



The Highland Rose Massage Therapy

The Highland Rose Full Body Massage 60 minutes R280

An overall body experience that soothes and relaxes the muscles, increases circulation, and induces an overall sense of well being. A combination of body butter, sweet almond oil and classic essential oils are used.

Serenity Back, Neck and Head Combo 60 minutes R280

An absolute treat! Allow your body and mind to switch off and relax during this 1 hour back, neck, head and scalp massage.

Serenity Back, Neck & Shoulder Massage 30 minutes R140

A wonderful antidote to stress and muscle tension, this massage concentrates on specific areas of tension located in the upper and lower back, neck and shoulders.

Hot Stone Therapy Massage 90 minutes R380

A special, ultra pampering massage using warm Basalt stone to massage the entire body, enhancing deeper relaxation and creates a soothing and harmonising effect on the body, mind and soul.

Serenity Head & Scalp Treatment Massage 45 min. R210

Experience an ultra relaxing, stress relieving scalp massage using a stimulating scalp tonic after which a conditioning hair oil and intensive hair mask is applied. A relaxing massage of the shoulders, neck, face and décolleté completes the treatment.

The Highland Rose African Wood Massage 90 min. R350

Mimicking the rhythms of an African dance, this TheraNaka™ signature massage blends light stretching techniques and specially designed body and facial dumbbells to relax and restore your weary body, after being drizzled with warm Olive and Shea butter ointment.

The Highland Rose African Awakening 90 minutes R350

Drawing inspiration from the Marula tree and traditional African healing beliefs this ultra relaxing full body massage was created. The enhancing breathing techniques will awaken your senses and revive your body and mind.



The Highland Rose Body Therapy

TheraNaka™ Body Exfoliation 30 minutes R180

A renewal of the body that effectively eliminates dead skin cells whilst moisturising leaving the skin soft to the touch, invigorated and revitalised.

TheraNaka™ Body Wrap Treatments

Starting with an invigorating body exfoliation, the body wrap treatments contain an abundance of exotic aromatic scents and natural herbal infusions. Let your mind drift off during a relaxing scalp massage whilst you are cocooned in a comforting envelopment of fragrant oils and wraps.

Mud Wrap 90 minutes R390

Aloe Ferox Gel Wrap 90 minutes R390

Spinal Detox & Back Treatment 60 minutes R290

Excellent for backache, stiffness in the neck and shoulder areas, this treatment includes a back exfoliation, a mud pack to increase circulation, ease muscle pain and treat the neglected areas of the back. A relaxing back massage follows using a hydrating massage blend to nourish the skin and soothe the muscles.



The Highland Rose Beauty Box

Thera Vine™ Balancing Facial 60 minutes R290

A deep-cleansing facial customised to gently remove surface impurities followed by a personalised mask while utilizing specially selected aromatic botanicals for restoring balance to the skin, leaving your skin soft and restored.

Thera Vine™ Hydrating Facial 60 minutes R290

A facial designed for extreme relaxation with the aromatic scent of essential oils designed to deeply hydrate your skin, leaving you with a radiant complexion.

Thera Vine™ Appetizer Facial 30 minutes R150

Experience an express Vinetherapy facial boost customised to your specific skin concerns in just thirty minutes.

Thera Vine™ Executive Facial 60minutes R290

A deep-cleansing facial designed exclusively for our male clients, customised to either restore balance to the skin or to deeply hydrate the skin while gently removing surface impurities.

Eye Brow Shape 15minutes R30

Eye Brow Tint 15minutes R35

Eye Lash Tint 20minutes R45



The Highland Rose Hand and Foot Treats

Manicure 60minutes R130

Pedicure 60minutes R150

Paraffin Wax Manicure 60minutes R150

Paraffin Wax Pedicure 60minutes R170

French Manicure 1hour 15min. R150

French Pedicure 1hour 15min. R170

(Paraffin wax is included in the French manicures and French pedicures)

TheraNaka™ Hand Treatment 30minutes R90

Treat your hands and forearms with a gentle exfoliation followed by a customised African Fusion oil massage, hydrating gel mask and an application of intensely hydrating Baobab Lotion for rejuvenated younger-looking hands.

TheraNaka™ Foot Treatment 45minutes R130

Pamper tired feet and legs with a TheraNaka™ sugar exfoliation followed by a nourishing African Fusion oil massage and a hydrating gel mask, complimented by a nourishing massage cream application for your gorgeous new feet.



The Highland Rose Combo Treats

Serenity Soother 1hr30min R400
 Your choice of TheraVine™ Facial
 Serenity Back Massage

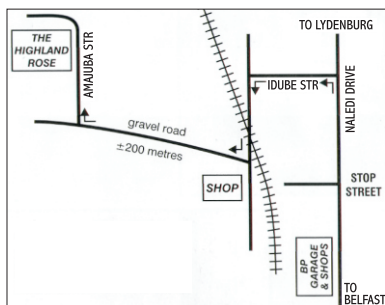
The Highland Rose Jet Lag Reviver 2.5hours R600
 Revitalise your mind and body after a long-haul flight or as a special treat.
 TheraNaka™ Foot Treatment
 TheraNaka™ Body Exfoliation
 The Highland Rose African Wood Massage

The Highland Rose Homeward Bound 2.5hours R600
 Prepare your body and mind for returning home after a relaxing African holiday, or as an anytime treat.
 Serenity Appetizer Facial
 Express manicure (his or hers)
 The Highland Rose African Awakening Massage

Serenity Rejuvenation Half Day Pack 5.5 hours R850
 Revive your whole body and rejuvenate your skin:
 Champagne, Orange Juice and Muffins on arrival
 TheraNaka™ Foot Treatment
 TheraNaka™ Body Exfoliation
 The Highland Rose Full Body Massage
 Your choice of TheraVine Facial
 Manicure (his or hers)
 Light Lunch served in the garden

Serenity Full Day Indulgence 7.5 hours R1250
 Just imagine a day of relaxation and tranquil surrounds:
 Champagne, Orange Juice and Muffins on arrival
 TheraNaka™ Foot Treatment
 The Highland Rose Full Body Massage
 TheraNaka™ Body Exfoliation & Body Wrap
 Light Lunch served in the garden
 Your choice of TheraVine™ Facial
 Manicure (his or hers)
 Pedicure (his or hers)
 Sundowner served on the patio

For more information
 please contact the Spa Manager on
 083 700 9749



The Highland Rose SERENITY SPA



Take time out & spoil yourself at
The Highland Rose
 SERENITY SPA

a place to relax, unwind and
 soothe your senses.

We offer personal & individual
 attention to your needs,
 select from our menu of pampering
 options or should you prefer
 we can tailor-make
 a day or weekend package
 just for you or your partner.