

Feather Hill



WELLNESS AND RETREAT

S P A

Feather Hill Wellness & Retreat Spa is a piece of heaven nestled in the heart of the North West Province. Treatments provided by highly professional and experienced staff combined with luxury accommodation, make Feather Hill Spa the exceptional hiding place. Enjoy the finest cuisine, served by our friendly staff wearing their hospitality crowns. So blessed with peace & quietness, Feather Hill is a safe haven to get rid of life's burden. Only one and a half hours from Johannesburg on the N12, heaven on earth is waiting for you ...

Our unique destination spa is situated on the edge of a hill with unlimited views and surrounded by the well-known Sugar bush trees & untouched nature. We put the crown on all our treatments by feathering our clients through their journeys of customized face and body treatments, to unwind the mind and revitalize the body...

Compassionate about our guests, we would love to meet (feather) you with our lavish hospitality, embracing your whole being.

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Conferences



Entering this state-of-the-art venue you will be inspired by birdlife photography, aromatic candles, fresh flowers and a "feminine" touch in both our bathrooms, to continue the whole Feather Hill experience.

Our full air-conditioned conference facility is specially designed for executives who appreciate excellent service and luxury accommodation. This fully functional venue ensures that we cater for:

- Conferences
- Birthday parties
- Year end functions
- Teambuilding activities
- Kitchen teas
- Baby Showers
- Theme parties
- Small weddings

Standard conference equipment includes: Proxima Projector, Projector screen, Laser point, Flip Chart, Podium & State-of-the-art sound facilities

- Venue Rate: R1400
- Rate per delegate: R140

Rates include: Coffee, tea and refreshments on arrival and during breaks, with a choice of ONE of our mouth watering lunch menus.

Accommodation



We offer luxurious accommodation in our four beautifully appointed suites, consisting of:

- All meals
- Air Conditioning
- DSTV
- Electronic Safe
- ME-EM amenity range
- En-suite Bathroom with Bath, Shower & Vanity
- 74 cm colour screen
- Mini Bar
- Hair drier
- Stationary

Accommodation Rates		
Accommodation Type	March - October	November - February
All Suites	R1350 p/p per night sharing	R1650 p/p per night sharing
All Suites	R1525 Single Rate	R1890 Single Rate



Activities



ON SITE ACTIVITY LIST:

- Use of the hydro facilities (Jacuzzi, infra-red sauna, steam room, heated pool, swimming pool) • Bird watching
- Quad bike trails • Walks • Blood Circulation Session • Tennis • Movies • Gym equipment

OFF SITE ACTIVITY LIST:

- Hot Air Ballooning SA • Vredefort World Heritage Dome Impact tours • Horse trails • Golf at the Country Club

How to Spa



- **OPERATING HOURS:** 7 Days a week from 08h00 until 17h00
- **COORDINATES TO REACH OUR HEAVENLY SPA:** 26°39' 33 S 27°07' 51 E
- **BOOKINGS:** Bookings can be made via e-mail, telephone or website.
- **APPOINTMENT:** We recommend that you arrive at the Spa Reception at least 15min prior to scheduled appointment. So doing, you can enjoy your welcome drink and get ready for your journey. Upon arrival you will be asked to complete a client card. This way we can customize your treatments according to your individual needs.
- **LATE ARRIVALS:** While every attempt will be made to accommodate your late arrival, it may result in the reduction of your allocated treatment time and full treatment price will be charged.
- **PAYMENT:** We accept cash, internet transfers, credit cards, debit cards and direct deposits into our bank account. Unfortunately, **we do not accept cheques**. We do require a 100% payment to secure any booking that has been made.
- **CANCELLATION POLICY:** Cancellations should be made at least three days in advance. Cancellations made within 48hours will result in a 50% cancellation fee. Cancellation within 24 hours and "No-shows" will ensure a 100% charge.
- **GIFT VOUCHERS:** The ultimate pamper gift for loved ones. Choose any treatment from our treatment menu or create your own personal package. **Valid for 3 months**
- **SPA ATTIRE:** Robes and slippers are provided, as well as towels during your journey. For your comfort during treatments, underwear or swimsuits must be worn. Alternatively disposable underwear will be provided by your Spa Specialist.
- **CELL PHONES:** Our Spa environment is one of serenity and total relaxation. To preserve this unique ambiance, we kindly request that all mobile phones be switched off during your journey.



