



Feel into the Frequency
&
allow your nervous system
a moment to recenter

The
Elixir
Spa



It's your perfect quiet escape
to
Restore . Recharge . Realign

It's gentle running water, steam, essential oils, coming back into balance, frequency music recalibrating your nervous system. It's no speaking, just relaxing. It's just you & zero interruptions. This is your perfect quiet escape where everything else can wait. Here everything is energy & it begins with intentional touch to deeply soothe as you enjoy the magical experience of our Japanese Headspa - a signature ritual designed to release tension & restore balance. Enjoy our energy enhancements to truly restore, recharge & realign yourself mind, body & spirit with crystal alignment sessions & soothing sound journeys. This is not your typical spa. This is a unique tranquil oasis; waiting just for you...



THE GERANIUM

Energetic restoration — intuitive and deeply personal.

This crystal alignment session focuses on areas of tension, imbalance, or emotional stress. Crystals are placed on and around the body based on your needs, while you rest with frequency tones & a guided meditation to support relaxation and reset. A calm, still experience with time included for connection before or after.

Duration: 60 minutes | price : R450

THE RESTIO

A vibrational reset — calming the mind and restoring inner rhythm.

This sound bath session uses Tibetan bowls to create gentle vibrations that relax the body and slow the mind. Guided by your intention, this calming experience helps restore balance, with time to settle and reflect at the end.

Duration: 60 minutes | Price : R450

*Please note :
Full Body Massages may be requested on pre-arranged dates –
This is subject to availability. Please enquire for details, rates
and how this may be included onto any of the above
mentioned experiences.*

THE AFRICAN DAISY

A layered awakening — sound, energy, and deep restoration.

This journey combines a private sound bath, crystal balancing, and the Japanese Headspa. Sound bowls calm the nervous system before moving into the headspa with a herbal scrub, warm water flow, and steam with crystal placement. This is an energetic reset to release any emotional and mental blocks, leaving you feeling balanced from head to toe.

Duration: 2 hours | Price : R1500

THE PROTEA

A full energetic immersion — grounding, restoring, and recalibrating from within.

This session focuses on deep crystal energy work and sound therapy. Crystals are placed on and around the body in a grid formation as you are gently carried through a guided meditation. This experience merges into a private sound bath using Tibetan bowls to calm the mind and support energetic balance. Your session includes quiet time to settle and integrate.

Duration: 2 hours | Price : R950

THE HONEYBUSH

A foundational signature ritual — where restoration begins.

This signature headspa session relaxes & soothes the head, neck & shoulders while deeply cleansing and nourishing the scalp. Your session includes a herbal scalp & oil exfoliation to boost blood circulation & to remove build up of skin or products, followed by a deeply calming steam, hair wash & condition sequence. Light massaging is conducted throughout the session allowing you a quiet pause for the body's nervous system to recalibrate & re-centre.

Duration: 60 minutes | Price : R900

THE BABANIA

A soft realignment — restoring flow between body and energy.

This session combines our signature Headspa experience with a gentle chakra crystal balancing session. Crystals are placed on the body's main energy centres while you enjoy a herbal scalp scrub & oil exfoliation, soothing steam and a deep shampoo and condition sequence, leaving you feeling calm, grounded & centered once again.

Duration: 75 minutes | Price : R1100