sun exposed skin.





HEALING EARTH TAILORED FACIAL JOURNEY 60 minutes

Choose between the following facial ceremonies to best fit the needs of your skin and provide one of more of the following benefits. Add moisture, rejuvenate and regenerate tired skin at a cellular level to balance. Offering deep hydration for tired and dehydrated skin and offers instant plumping results or heal and renew dull, lifeless skin and visibly improve complexion.

- Balancing and Rejuvenating Neroli & Rose Facial
- Hydrating Marula & Rosehip booster facial
- Stimulating Jasmin & Baobab facial

SKIN SOOTHER FACIAL CEREMONY 60 minutes

This gentle facial is specially designed for skin that has been damaged by the sun or exposure to other environmental toxins. It harnesses the naturally nourishing powers of superfoods to heal the skin without the use of chemicals. Peptide boosters, masks, serums and natural oils with herbs and shea butters are all combined for optimum restoration. We use our famous aloe vera healing gel to sooth sensitive and dehydrated skins by feeding moisture and reducing environmental stresses. Ideal for sensitive and reactive skins.

ADVANCED MEN'S FACIAL CEREMONY

60 minutes

90 minutes

A deep-cleansing, exfoliating facial treatment harnessing the antioxidant powers of Pinotage vinotherapy with our healing and restoring African Potato Balm and a specialised facial massage for a deeply hydrating experience that refreshes, nourishes, and soothes the skin for visible results. Harness the cleansing benefits of Jade to deeply cleanse and restore skin to optimum state of clarity. The 90 mins experience includes a 30 mins tension relief back massage.



HEALING MASSAGES

At Healing Earth, we believe that a massage should be a cleansing, purifying, relaxing and healing holistic experience. Each of our massages begins with a Himalayan crystal foot bath to remove toxins from the body and align your energy with that of the therapist so you can derive the most benefit from the experience. Let your highly skilled, holistically trained therapist massage specific pressure points to release toxins from your body and bring you into harmonious alignment physically, emotionally and spiritually.

LEEU SPA SIGNATURE MASSAGE 90 minutes

A unique blend of different massage techniques from around the world, completed with sublime cool stones face massage and hydration skin booster. This signature massage is designed for deep relaxation, increasing blood circulation and release muscle tensions. Choose from our selection of therapeutic oils, enriched with the purest essences to provide ultimate luxury. Surrender in a relax state with warm towels to soothe and comfort the senses and align the body's energy flow.

MUSCLE RELAX MASSAGE

60 minutes 90 minutes

A unique blend of different massage techniques from around the work and completed with sublime cool stones face massage and hydration skin booster. This signature massage is designed for deep relaxation, increasing blood circulation and release muscle tensions. Choose from our selection of therapeutic oils, enriched with the purest essences to provide ultimate luxury. Surrender in a relax state with warm towels to soothe and comfort the senses and align the body's energy flow.

SOUL OF THE EARTH

60 minutes 90 minutes

Take a journey across the plains of Africa in this full-body massage using a selection of specially blended and nourishing body butters with ancient healing traditions and techniques. Ingredients sourced and selected for their connection and roots with Africa will help relieve dry and dehydrated skins. Selecting a butter of choice, you not only nourish the skin, but also target specific concerns and achieve your desired outcome.

HEALING TOUCH PURE AROMATHERAPY MASSAGE

60 minutes 90 minutes

This holistic treatment combines gentle to medium pressure touch with Healing Earth's pure essential oils expertly blended with cold-pressed, organic, antioxidant-rich Pinotage grapeseed oil. Choose between Relax & Destress, Hydrate & Condition, Detox & Uplift or Calm & Sleep, to suit your unique needs. Not sure which to choose? Your specialised therapist will be able to make the right recommendation for your specific physical, mental, and emotional needs. Let the aromatic oils seep into your system and work their therapeutic magic while you surrender to the restorative power of nurturing touch.

HEALING MASSAGES

At Healing Earth, we believe that a massage should be a cleansing, purifying, relaxing and healing holistic experience. Each of our massages begins with a Himalayan crystal foot bath to remove toxins from the body and align your energy with that of the therapist so you can derive the most benefit from the experience. Let your highly skilled, holistically trained therapist massage specific pressure points to release toxins from your body and bring you into harmonious alignment physically, emotionally and spiritually.

ROSE CRYSTAL STONE MASSAGE

60 minutes

90 minutes

Rose quartz is the stone of universal love. It purifies and opens the heart at all levels to promote love, self-love, friendship, deep inner healing and feelings of peace. This holistic treatment works on realigning the body through the energetic meridians to melt away tension and stress, release toxins, and improve blood circulation for metabolic health, improved immunity, and overall wellbeing.