Signature Experiences



We make use of our precious nature and surroundings to combine our distinctive signature treatments.

AFRICAN AWAKENING (120MIN)

R620

Experience a taste of Africa through a full body massage with specially designed Blackwood dumbbells, over relaxing and soothing shea butter. Followed by a relaxing Indian Head ritual and facial stimulations. This unique therapy helps improve inter-cellular circulation to relieve tension within the muscle fibers and uplift the mood and relieve stress... a hot oil hair ritual will awaken your senses.....

SUGAR BUSH INDULGENCE (90MIN)

R650

A complete full body exfoliation using Sugar bush extracts from our surrounding area to ensure blood circulation. Making use of one of our specialized hydro facilities you get rid of the excess product, followed by a deep full body tissue massage for total relaxation.

DUSKY SUNBIRD (120MIN)

R820

Beginning your journey with a light body polish, buffing the skin to give new life to skin cells, you can step into a Swiss Shower where you will be treated by light therapy, as different colour therapy will dominate your senses. Our roundly designed shower with 18 stationary water jets, is aimed at pressure areas of the body. The water alternates between hot and cold temperatures, to stimulate circulation and relieves tension. Complete your journey with a detox body wrap, followed by a full body moisture glow of your choice and a deluxe bare foot massage.

COSY SPARROW (120MIN)

R780

Nestled in one of our luxurious treatment rooms, you will be indulged in ambiance and tranquility, as we focus on all the senses. Based on the ancient practice of using selected aromatic essential oils for therapeutic purposes, we concentrate on all the pressure points to encourage deep relaxation during your full body massage. Your journey will be feathered off by a facial, using specialized masks and serums that will leave your skin regenerated afterwards.

After each of the above experiences, feel free to make use of our relaxation area with infrared sauna, steamroom, jacuzzis and indoor heated pool.

OR

Have peace in our garden cabanas while enjoying herbal tea of your choice, overlooking the endless horizon to get in balance with your whole being.



Spa Body Treatments



Looking at Mother Nature giving birth to new life, we have the permission to lead by example. Like nature getting rid of the old to make place for the new, we exfoliate the entire body to get rid of tired skin cells, drizzled off by one of our specialized hydro facilities. Preparing for the cocoon process, the therapist makes use of a specially designed mud to cover the body in a sense of color and fragrance. Enveloped in a warming blanket and eyes covered with an aroma pouch, will result in therapeutic benefits of all the active ingredients that prepare your body for new life.

SELECT ONE OF THE FOLLOWING COCOONS (WRAPS) TO SATISFY YOUR NEEDS. (60MIN)

R520

- Purify cocoon: process to accelerate the excretion of toxic wastes & cellulite
- Vitality cocoon: relaxing and wellbeing for both physical and emotional benefits
- Muscle tension & stress ease cocoon: ideal to aid the recovery of muscle stiffness with emphasis placed on total relaxation

Head to toe



CUSTOMIZED FACIAL (60min)

R450

This personalized facial is specially designed to fit your individual needs. The journey starts with a professional skin analysis done by our spa specialist. This analysis determine which product line should be used during the treatment, therefore making sure that the right product is used for your unique skin.

CONDITIONING SCALP TREATMENT (30MIN)

R280

This royal treatment puts the crown on your head as pure black pepper, pinotage extracts and geranium oils stimulate, condition and nourish your hair.

INDIAN HEAD MASSAGE (45MIN)

R250

Starting your journey with a bare foot ritual, we move over to the back and the shoulders. Gently feather onward to head and scalp to turn your tension into a relaxing pressure point massage to restore the mind.

