



HEALING earth™

wellness

at LABORIE ESTATE

SPA MENU

Vino-therapy · Botanical · Holistic

Where vine, soil, and indigenous botanicals meet, the only sanctuary in South Africa where the healing chemistry of Pinotage is woven into every ritual.

Our Philosophy



Five pillars. One sanctuary. A way of healing found nowhere else.

At Laborie, the Pinotage vine, the mineral-rich Winelands soil, and the continent's most revered botanicals are blended by therapists trained in both clinical methodology and ancestral wisdom.

Every ritual is shaped to the guest before us, never repeated, never rehearsed.

Body, mind, and spirit leave changed.

The Vine | Pinotage, South Africa's own grape, gifts resveratrol, polyphenols, and procyanidins of remarkable potency.

The Earth | Kalahari Melon, Mongongo, and Marula. Cold-pressed botanicals of extraordinary healing depth.

The Soil | Mineral-rich Winelands earth, drawn from millennia of geological memory.

The Blend | Therapists who compose each ritual the way a vintner composes a wine.

The Intention | Every treatment chosen, sequenced, and held with purpose.



Bespoke Body Rituals

Multi-sensory ceremonies. No two guests leave the same.

LABORIE GRAPE ESCAPE | 120 MINS

PINOTAGE IMMERSION • FULL-BODY RENEWAL

Our most iconic journey, opening with a personal consultation of scent, pressure, and focus. Crushed grape seed and salt polish floods skin with resveratrol. A warm Pinotage seed and clay cocoon takes the body into deep cellular repair while a Pinotage cleanse, serum, and Gua Sha drainage lift the face. Closes in a full-body massage of bespoke Pinotage oils. Skin is silken; the body, profoundly quieted.

JOURNEY THROUGH THE VINES | 120 MINS

A FOUR-PHASE PASSAGE THROUGH THE HEALING ARC OF THE VINE

Vine Root - A grounding foot ceremony with shea and Pinotage exfoliation, honouring the earth beneath the vines.

The Harvest - A warm clay cocoon enriched with grape pomace antioxidants.

The Pressing - A deep oil massage with effleurage and Cape pressing rhythms.

The Vintage - A rare resveratrol express facial with potent serums. Closes with a glass of estate Pinotage.

INDIGENOUS AWAKENING RITUAL | 120 MINS

RESTORED GLOW • NERVOUS SYSTEM RESET

A grounding foot cleanse opens the ritual. Dry brushing kindles circulation. A shea-rich Kalahari Melon polish replenishes essential moisture, preparing skin for a softening white clay wrap. The journey closes with a warm Kalahari Melon balm massage, gentle stretch, hot crystals, and traditional massage tools, leaving skin radiant, supple, and the body deeply rested.

THE UBUNTU JOURNEY | 120 MINS

“I AM BECAUSE WE ARE.”

Begins with a guided meditation around a lit massage candle, a symbolic fire element. A protective antioxidant polish brightens the body. A flowing relaxation massage in warm shea-infused candle oil. Volcanic stones, a tribute to the ancient Paarl mountains, melt held tension and ground the spirit. Closes in soundscape and stillness.

Bespoke Body Rituals

DETOX & HYDRATE CEREMONY | 120 MINS

PURIFY • REPLENISH

A dual-action ritual that purifies and deeply hydrates at once. Dry brushing opens lymphatic pathways. Mongongo Nut polish softens. A Mongongo and juniper detox wrap draws out impurities. Closes with a Mongongo oil massage pressed deep with lymphatic strokes.

RESTORATIVE SLEEP RITUAL | 90 MINS

FOR BURNOUT • INSOMNIA • THE OVERSTIMULATED

Built on ingredients with proven sedative chemistry. A guided breathwork grounding opens the journey. Slow, weighted strokes synchronise with the parasympathetic system, while using a Vetiver and lavender butter quiet the nervous system. A warm head wrap, gentle neck stretch, and cooling peppermint at the temples ease tension. Closes in extended stillness with a chamomile infusion. Guests are asked not to drive for two hours.