ABYANGA HOT OIL MASSAGE 60 minutes

We've curated a unique collection of hand-blended African indigenous oils combined with pure olive and grapeseed oil from Leeu Estates' own organic farm for complete relaxation and realignment of body and mind. Surrender to a sublime experience of total release for the whole body as these warm oils are carefully curated according to your unique fragrance preference, and expertly applied and absorbed into the bloodstream for optimal therapeutic effects.

BACK, NECK, SHOULDER & FOOT RELIEF 60 minutes

Take a journey across the plains of Africa in this full-body massage using a selection of specially blended and nourishing body butters with ancient healing traditions and techniques. Ingredients sourced and selected for their connection and roots with Africa will help relieve dry and dehydrated skins. Selecting a butter of choice, you not only nourish the skin, but also target specific concerns and achieve your desired outcome.

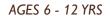
ADD ON TREATMENTS AND UPGRADES

Should you wish to extend your spa experience, you may select any of the below Add On menu items. These treatments cannot be booked as a single treatment or combined.

- 30 mins Healing Earth Hydrating Facial
- 30 mins Full body Polish
- 30 mins Back, Neck & Shoulder Massage
- 30 mins Revitalising Foot & Ankle Massage
- 30 mins Relaxing Head Massage with African Potato Balm
- 30 mins Healing Earth Wrap
- Heated Crystal Back Therapy
- Heated Bamboo for Deep Tissue Release
- Heated Rose Geranium Poultice Back Therapy
- Specialised Massage Cups
- Hydrating Eye Treatment
- Jade or Rose Quartz Facial Roller







We welcome all guests to Leeu Spa by Healing Earth and have included a list of experiences fit for the little ones. All treatments to be booked in a couple's room.

MINI PAMPER MANICURE

MINI PAMPER PEDICURE

HYDRATING FACIAL 30 minutes

A refreshing Healing Earth facial enriched with neroli infusions to assist with balancing oil production and hydrate the skin by adding moisture.

BODY POLISH

30 minutes

A gentle full-body polish ideal for the little ones to energise the body and nourish the skin.

RELAXATION MASSAGE

45 minutes

A soothing full-body massage ideal for kids. A gentle pressure aids with improving circulation, helps to relax, and improves the body's immune system.





ULTIMATE HAND & FOOT CELEBRATION 120 minutes

The treatment begins with a luxurious foot and hand Himalayan salt bath complete with nourishing aromatherapy and olive oils. You will then be treated to a remineralising Himalayan salt foot scrub and an antioxidant-rich Pinotage hand polish, followed by a nourishing shea butter mask for hands feet. The experience ends with an invigorating massage, cuticle treatment and nail shaping and varnishing to perfection. The ultimate luxury for your hands and feet!

* Includes a full Spa Deluxe Manicure/Pedicure.

CLASSIC SPA PEDICURE 60 minutes

A relaxing pedicure including a foot soak, gentle exfoliation, nail and cuticle work. Complete the treatment with a varnish of your choice to complete the perfect look. Please advise upon reservation should you have gel polish that needs to be removed. Soak off will be booked additionally.

CLASSIC SPA MANICURE

60 minutes

A relaxing manicure including a hand soak, gentle exfoliation, nail and cuticle work. Complete the treatment with a varnish of your choice to complete the perfect look. Please advise upon reservation should you have gel polish that needs to be removed. Soak off will be booked additionally.

WAXING SERVICES

- Eyebrow / Lip
- Underarm
- Bikini Brazilian
- Hollywood
- Full Leg
- Half Leg

FULL DAY PACKAGES

Extend and upgrade your massage or facial by an additional 30 minutes each for R250. Enjoy a healthy poolside lunch from our Wellness Cuisine Menu (charges additional and based on menu prices)

JOURNEY THROUGH AFRICA

3 hours

Enjoy a full body polish of your choice for a gentle touch to soften and remove dead skin from the body. Allow a cocooned wrap using our Healing Earth Green Earth Clay to transport you to a state of utter bliss. While you are cocooned, the Award-winning African potato is used to perform a relaxing scalp massage to ease and soothe away any tension and worry. After a quick shower, you continue with a full body massage tailored to your personal needs by choosing one of our curated Pinotage signature oils. Once your body has surrendered to the sheer indulgence of this treatment, a therapeutic and tailored facial with pressure point massage will boost complexion, revive the skin, and add lasting glow.