DE-LA-CRÈME HAND TREATMENT (60MIN)

R180

Spoil the "always working hands" with this specially designed manicure. This luxurious treatment will include a hand and arm exfoliation, conditioning of cuticles and nails...then a heavenly massage follows and ends with a perfectly nail polish of your choice

DE-LA-CRÈME FOOT TREATMENT (60MIN)

R180

This soothing treatment will include foot and leg exfoliation, conditioning of cuticles and nails...then a heavenly massage follows. This experience from "sole-to-soul" ends off with perfectly polished nails (of your choice).



Massages



We can assure our guests that massage therapy is not only wonderfully indulging, but also holds important health benefits in stimulating blood circulation, bringing oxygen and other nutrients to the muscle tissue. It relieves muscle tension and pain, increases flexibility, and helps to clear waste, (such as lactic acid) which reduces pain and stiffness in the muscles and joints.

5 SENSE FULL BODY EXPERIENCE (60MIN)

R450

By using different massage techniques, this full body retreat puts the emphasis on wellbeing, by unwinding the mind and relaxing the body. Please note that this treatment can be customized for either relaxing or detoxification.

HOT STONE FULL BODY THERAPY (60MIN)

R500

This combination of healing hands and smooth volcanic stones are used to massage the body, increasing circulation and easing muscular tension and stress.

AFRICAN WOOD MASSAGE (90MIN)

R530

Experience a taste of Africa through a massage with specially designed black wood dumbbells moved over relaxing massage butter. This Africa experience helps to improve inner-cellular circulation to relieve tension within the muscle and uplift the mood.

BODY NUGGET EXPERIENCE (75MIN)

R550

During this highly specialized full body treatment, the therapist makes use of different body nuggets placed on different areas of the body. As the nuggets begin to melt in unison with body temperature, you are on your journey.....

- Relaxing nuggets: placed on the back & arms help combat muscular aches in the back, neck & shoulders
- Stimulating nuggets: placed on the legs to warm the muscles and improve general circulation
- Chest nuggets: placed on the chest for clearing sinuses and tightness of the chest

FEATHER BACK, NECK & SHOULDER THERAPY (45MIN)

R250

This is the traditional massage with a choice of our supreme blended oils with sure benefits that satisfy your individual needs.

HOT STONE BACK, NECK & SHOULDER THERAPY (45MIN)

R320

This executive stress deluxer will relieve all the strain on your pressure points, while smoothing volcanic heated stones with pure blended oils are used to ease your tension away.



Hydro Treatments



Water, a precious resource in nature is an essence and presents a healing tool in many forms. It comes as no surprise that the meaning of S.P.A is "health through water..." LATIN PHRASE: "Sanitus Per Aqua". Therefore our outstanding hydro facilities make Feather Hill a true Hydro Spa.

RASUL (30MIN)

R230

This treatment combines a mud pack with herbal steam to give a classic cleansing and exfoliation. The chamber is filled with soothing music and aroma therapy scents. Steam then enters the chamber, gradually increasing humidity and temperature, and allowing the mud to soften. While listening to soothing music the treatment ends off with a soft, heavenly forest rain to wash away the remaining mud. Our guests can experience colour therapy as hundreds of stars change their colors through this multi-sensory journey. This Turkish concept is ideal for couples and groups (6 persons).

SWISS SHOWER (30 MIN)

R230

A water therapy treatment combining the use of stationary water jets (18) which are aimed at pressure areas of the body. The water alternates between hot sprayers and a cold waterfall (optional) to stimulate circulation and relieves tension. We allow our guests to do a self exfoliation with mineral salts, aromatic oils and plant extracts from our surrounding area. Standing in this specially designed shower, you are filled with earthy colors working on the subconscious for total relaxation. Spoil yourself afterwards with a selection of our glowing moisturizers, leaving your body radiant.

VICHY SHOWER, SCRUB & SCALP RITUAL (60MIN)

R450

Laying on a water table, the therapist starts with an INTENSIVE body scrub, which increases blood circulation for optimal lymph drainage and abdominal stimulation, while six streams of water flow on pressure points with different temperatures all over the body. The scalp will be treated with a nourishing mask.

HYDROBATH EXPERIENCE (30MIN)

R250

Hippocrates, the father of holistic medicine, believed that the way to good health was to have an aromatic bath every day together with a scented massage.

