



THE
RESIDENCE SPA

Escape to an oasis of relaxation and rejuvenation.

The Spa includes two unique sections. The Baobab Couple's Suite is located on the first floor and has a private treatment room suspended on a wooden deck. Step into a candle lit sanctuary where your senses will be indulged with soothing scents of aroma oils and the sound of rippling water.

The Sky Spa on the top floor provides breath-taking views over Johannesburg's renowned urban forest. Enjoy a selection of spa snacks while taking in the spectacular African sunset. This is your personal time capsule where you can enjoy time together in our couple's room.

Signature Treatments

Residence Signature Journey 2 hrs

R 1 350

Embark on a unique journey to re-energise body and soul. Begins with a signature foot soak followed by a pressure point foot massage. Your body is then indulged with a stress- dissolving back exfoliation. Enjoy the warmth of a soy candle massage infused with essential oils of lavender, lemongrass and lime.

Residence Moroccan Mud Ritual 2.5 hrs

R 1 750

This detoxing treatment begins with a foot massage using pure organic coconut oil from Mozambique, followed by a fragrant rooibos full body scrub. The holistic experience continues in the Mud Chamber. Enjoy the relaxing sensation as you apply mineralized Moroccan mud to your body and unwind as the Aromatic steam activates circulation. Your journey is completed with a relaxing full body massage.

Residence Royal Restoration 2 hrs

R 1 550

A signature treatment that begins with a herbal infused rice full body scrub. A luxurious body wrap infused with essential oils will help rid the body of toxins. While you are cocooned, warm oil is drizzled onto your hair for a luxurious scalp massage. Your restorative journey ends with a full body massage. Experience the stress relieving qualities of the warmed organic shea butter to deeply hydrate your skin.

Residence Signature Facial 2 hrs

R1350

The ultimate sensory spa escape, created to induce deep relaxation. Begins with a back massage, followed by a hydrating facial including facial massage cupping to stimulate circulation. During this treatment your feet will be wrapped in a moisture rich mask and massaged to relieve any remaining tension.

The Spa Hydro Facilities 30 min

Mud Chamber Treatment – Rasul experience including the Residence selection of body scrub and body mask for a self-application treatment.

R 450 per
person

Steam room / Sauna – Private use of the facility

R 300

Spa Etiquette

The Residence Spa welcomes you to our sanctuary. Your journey with us begins with a bespoke foot ritual to calm and relax your mind in preparation for your spa treatment.

Guests are invited to arrive 15 minutes in advance of their appointment.

To ensure all clients benefit from the peace and serenity at The Residence Spa, we request that discretion and respect are shown towards fellow guests. Please silence your cell phone and refrain from talking loudly while in the Spa.

Hydro Facilities

Steam Room or Sauna : For your boutique spa experience, this is a private session, with exclusive use of the Baobab resting area. See menu for pricing.

Outdoor Jacuzzi : This is a communal facility and due to the tranquil nature of the spa we do not activate the hydro booster when treatments are in progress.

No eating or drinking is allowed in the hydro areas.

Dress Code

Swimwear is mandatory in the communal hydro spa area.

Cancellations

As a courtesy to other guests, please give us at least 24 hours' notice if you need to cancel your spa booking. Please note that there is a cancellation fee of 50 % if the cancellation is made less than 24 hours prior to the booking.

Opening Hours

The Residence Spa is open daily from 10 am to 7 pm, including public holidays.

Massage Therapies

Swedish Massage 60/90 min

R800/R950

The traditional massage, adaptable to your needs, whether it be firm or lighter and more relaxing. Choose from a selection of African fragrant oils.

African Masai Massage 90 min

R950

The Masai people used the Rungu carved out of wood as a symbol of warrior status. It has since been used as a massage tool providing relief to tense muscles. This treatment uses Africa's miracle oil – marula oil infused with patchouli.

Hot stone Massage 60/90 min

R850/R990

A massage using heated Basalt Stones to assist with muscle relaxation.

Aromatherapy Massage 60/90 min

R850/R990

A therapeutic full body massage using essential oils that are specially selected to the needs of your body and mind.

Signature Deluxe Massage 90 min

R990

A nourishing full body treatment beginning with a back exfoliation. Experience the warm sensation of shea butter and coconut oil infused with essential oils of lavender, lemongrass and lime. The soy candle will leave your skin intensely hydrated.

Tension Release Massage 90 min

R990

An intense and targeted deep tissue massage using an exclusive blend of black pepper, rosemary and ginger essential oils. Draining techniques will disperse built up lactic acid & reduce muscle pain.

Jet Lag Massage 90 min

R990

The ideal massage to banish fatigue associated with jetlag. Madagascan essential oils of ravintsara and ravensara will leave you revitalized and energized.

Herbal Compress Massage 90 min

R 1200

A heated herbal compress containing indigenous herbs. This treatment brings about a deep sensation of comfort & warmth whilst stimulating the body to detoxify.