EARTH GODDESS SPA JOURNEY | 120 MINS

REVITALISE • RENEW • REVIVE

A botanical body polish - Choose between Marula and Neroli to soothe, or Coffee, Cinnamon, and Orange to ignite. A warm grape seed and clay cocoon with scalp massage. Closes in a signature aromatherapy massage tuned to your body's needs.

SUN-KISSED COASTAL JOURNEY | 120 MINS

REJUVENATE • RESTORE • INVIGORATE

A Mediterranean-inspired ritual for land and sea. Antioxidant Pinotage polish, an Aloe Vera healing wrap, and a slow rhythmic massage with restorative botanical balm with cortisone functions, treats over exposed sun kissed skins in need of therapy.

RITUAL ENHANCEMENTS | 15 MINS EACH

- Pinotage facial cleanse and Rosehip massage
- Herbal foot and leg relief massage
- Warm oil scalp drizzle

Bespoke Body Rituals

THE LABORIE VINYARD ESCAPE FOR TWO | 120 MINS

ANTIOXIDANT PROTECTION • RELAXATION • CONNECTION

A romantic escape inspired by the healing power of the vine.

Unwind side by side in this luxurious ritual combining antioxidant-rich grape therapies with deep relaxation. Begin with a calming welcome ritual, followed by a Pinotage body polish to gently exfoliate and renew the skin. Enjoy a warm grape-infused clay body wrap with a soothing scalp massage, allowing for deep hydration and detoxification. A full body massage follows with warm grape seed oil to leave your body soft, hydrated, and glowing. The journey continues with a Vino-therapy radiance facial, designed to brighten, firm, and nourish the skin.

SACRED VINE DUO MASSAGE RITUAL | 90 MINS

DEEP HYDRATION • MUSCLE RELIEF • RADIANCE

A moment of connection, relaxation, and shared stillness.

Unwind side by and enjoy a synchronized full-body massage using luxurious Healing Earth body butters, melted into warm, nourishing oils. Rich in African botanicals, these deeply hydrating butters relieve muscle tension while leaving the skin soft, radiant, and restored. The experience is elevated with a refreshing facial therapy, including a gentle cleanse, exfoliation, and hydrating mask to revive and brighten the skin.



PROPERTY OF  HEALING earth™



Facial Therapies

Pinotage chemistry meets clinical precision. Visible. Measurable. Lasting.

Every facial begins with a complimentary skin assessment.

Enhancements available on request, resveratrol serum, collagen eye masque, or LED therapy. From R280 to R480.

ADVANCED & TRANSFORMATIVE

BAKUCHIOL AGELESS TRANSFORMATION WITH LED | 90 MINS

COLLAGEN • FIRMING • LUMINOUS CLARITY

Nature's answer to retinol, advanced with red-light LED and hot-cold crystal therapy. Bakuchiol stimulates collagen, softens fine lines, and refines tone. Lifts, sculpts, contours. Includes Gua Sha lymphatic drainage and a closing grounding moment. A high-performance, age-defying ritual of quiet precision.

CLINICAL VINO-THERAPY HIGH-PERFORMANCE FACIAL | 90 MINS

RESULTS-DRIVEN • PRECISION-FORMULATED

Our most clinically advanced facial. Pro-Glow Balm cleanse. Polyphenol enzyme peel works at skin PH 3.5. Healing earth deep-pore mask clarifies while ultrasonic infusion drives resveratrol-hyaluronic complex to the dermal layer. Warm stone drainage, collagen eye masque, and hypoxis to heal and seal complete repair. Recommended in a course of four over eight weeks.

HIGH-PERFORMANCE ANTI-AGEING FACIAL | 90 MINS

FIRMING • ANTI-AGEING • RADIANCE

Papain and bromelain enzyme exfoliation reveals fresh skin. Matrixyl peptide stimulates collagen. Hyaluronic serums plump and seal. Visible firmness, smoother texture, restored vitality.

ILLUMINATING GLOW, INSIDE OUT | 75 MINS

RADIANCE • EVEN TONE • CELLULAR RENEWAL

Pinotage tartaric acid and AHA enzyme exfoliation dissolves dullness and pigmentation. A nourishing serum massage rehydrates. A cold Pinotage mask delivers concentrated anthocyanins. Closes with a brightening serum pressed in by warm palms. The signature facial for Cape climate recovery.