- Pinotage bath: anti-oxidant bath with healing and soothing qualities
- Pamper soak: to pamper and rejuvenate a tired body, mind and soul
- Stress-Easer unwinding soak: to help melt away the effect of stress, tension and muscular pain
- Moisture Milk bath: to maintain a moisturized youthful glowing skin

After every treatment we recommend that our guests make use of our complimentary hydro and relaxation area.

- Infrared Sauna: Effective in the treatment of pain relieve, detoxification, weight loss, skin conditions, relaxation and boosting of the immune system, whilst reading collateral and listening to soft music.
- Steam Room: A hot, wet room where temperatures are kept between 40°C - 50°C. Humidity is generated in order to soften the skin, clean the pores, calm the nerve system and relieve tension. Make use of an alternative cold shower inside to revitalize yourself.
- Indoor heated pool
- 2 Indoor Jacuzzis
- Outside crystal pool



All packages include a blood circulation session (15min), fruity surprises, lunch, naughty sensations, purified water, herbal tea, coffee, fruit juice during the day and the complementary use of our Hydro and relaxation area

Spa day packages



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| STRESS AWAY | R1230 |
| • Steam room/Sauna • Swiss & exfoliation • Body nugget experience • De-la-Crème foot treatment
• Rasul ritual | |
| RESTING & NESTING | R1160 |
| • Your choice of bath soak • De-la-crème hand • De-la-crème foot • Steamroom/Sauna
• Hot stone full body massage | |
| VITALITY BOOSTER- | R1220 |
| • Jacuzzi • De-la-crème hand OR foot • Sauna/ Steam room • 5 Sense experience massage
• Exfoliation • Body wrap & hydro therapy | |
| PRIVILEGE: MOM TO BE | R1490 |
| • De-la-crème foot • Relaxing floral bath • Customized facial
• Indian Head massage • Mom to Be Full Body Massage | |
| PRECIOUS GIFT: BRIDE TO BE | R1180 |
| • Steam room • Vichy shower • Jacuzzi • De-la-crème hand & foot treatment • Hot Stone back,
neck & shoulder massage | |
| MYSTICAL ROMANCE: COUPLE | R1530 |
| • Jacuzzi • Rasul • Sauna • Indian Head Massage • 5 Sense massage • Customized facial
• Pinotage bath | |
| FEATHER LAND: KIDDIES (Only Mondays, other days on request if possible) | R260 |
| • Funky monkey bath experience • Manicure OR Pedicure • Feather OR sports massage | |

Overnight packages

See accommodation and day packages



<p>DETOX DRAGONFLY (1 NIGHT): (customized menu) March - Oct R2750 Nov-Febr R3080</p> <p>This two day program is excellent for people who suffer from a lack of energy, due to an unhealthy lifestyle and a lack of exercise therefore this package designed to detoxify and improve skin texture and tone (this package can be customized to a cellulite treatment as well).</p> <p>Day 1: Detox massage, wrap, steam room Day 2: Vichy shower, foot ritual</p>	<p>BUTTERFLY -VITALITY (3 NIGHT): WELLBEING & BURN OUT March - Oct R5720 Nov-Febr R6590</p> <p>Day 1: Indian head, wrap Day 2: Back, neck & shoulder massage, de-la-crème hand treatment Day 3: Hot Stone full body, de-la-crème foot, hydro bath Day 4: Customized facial</p>
<p>BEE-RELAXED (2 NIGHT): UNWIND March - Oct R4090 Nov-Febr R4710</p> <p>Day 1: African wood full body, de-la-crème foot treatment Day 2: Hand ritual outside, sugar bush indulgence, Day 3: Hot stone back, neck & shoulder</p>	<p>LAZY-LADYBIRD (5 NIGHTS): HEAD TO TOE March - Oct R8530 Nov-Febr R9990</p> <p>Day 1: Scalp treatment, facial Day 2: Exfoliate, wrap, back,neck & shoulder massage Day 3: Hydro bath, de-la-crème hand, Indian head Day 4: Full body massage. Day 5: De-la-crème foot treatment , Rasul</p>