Bellabaci Cupping Massage 90 min

R990

An ancient technique based on the knowledge of cupping therapy. Ideal for those needing a massage with added benefits of releasing toxins and improving circulation.

Back, Neck & Shoulder Massage 30/45 min

R480/R580

A massage to release tension in the back, neck & shoulders.

Scalp Massage 30 min

R 480

A relaxing massage focusing on the scalp and neck area

Pressure Point Foot Massage 30/45 min

R480/R580

A massage to ease tired, aching feet and legs.

Add On : Warm Mud Back Detox 30 min

R 350

A warm mud treatment to detox and cleanse your skin. Includes a back exfoliation.

Spa Packages

Bespoke Couple's Journey 3 hrs

R3900/ couple

Spend time with the one you love with a fusion of treatments tailored to your needs. On arrival enjoy a glass of sparkling wine as your journey begins. A foot exfoliation and massage will ensure that you are relaxed before your quality time together begins. A full body massage followed by your choice of facial will complete your experience.

Romantic Escape 2hrs

R6100/couple

Your experience will begin with a glass of sparkling wine on arrival. Celebrate your union as you are treated to a roibos foot scrub and relaxing foot massage. You will then be guided to our couple's room where your side by side treatments will begin. Enjoy a deeply nourishing back exfoliation followed by the warmth and hydration of a soy candle massage. To complete your time together, this package includes accommodation in a luxury room and a romantic two course dinner.

Time for Two 3 hrs

R3900/ couple

This treatment takes place in our romantic couple's suite. Begins with a foot scrub, followed by a 30 min foot massage. Enjoy a private mud chamber experience. Complete your journey with a 90 min tension release massage. To conclude, a cheese platter and a glass of sparkling wine will be served.

Ultimate Spa Journey 5.5 hrs

R 3100

Full body exfoliation followed by a hydrating body wrap and full body massage. Includes a QMS facial, deluxe manicure, deluxe pedicure & spa lunch.

Tranquillity 5 hrs

R 2500

Signature deluxe full body massage, QMS facial, deluxe manicure, deluxe pedicure & spa lunch

Pure Indulgence 2.5 hrs

R 1200

The perfect treatment for indulgent pampering. Begins with a deluxe manicure or deluxe pedicure, followed by a 75 min full body massage.

Body Rejuvenation 2.5 hrs

R 2450

Revitalize your body, starting with a luxurious pearl body scrub. This is followed by a hydrating body wrap. Renew your facial glow with a Vitamin C Facial. Complete this rejuvenating spa experience with a Kombucha oil full body massage

Detox & Glow 2 hrs

R 1400

Full Body Exfoliation, Green Coffee Detox Wrap, Full Body Massage

Men's Journey 3 hrs

R 1800

Hydrating Facial, Full Body Massage, Men's Pedicure

Urban Express (available Monday to Friday only)

Includes an express gel manicure and gel pedicure (no exfoliation or massage)

R 500

Includes an express manicure and express pedicure (no exfoliation or massage)

R 400

Facials

QMS Medicosmetics Facials: A cosmeceutical skin care range

Collagen Rejuvenation Facial 75 min R 950

A facial to boost collagen and skin rejuvenation. Includes a collagen serum and firming mask.

Neo Tissuedermie Facial 75 min R950

Developed to combat the signs of ageing. A lifting facial massage with an advanced collagen serum, Co-Lectine 3 targets mature skin conditions.

Hydrating Facial 75 min R 950

A moisture rich treatment incorporating a Hydro Foam mask to deeply hydrate the skin.

SK Alpha Facial 75 min R 950

A facial to stimulate microcirculation of the skin. Includes a thermal active revitalising mask.

Ultrasonic Deep Cleanse Facial 75 min R 950

The ultimate facial for a deep cleanse. The ultrasonic facial device is used to eliminate dead skin cells, resulting in an immediate brightening of skin tone.

Activator Facial 75 min R 950

The perfect solution for jetlagged skin. Includes a sheet mask infused with hyaluronic acid to revitalize skin, leaving it firm and glowing.

Pevonia Facials: Advanced botanical & marine based skin care range

Aroma Fusion Facial 60 min R 600

A facial designed to restore balance and radiance to the skin. Includes a facial massage with essential oils of lavender, neroli and French rose oil to ensure perfect hydration.

Lumafirm Lift & Glow Facial 75 min R 900

A luxurious facial that plumps up and brightens the skin. Includes a freeze dried illuminating mask containing diacetyl boldine for immediate skin lightening and lifting. Ideal as a treatment before an important event.

Luminous "C" & "Sea" Facial 75 min R 900

Vitamin C enriched facial to boost radiance. Includes the high frequency device to facilitate product penetration. A freeze dried algae ampoule will leave your skin feeling hydrated and glowing.