Facial Therapies

VITAMINS & HYALURONIC PLUMPING FACIAL | 75 MINS

HYDRATE • REVIVE • REPLENISH

Pinotage Vitamin E and C, zinc, and three molecular weights of hyaluronic acid filling fine lines from beneath. Closes with Pinotage and Marula firming oil. Plumper, softer skin within twenty-four hours. Lavish layers of hyaluronic acid feed parched, water-lacking skin. Warm and cold stones boost circulation, leaving skin plump, moisture-rich, and luminous.

THE LABORIE GENTLEMAN'S FACIAL | 75 MINS

RESULTS WITHOUT CEREMONY

Deep pore cleanse, warm compress, and a granular grape-seed exfoliation that clears razor-related congestion. A tannin-clay pore-tightening mask regulates sebum. Anti-inflammatory serum and eye gel finish. No fanfare, just results.

RESTORATIVE HEALING FACIAL | 75 MINS

FOR SENSITISED • POST-PROCEDURE • COMPROMISED SKIN

Only the gentlest actives, shea, procyanidins for barrier repair, anti-inflammatory compress, and Healing White Clay. No exfoliation, no heat. Closes with cooling Aloe and Rosehip gel mask and complete with heal and repair skin boosting balm. Recommended post-laser, post-chemotherapy, or during flare-ups.

Vino-Therapy Collection

Available enhancements: Plasma Oxygen • Rose Quartz Drainage • Bellabachi Cups

BAKUCHIOL SKIN REJUVENATION | 75 MINS

GENTLE • POWERFUL • NATURALLY RADIANT

Bakuchiol, nature's Vitamin A. Strengthens the skin's barrier, softens fine lines, and protects against environmental stress. Rich in antioxidants and essential fatty acids. A revolutionary ritual in pure botanical form.

ULTIMATE SKIN REPAIR, INDIGENOUS POTATO BALM | 75 MINS

HEALING • SOOTHING • NATURALLY RESTORATIVE

Renowned Hypoxis, long proven in healing tradition, restores dull, sun-stressed skin in need of rejuvenation. A nourishing balm cleanse. Tri-enzyme microfoliant softens. Rosehip is pressed in with Rose Quartz to promote glow. Closes with hydrating hyaluronic and intensive repair serum.

VITAMIN C BRIGHTENING FACIAL | 75 MINS

RESTORE • BRIGHTEN • GLOW

Hyaluronic, Vitamin C, and organic Rosehip feed cellular regeneration and combat fine lines. Enhanced with our Plasma Device for an oxygen-rich, luminous finish.

