

SPA @ DE HOOP

www.dehoopcollection.co.za

Treatment Menu

We welcome you to SPA @ De Hoop, a place where one can be in a relaxed state of mind, enabling clarity of thought, which in turns enhances beauty.

We are thrilled to partner with the brand Africology, a brand which follows in the healing powers of nature. They are inspired by ingredients from Africa and South Africa and are proudly a South African brand...A true experience for the senses.

We invite you to browse through the menu and choose the treatment that speaks to you. Our selection of treatments has been chosen reflecting nature around you, brought to you by our experienced therapists and their touch.

Traditional Massages:

Therapeutic Massage

Massage techniques are applied in loosening stiff, sore muscles in a gentle way, not being too much intrusive but using pressure to gently manipulate the muscles, let go of daily stress and take your mind and soul to another place.

60min

R500

90min

R650

Deep Tissue Massage

Massage techniques are applied in a more invasive method to manipulate the build up of lactic acid to loosen up and be drained from the body. Expect to be taken on a journey of awakening the muscles and a workout.

60min

R600

90min

R750

Hot Stone Massage

Using lava stones, that is heated up, applied with massage techniques, one will feel the stress melting away and loosening up stiff and sore muscles, a wonderful soothing treatment to enjoy.

80min

R750

Bespoke Africology Massages:

Intonga Amasatchi

This massage is a deep tissue and stress-relieving treatment. Skilful movements are performed with the hands, and differently sized wooden sticks are used to stretch tight muscles and ease toxic overload from daily stress. Symbolically, the stick or staff represented wisdom and direction to the healer. Created from yellow wood, the healer knew that the energy of the earth was a valuable tool.

75min

R800

Soul of Africa Body Conditioning Massage

Africology admires and emulates the ceremonial process, using Africa's miracle marula oil blended with Neroli to soften signs of ageing through its anti-stress action. In Africa, marula is also used to treat sun-damaged skin as it improves skin hydration and helps fight free radicals. This treatment starts with the application of warm, soothing mud to release negativity stored in the muscle. Then marula oil is applied in preparation for your intuitive body and scalp massage.

90min

R800

Bespoke Intuitive Herbal Oil Massage

This therapy works on tight muscles and lymph drainage, combating tension in stiff aching bodies. Massage is combined with herbal bags to improve circulation and absorption of essential oils. Blends of oil on offer:

Relaxing or Energizing

60min

R650

30min

R350

Body Treatments

Inkomfi Full Body Exfoliation

Your body has an innate natural rhythm which we often forget. Our carefully selected Marula and Walnut micro particles, enveloped by hydrating Shea butter from Ghana, ensures that your cells are evenly exfoliated whilst receiving maximum nutrition for new beginnings.

45min

R400

African Potato Body Experience

Our pure and natural Hypoxis Body Wrap is formulated with African potato and Marula oil, warmly applied to soften, soothe and improve skin hydration while fighting free radical damage. This herbal blend relaxes you on application, while the rich sounds of Africa help the mind to focus on the holistic experience. Enjoy a foot ritual and deeply relaxing scalp massage, while the wrap is melted into the skin. Finishing off with a soothing massage with body-conditioning Marula oil, which creates a natural barrier to hold in moisture and improve collagen and elastin.

120min

R1 400

Africology Bespoke Facials

Vitamin Booster Facial

This uplifting facial uses a rich vitamin and mineral cocktail to replenish the skin, boost your immune system and energise the skin. Vitamin C stimulates collagen production, while vitamin A, E and B complexes restore and strengthen your skin naturally. Great for tired, stressed or run down skin, leaving you revitalized.

75min

R550

Aloe Ferox Firming Facial

Africology's answer to Botox! To create youthful, resilient and buoyant skin, Aloe Ferox helps to calm, lift and firm naturally by encouraging fibroblast growth and repair. Blended with a potent combination of healing honey, tripeptides and retinal palmitate (Vit. A) to stimulate collagen and elastin growth, creating a rejuvenating, youthful appearance.

75min

R650

Anti-Oxidant Rejuvenating Facial

An anti-aging treatment designed to combat the effects and signs of aging. The unique layering process tones, soothes and brightens the skin, revitalising in the long term while providing an immediate healthy glow. By combating free-radicals and boosting collagen, it has an immediate toning and smoothing effect on the skin, plumping fine lines and reducing pigmentation and inflammation with Vit. C.

75min

R550

African Goddess Facial

Beginning with the mentally relaxing notes created by a Tibetan singing bowl, the African Goddess facial is a treatment designed to honour the goddess within. Our de-stressing, anti-aging, cell-renewal facial is rich in natural oils. Deeply hydrating, it restores elasticity and stimulates new cell growth. The back is scrubbed before a balm-infused back massage. Only once the back has been restored to its relaxed state does the facial begin. This a wonderful ritual that involves cleansing, massage and sound therapy, making it a sacred a sensory way to celebrate the Goddess within.

90min

R850

Finishing Touches and Grooming

Manicure

What is more luxurious to step out with well-groomed hands and nails. Starting off soaking and softening the hands and nails to prep for the treatment ahead. Your therapist will consult your needs and specifications around your nails and finish off with a colour of your choice from our nail range.

60min	R280
75min (French)	R320
Gel add on (20min)	R100

Pedicure

While your feet and legs carry you wherever you want to go, give it some love and it will be forever in your debt...Enjoying a soak and cleanse before starting, your therapist will consult your needs and specification around your nails and finish off with a colour of your choice with our nail care range

60min	R320
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Waxing

Lip & Chin	R80
Underarm	R80
Arm	R150
Leg – full	R280
Half	R150

Tinting

Brow	R50
Lash	R60
Brow& Lash	R100

Package Deals

Fynbos Special

Enjoy the beauty around you, nature, fynbos and wild life...come and relax for 2 hours and enjoy a one hour of your choice of massage and the Aloe Ferox firming facial, leaving you renewed and refreshed. Accompanied with a detox juice.

120min

R1 000

Opstal Spoil

Just to come and enjoy the natural beauty & linger for a while at De Hoop? Then the Opstal Spoil package is just for you...Indulging you in:

30min Back and Neck Massage

30min Express Facial

30min Express Manicure or Pedicure

90min

R700

A Whale Away Treat

Just returned from your beach walk or hiking trail and need some attention on your legs and sun kissed face?...This package is just for you...Starting with a leg and foot massage and express anti-oxidant rejuvenating facial to finish off, you will feel relaxed and rejuvenated.

80min

R700

De Hoop Indulge

Want the full Monty and let the SPA @ De Hoop Team take you on an experience of a total body make over, then you chose the right package...

Full Body Massage

African Goddess Facial

Manicure

Pedicure

Lunch

Welcome Drink

280min

R1 900

“To twist and...stretch is...a body holiday. There is the unexpected delight in meeting earth and sky at the same moment! Gravity!” Extract from Awakening The Spine – A New Way of Yoga by Vanda Scaravelli

Gift cards are available on treatments and the packages
Please inquire with spa reception or therapist.