Biomedical Luxury Facial: Proudly South African

Thermogenic Ice 75 min R 900

Resurfaces the skin, diminishing the appearance of fine lines & wrinkles. A thermogenic mask clinically formulated with potent antioxidants, dramatically improves skin texture. This is followed by a cooling hydrating mask.

Add on: Firming Eye Mask R 150

Spa Essentials

Manicure & Pedicure : To ensure strict hygiene practice each client receives new nail files

Classic Manicure	60 min	R 300
Deluxe Manicure (Includes heated paraffin dip)	75 min	R 350
OPI/Shellac Gel Manicure	60 min	R 350
Hot Almond Manicure (Ideal for hands & cuticles in need of hydration)	60 min	R 350
Classic Pedicure	60 min	R 350
Deluxe Pedicure (Includes heated paraffin dip)	75 min	R 400
Medi Heel Pedicure (Chemical exfoliation to treat callused feet)	75 min	R 400
OPI/Shellac Gel Pedicure	60 min	R 400
Gel Soak-off (Application done elsewhere)	20 min	R 120
Gel Soak-off (When application done at our spa & combined with reapplication)	15 min	R 60
IBX Nail Repair Treatment (Restores intercellular nail health)	15 min	R 120

Body Scrubs

Salt Mousse Glow : Full body sea salt exfoliation	45 min	R 400
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Body Wraps : Includes body exfoliation & scalp massage

Crème Fraiche Body Wrap	60 min	R 800
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Allow yourself to escape on a fragrant tropical journey. Enriched with pineapple & papaya enzymes to dissolve dead skin cells. Enriched with Vitamin A for skin smoothing and brightening.

Moroccan Mud Body Wrap	60 min	R 800
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This extraordinary mud from the fertile valleys of Morocco will assist in the release of impurities. Your skin will emerge feeling hydrated as the rich minerals are absorbed during the wrap.

Green Coffee Detox Wrap	60 min	R 800
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A body wrap designed for maximum detoxification. Excellent for stimulating circulation.

Desert Heat Body Wrap	60 min	R 800
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A bubbling wrap to vanquish fatigue and stress. Enriched with red sea weed and desert mud rich in magnesium, copper and zinc. Emerge from this treatment feeling energised and renewed.

Lumafirm Lift & Glow Wrap	90min	R 1100
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Let this luxurious, intensely hydrating body wrap transform your skin, with active skin brightening ingredient, diacetyl boldine. Includes a Kombucha oil body massage to ensure that your skin is repaired, instantly firmer and velvety soft.

Waxing: To ensure strict hygiene practice no double dipping for hot wax treatments & new wax cartridge for each client

Half Leg Wax	30 min	R 220
Full Leg Wax	45min	R300
Standard Bikini	30 min	R 130
Hollywood	45 min	R 300
Underarm	30 min	R 130
Lip / Chin / Brow	15 min	R 90

Advanced Anti-Ageing Treatments

Biomedical Peels

Our peels are formulated by Dr Judey Pretorius, a South African dermatological biochemist. The peels offered are a light resurfacing treatment to improve skin tone and texture.

Glycolic Peel (25%) 30 min

A glycolic treatment to remove the top layer of dead skin cells. Improves skin radiance.

R 250

Salicylic Peel (30 %) 30 min

Salicylic acid is essential to the treatment of acne-prone skin conditions or highly sensitive and reactive skin types. This treatment makes use of a Nano-crystalized Salicylic Acid molecule to open clogged pores and eliminate sebum.

R 250

Lactic Peel (45%) 30 min

Lactic Acid is very softening to the skin, as it is naturally derived. It is an AHA used to dissolve the bonds between cells and reveal a rejuvenated complexion.

R 250

Vitamin C Brightening Peel 30 min

Contains a high potency Vitamin C to improve skin texture and boost radiance. Ideal as a treatment for instant brightening and lightening of skin tone.

Ideal as a once a week skin rejuvenation treatment (package price 4 treatments per month R1000)

R 300

Alkaline Peel 30 min

Removes 22 layers of skin on the epithelial layer to treat skin imperfections. Recommended as an effective treatment to inhibit facial hair growth.

R 300

ABC Peel 30 min

Includes a combination of alpha hydroxy acid (glycolic), beta hydroxy acid (salicylic) and Vitamin C peel.

R 500

Dermal Needling : Collagen Induction Therapy 60 min

This advanced skin needling treatment creates micro channels to improve product penetration and stimulate collagen production.

R 1000

Gold Standard Retinoic Treatment

Collagen Induction Therapy combined with a Retinoic Serum to increase cellular rejuvenation and boost collagen production. Ideal treatment for hyper pigmentation, acne prone skin and advanced anti-aging skin requirements.

R 1500

Skin Tightening/Blepharoplasty (available on specified treatment days)

Plasma skin tightening. Includes Peptide Therapy Homecare

R 2200