SKIN REVIVAL CEREMONY | 60 MINS

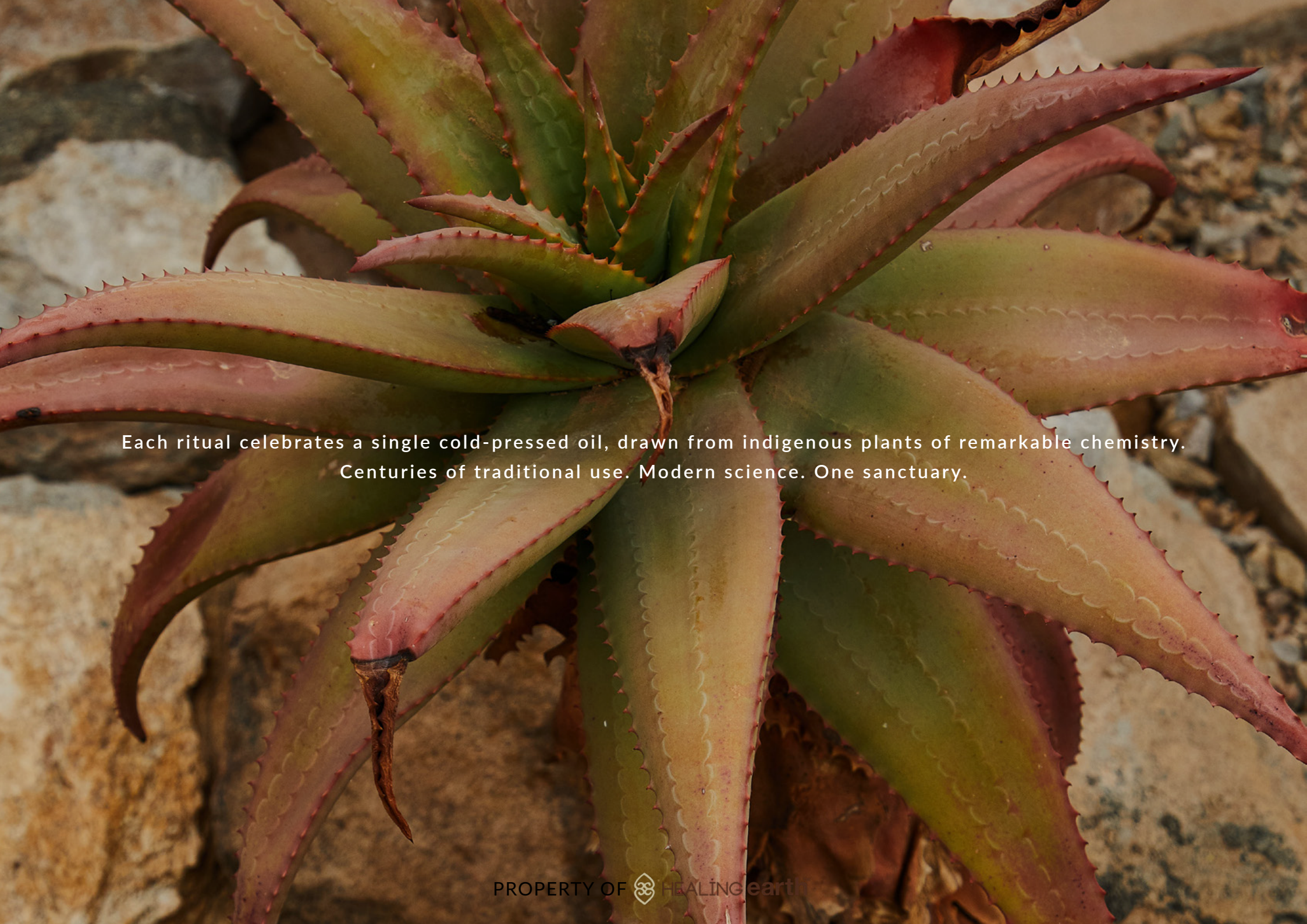
REVIVE • STIMULATE • REJUVENATE

Jasmine and Baobab boost collagen and skin regeneration. Gentle exfoliation and warm towel compress soften skin. A lifting massage, therapeutic mask and serum lathers the skin in nature's finest. Ideal for dry skin.

CLEAN & CLEAR DETOX FACIAL | 60 MINS

PURIFY • DETOX • CLARIFY

Neroli and Rose drainage massage with the clearing power of Jade crystal. A deep cleansing clay mask balances sebum and restores clarity. Ideal for oily and combination skin.



Each ritual celebrates a single cold-pressed oil, drawn from indigenous plants of remarkable chemistry.
Centuries of traditional use. Modern science. One sanctuary.

Indigenous Botanical Ceremonies

Where the vine meets the continent's oldest healing wisdom.

DESERT HYDRATION KALAHARI MELON CEREMONY | 90 MINS

CELLULAR HYDRATION • BOTANICAL DEPTH

Citrullus lanatus survives the Kalahari by accumulating extraordinary linoleic acid, making it one of nature's most powerful hydrating oils. A Kalahari seed and Himalayan salt polish, followed by A warm Pinotage and Kalahari oil massage. A cool, deeply hydrating gel mask soothes and hydrates the face. Hydration is possible to achieve at the surface with this wonder range.