I HEARD IT THROUGH THE GRAPE VINE 3.5 hours

The immersive vinotherapy journey begins with a Pinotage body polish followed by a one-hour, full-body massage with the oil of your choice. Choose between Relax & Destress, Detox & Uplift or Condition & Hydrate to tailor the treatment to your needs. Followed by a therapeutic antioxidant Pinotage facial to suit your individual skin type and unique needs. Your skin will be pampered with naturally repairing and restoring botanicals, vitamins, omegas and - of course - the powerful polyphenols of the Pinotage grape. End the transformative journey with our signature grape hand and footprint ceremony.

A DAY OF INDULGENCE FOR HIM 3.5 hours

This one is for the gentlemen! Enjoy a full-body, remineralising Himalayan salt exfoliation, infused with peppermint to ease muscle tension and invigorate blood flow. Follow with a tension-relieving deep tissue massage, incorporating a warm bamboo to target sore muscles and alleviate aches and pains. A men's hero facial follows; tailored to your specific skin concerns and needs. End with a men's mini mani and pedi combo as the perfect finishing touch.

SUNSET IN THE WINELANDS 4 hours

Enjoy a gentle full-body exfoliation using our popular Kalahari Melon Body Polish followed by an immersive aromatherapy massage journey complete with lymph drainage and specially tailored aromatherapy and indigenous oils. Choose the perfect facial for your skin from our range of Pinotage vinotherapy options and end the unforgettable experience with our signature hand and foot celebration.

MOM AND DAUGHTER CELEBRATION 3 hours

Invest in this special relationship through some memorable pampering time together with a deeply relaxing full-body message with a pure aromatherapy blend tailored specially to your individual needs. Next, indulge in one of our specialised Pinotage facials of your choice and complete this special time together with a luxurious hand and feet pamper.





SPA EXPERIENCE

Leeu Spa by Healing Earth offers a variety of luxury experiences using only the very best in spa products. Choose from our list of signature packages, body ceremonies, specialised experiences, facials, massages, salon, and grooming services. When making a booking, please advise us of any health conditions, including pregnancy or allergies that could affect the choice of treatment and hinder your spa experience.

SPA FACILITIES

Our spa features male and female changing areas with locker facilities, showers, and steam rooms. A heated indoor plunge pool is available for use before and after treatments. Our fully equipped Technogym Fitness Centre is for the exclusive use of Leeu Collection in-house guests.

OUTDOOR POOL POLICY

The 15-metre outdoor swimming pool are exclusive for Leeu Estate guests and not accessible for non-resident guests. Please call Leeu Spa Reception for more information

SPA ENVIRONMENT

Leeu Spa by Healing Earth is a tranquil environment, and we kindly request that guests switch off or silence their mobile phone to ensure the spa experience is at its best. Kindly respect other guests by limiting noise while using spa facilities.

SPA ARRIVAL & ETIQUETTE

We recommend that you arrive 15 - 30 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. We require you to fill in a Guest Consultation Form advising us of any medical history and concerns in order for us to tailor your treatment experience. Please note that late arrivals may result in a reduction of your treatment experience.

SPA ATTIRE

You will receive a bathrobe, disposable underwear, and slippers to wear between treatments, as well as a locker for your personal belongings. We request that you please leave jewellery and valuables in your hotel room or at home or store them safely in the locker provided. Please note that appropriate swimwear is to be worn in all areas, including in the plunge pool, steam room and outdoor swimming pool. We offer complimentary amenities for your use.

CHILDREN'S POLICY

We welcome all guests to Leeu Spa by Healing Earth and have a dedicated list of treatments for children. Please note that guests between the ages of 6 - 18 years require permission from a parent to book any treatments. Any guest below the age of 16 must be booked in the same room as a parent. Guests under the age of 12 are not permitted to use the gym, while guests aged 12 - 16 may do so under parental supervision.

SPA CANCELLATION POLICY

Treatment times have been scheduled for you. If you must reschedule or cancel any spa appointments or packages, please notify the spa 24 hours in advance. Missed appointments without proper notices are subject to a 100% charge for reserved services.

SERVICE PRICES

All prices are listed in South African Rand (ZAR) and are subject to change at any time. Gratuities are not included and are welcome at your discretion. Please note international surcharge may apply for payments made by bank transfer or Forex.

GIFT VOUCHERS

Gift vouchers for all spa services or monetary vouchers are available for purchase. Please contact our Spa Reception for further information.

BOOKING CONFIRMATION

Please note that a 50% deposit is required to secure your reservation at Leeu Spa by Healing Earth. Please contact Leeu Spa for more information.





② leeuspafhk@leeucollection.com

+27 21 492 2223

@LeeuEstates

@leeucollection

