

THE FISHERMAN'S COVE  
WELLNESS

B A B I R W A

Our wellness treatments are set in the spa, accompanied by the hum of birdsong and gentle African melodies overlooking the water. Each treatment brings you closer to nature, blending traditional techniques with bush wellness through mindful breathing, nature walks, wildlife views, and herbs from our greenhouse. Your ritual begins with a Setswana welcome of coarse-salt handwashing, the calming scent of impepho, fragrant oils, and hand-poured marula-wax candles.

# THE FISHERMAN'S COVE WELLNESS

Royale Villa Full Body Massage - **60 min**

Golfers' relaxation Massage - **60 min**

## **African healing**

Back, Neck, and Shoulder Massage - **45 min**

Back, Neck, and Shoulder Massage - **30 min**

Hand and feet Massage - **30 min**

Foot Massage - **15 min**

African head healing - **30 min**

African Head Massage - **15 min**

Breathe and steam Reflexology Treatment - **30 min**

Glow Facial therapy -**30min**

Glow Facial therapy with additional enhancement -**R1200**

Romantic Spa Night 2 people

Glow Girls Retreat 4 people

## SIGNATURE RITUALS

### Royale Villa Full Body Massage

A revitalising, soul-lifting massage using time-honoured pressure points and traditional practices passed down through generations.

### Golfers Massage

The Golfers Massage is a targeted therapeutic treatment designed to ease sports-related aches, muscle tension, and stiffness caused by repetitive movement. Focusing on overworked areas such as the back, shoulders, arms, and legs, it promotes faster recovery, improves flexibility, and helps restore the body to peak performance.

## AFRICAN HEALING

### African Head & Neck Massage

Soothing techniques inspired by African ritual to calm the nervous system and release jaw, scalp and neck tension.

### Back, Neck & Shoulder Massage

Targeted relief for built-up tension.  
Focused, restorative, unhurried.

## HANDS & FEET

### The Hand Treatment

Grandmother's wisdom for modern stress: precise pressure along fingers, palms and wrists to ease pain and restore calm.

### The Foot Treatment

A grounding ritual of warm wash, exfoliating scrub and gentle massage to unlock the body-foot connection.

## BREATH & STEAM

### Breathing & Steam Reflexology

Steam inhalation and essential oils to open the breath, combined with reflexology - applying focused pressure to restore balance, relaxation and overall wellbeing.

## FACIALS

### Rejuvenating Facial

A hydrating, glow-giving treatment using natural oils and botanicals from the farm to refresh skin and soothe the senses.

### Enhancements (add to any treatment)

Greenhouse herb compress, Marula oil scalp treatment  
Warm stone back focus, Extended foot ritual

# GLOW FACIAL THERAPY

## Rejuvenating Facial

A hydrating, glow-giving treatment using natural oils and botanicals from the farm to refresh skin and soothe the senses.

## Enhancements (add to any treatment)

Greenhouse herb compress

Marula oil scalp treatment

Warm stone back focus

Extended foot ritual

# ROMANTIC SPA NIGHT

Escape into an intimate evening designed for pure relaxation and connection. Enjoy a soothing Royale Villa Full Body Massage spa experience for two, a refreshing welcome drink on arrival, and a cosy romantic dinner in a warm, tranquil setting.

# GLOW GIRLS RETREAT

Treat yourselves to a beautiful shared escape with your closest friends. Enjoy a warm welcome drink on arrival, indulge in soulful canapés made for relaxed connection, and unwind together with exclusive access to our serene retreat lounge, the perfect space to relax, laugh, and create unforgettable moments.

## COMPLETE YOUR RITUAL

**Ask your therapist to arrange any of the following  
at your treatment deck or near the fire pit:**

a glass of champagne, marula sparkling water, gin and tonic,  
or a seasonal fruit skewer.

## AFTER-SPA EXPERIENCES

(by arrangement)

Sunset cocktails  
Greenhouse evening walk  
Signature firewood canapés  
Wood-fired pizza  
Evening walk by the dam