THE QUEEN'S RITUAL MARULA & NEROLI CEREMONY | 90 MINS

PROFOUNDLY FEMININE • DEEPLY NOURISHING

Marula - Sclerocarya birrea, has been used for skin and healing across the southern continent for millennia. Combined with Neroli, aromatherapy's most celebrated regenerating aromatic. Himalayan salt and Marula exfoliation to soften and a warm full-body Marula, Neroli, and Pinotage massage. A Marula face oil ceremony with Gua Sha lifts and sculpts. Warm, golden, unforgettable.

WARMING & FIRMING COFFEE & CINNAMON RITUAL | 120 MINS

STIMULATING • FIRMING • SKIN-TRANSFORMING

Coffee and Cinnamon - two of nature's most stimulating botanicals, paired with Pinotage to create one of our most invigorating treatments. A coarse Coffee and salt polish exfoliates and firms. A Coffee, Cinnamon, and clay firming wrap completes. A warming Cinnamon and Pinotage oil massage accelerates absorption through sustained vasodilation. A favourite pre-event ritual.

DETOX REPAIR MONGONGO NUT CEREMONY | 120 MINS

CLEARING LYMPH • SKIN REVITALIZING

Mongongo - pressed from the savannah's hardiest tree, yields an oil exceptionally rich in eleostearic acid, known for its purifying and revitalising properties. Full body brushing boosts lymph circulation, while a Mongongo wrap cocoons the body under thermal blankets, encourages deep detoxification. A Pinotage cleanse and face masque helps draw out impurities, revive dull skin, and replenish essential moisture. The ritual closes with a nourishing Mongongo and Pinotage seal, leaving the skin deeply cleansed, renewed, and radiant. Transformative for congested, fatigued, and environmentally stressed skin.

INDIGENOUS POTATO HEALING MASSAGE | 60/90 MINS

HEALING • REPAIR • DEEP RELAXATION

Healing Earth's multi-award-winning balm, rich in anti-inflammatory and restorative actives. Warm, rhythmic strokes soothe sore muscles and nourish dry skin. Enhance with an anti-oxidant exfoliation infusion for the ultimate renewal.

INDIGENOUS POTATO COCOON | 90 MINS

REPAIR • HYDRATION • PROTECTION

A full-body healing wrap of our award-winning balm and Marula butter, followed by a light massage in nourishing botanicals.



Massage Therapies

Ancestral lineages, therapeutic precision, bespoke Pinotage oils.

Each massage is performed with Healing Earth oils chosen with your therapist on the day, matched to your body's precise needs.

SIGNATURE & CEREMONIAL

RUNGU TRADITION MASSAGE | 60/90 MINS

ANCESTRAL LINEAGE • TARGETED RELEASE

A profound massage performed with the traditional rungu, a smooth, weighted hardwood tool used by healers across the southern continent for centuries. Working alongside the therapist's hands, the rungu delivers concentrated pressure to deep muscle groups, trigger points, and energy meridians. Performed with our Pinotage oil blend, Hypoxis being one of the continent's most revered healing plants, traditionally used for its anti-inflammatory and immune-supporting properties.

LABORIE SHEA ESCAPE | 60/90 MINS

HEALING TOUCH • SPIRITUAL AWAKENING

A full-body massage with Kalahari Melon-infused shea butter, where deep relief and restored balance meet. A face drainage with Jasmine and Baobab oil follows. The calming sound of rain sticks and cleansing smoke invites a deeper stillness. Closes in healing herbal tea.

AROMATHERAPY WITH WARM STONES | 60/90 MINS

CHOOSE YOUR PINOTAGE BLEND • RELAX / DETOX / HYDRATE

A full-body journey across a landscape of indigenous oils, enhanced with polished, warmed crystal stones. Specially selected for their roots in this soil, for dry, dehydrated skin in need of botanical repair.

HYPOXIS SPECIALISED MASSAGE BAMBOO SHOOTS | 60/90 MINS

HEAL • REPAIR • RELEASE

Our award-winning balm paired with warmed bamboo shoots. Heat releases muscle tension while the balm nourishes deeply. Muscle ease gel completes the hot-cold therapy for optimum results.



Massage Therapies

THERAPEUTIC TRADITIONS

MUSCLE EASE DEEP RELEASE | 60/90 MINS

STIFF MUSCLES • LACTIC ACID RELEASE

Pressure flows from medium to deep across areas of accumulated tension, improving circulation. A cooling gel completes, refreshing, calming, soothing the relieved area.

HOT STONE TRADITIONAL MASSAGE | 60/90 MINS

CHOOSE YOUR PINOTAGE BLEND

A full-body massage with warmed basalt stones. Stimulates circulation and eases muscular tension. Choose Relax, Detox, or Hydrate Pinotage oil.

SPECIALISED DRAINAGE BELLABACHI CUPS | 60/90 MINS

CIRCULATION • DRAINAGE • DEEP RELEASE

A therapeutic full-body massage with cup therapy and pressure point work. Pressure adjusts to suit the body. The fragrance of the oils and the softness of skin linger long after.

MOM-TO-BE NOURISHING ESCAPE | 60 MINS

TAILORED CARE • TENDER PRESENCE

A specially adapted massage with our award-winning balm, packed with vitamins, minerals, and bio-identical actives that deeply nourish. Eases muscle tension and tiredness.

SPECIALISED DETOX & DRAINAGE MASSAGE | 75 MINS

JETLAG RELIEF

Manual lymphatic clearing techniques combined with our Pinotage detox blend, grape seed with juniper, cypress, lemon, and grapefruit. Light, rhythmic, pumping strokes accelerate the removal of metabolic waste. Dry brushing pre-treatment opens lymph pathways. For post-travel swelling, sluggish immunity, fluid retention, post-operative recovery, or pre-event preparation.

TENSION RELEASE BACK, NECK & SHOULDER | 45 MINS

WHERE STRESS LIVES

Warm compresses open the body before a focused tension-release massage. Muscle ease cooling gel completes the hot-cold finish.



Healing Earth Hammam

Ancient ritual • Modern luxury

The hammam - a purification ritual thousands of years old, blends Roman bathing tradition with Middle Eastern healing wisdom. More than cleansing, it is a sacred passage of renewal: heat opens the pores, steam softens the skin, ritual exfoliation reveals new layers beneath.

Our hammam honours this lineage while drawing on South Africa's finest organic botanicals. Set within a sanctuary of two heated marble beds, the space holds individual and couples journeys alike. Each ritual follows the classical sequence: gradual warming, steam infusion, deep exfoliation with the traditional Kesse mitt, purifying body treatment, and cooling repose, every phase enhanced with Healing Earth's certified natural products.

TRADITIONAL HAMMAM PURIFICATION | 90 MINS CENTURIES-OLD CLEANSING • LUMINOUS SKIN

The quintessential hammam experience. Heat therapy, steam, vigorous exfoliation, and nourishing body treatments, leaving skin luminous and the spirit refreshed.

VINO-THERAPY HAMMAM RITUAL | 120 MINS ANCIENT BATHING • MODERN GRAPE SCIENCE

An innovative fusion of Turkish bathing tradition and the science of the vine. The purifying heat of the hammam meets resveratrol, polyphenols, and flavonoids, combating ageing, nourishing skin, and promoting cellular regeneration.

Where every ritual is rooted in soil, vine, and intention.



Full Day Packages

THERAPEUTIC TRADITIONS

EXECUTIVE DAY RITUAL | 3HRS

ANCIENT BATHING • MODERN GRAPE SCIENCE

Escape into a restorative ritual for him or her designed to relax, rebalance, and reconnect. Begin with a full-body polish using mineral-rich exfoliants and nourishing African botanical oils from Healing Earth to smooth, soften, and renew the skin. Enjoy a bespoke 90-minute aromatherapy massage tailored to individual needs, easing tension while restoring body and mind through therapeutic essential oils and flowing massage techniques. The journey concludes with a personalised face for him or her, designed to deeply hydrate, revitalise, and restore natural radiance. Includes time to unwind in the thermal facilities for the ultimate wellness escape.

HOLISTIC RETREAT | 3HRS

GROUND • HEAL • HARMONISE

Reconnect mind, body, and spirit through a deeply restorative Holistic Retreat designed to nurture complete wellbeing. Begin with a guided one-hour journey combining gentle yoga, mindful meditation, and conscious breathing practices to restore inner balance and calm the nervous system. Continue with a cleansing hammam experience to purify the body and awaken the senses, followed by a deeply relaxing one-hour aromatherapy massage using bespoke essential oil blends to ease tension and promote total relaxation. Your retreat concludes with a personalised one-hour facial tailored to your skin's unique needs, leaving your complexion radiant, nourished, and renewed. Includes access to the thermal facilities for the ultimate wellness escape.

VINO-THERAPY COUPLES BLISS JOURNEY | 3HRS

DEEP DETOXIFICATION | INTENSE HYDRATION | IMPROVED CIRCULATION | SKIN RENEWAL

Immerse yourself in a deeply purifying ritual that blends the warmth of the hammam with the antioxidant power of Vino-therapy and the botanical richness of Healing Earth. Your journey begins in the steam chamber, where gentle steam opens the pores and softens the body in preparation for treatment. A traditional exfoliation follows using grape seed and mineral-rich body polish, leaving the skin smooth, purified, and glowing. You are then enveloped in a Vino-therapy body wrap infused with Healing Earth actives, harnessing the restorative powers to hydrate, detoxify, and replenish the skin. The ritual concludes with a nourishing full-body massage using Healing Earth body oils and butters, melting away tension while restoring deep nourishment. End with Healing Earth tailored facial to restore radiant skin. You emerge renewed - skin luminous, body relaxed, and senses fully awakened.



Spa Etiquette

SPA EXPERIENCE

Healing Earth Wellness at Laborie Estate offers a variety of luxury experiences using only the very best in spa products. Choose from our list of signature packages, body ceremonies, specialised experiences, facials, massages. When making a booking, please advise us of any health conditions, including pregnancy or allergies that could affect the choice of treatment and hinder your spa experience.

SPA ARRIVAL & ETIQUETTE

We recommend that you arrive 15 - 30 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. We require you to fill in a Guest Consultation Form advising us of any medical history and concerns in order for us to tailor your treatment experience. Please note that late arrivals may result in a reduction of your treatment experience.

SPA FACILITIES

Our spa features male and female changing areas with locker facilities with showers. Spa facilities includes unisex male and female Steam room, Traditional and Infra-Red Sauna and 2 varieties of Cold plunge pools. A heated indoor lounge pool is available for use before and after treatments.

SPA ENVIRONMENT

Healing Earth Wellness at Laborie Estate is a tranquil environment, and we kindly request that guests switch off or silence their mobile phone to ensure the spa experience is at its best. Kindly respect other guests by limiting noise while using spa facilities.

CHILDREN'S POLICY

We welcome all guests to Healing Earth Wellness at Laborie Estate. Please note that guests between the ages of 6 - 18 years require permission from a parent to book any treatments. Any guest below the age of 16 must be booked in the same room as a parent. Guests under the age of 16 are not permitted to use spa facilities.

SPA CANCELLATION POLICY

Treatment times have been scheduled for you. If you must reschedule or cancel any spa appointments or packages, please notify the spa 24 hours in advance. Missed appointments without proper notices are subject to a 100% charge for reserved services.

SPA ATTIRE

You will receive a bathrobe, disposable underwear, and slippers to wear between treatments, as well as a locker for your personal belongings. We request that you please leave jewellery and valuables in your hotel room or at home or store them safely in the locker provided. Please note that appropriate swimwear is to be worn in all areas, including in the plunge pools, steam room, Sauna and Infra-Red sauna. We offer complimentary amenities for your use while visiting Healing Earth Wellness at Laborie Estate.

SERVICE PRICES

All prices are listed in South African Rand (ZAR) and are subject to change at any time. Gratuities are not included and are welcome at your discretion. Please note international surcharge may apply for payments made by bank transfer or Forex.

GIFT VOUCHERS

Gift vouchers for all spa services or monetary vouchers are available for purchase. Please contact our Spa Reception for further information.

BOOKING CONFIRMATION

Please note that a 50% deposit is required to secure your reservation at Healing Earth Wellness at Laborie Estate. Please contact our Spa Reception for more information.



HEALING **earth**TM
wellness
at LABORIE ESTATE

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