



LANZERAC

1692



Lanzerac Spa

Health & Wellness Packages





Lanzerac Spa

Health & Wellness Packages

Unwind and rejuvenate at the Lanzerac Spa, a sought-after wellness retreat and relaxation hideaway. Relax the senses and let the harmony and tranquility of this majestic valley gently restore body and mind.

The large sash windows boast beautiful views overlooking the lush vineyards and towering Stellenbosch mountains.

Spa-goers will be greeted by the azure indoor heated swimming pool, enticing you to enjoy leisurely laps and a bubbling Jacuzzi. The sense of serenity is elevated within the seven new therapy rooms, where guests can select from a range of treatments.







Lanzerac Spa

Health & Wellness Packages

An immersive wellness experience awaits you with one of the health and wellness spa packages available at the luxurious Lanzerac Spa.

Our packages are centred around self-care and are catered to what your mind and body require. They are designed to help guests detox, de-stress and unwind in the most glorious surroundings.

The range of invigorating packages is ideal for those looking to escape the hustle and bustle of city life for a few days. These are available as one to seven-night packages and include treatments and all meals specially curated to encourage health and wellness.





Standard Procedures

Welcoming You Back



Face masks are to be worn by Guests and Team members in the public areas at all times.



Guests and Team members temperatures will be taken and a screening questionnaire is to be completed upon arrival.



Ensure that you keep a safe distance of at least 1.5m apart.



All Guests and Team members are required to sanitise frequently and sanitation stations are available throughout the Estate.



All surfaces, facilities and rooms will be sanitised and thoroughly cleaned on a regular basis.



Team members will be equipped with the necessary PPE to provide the best service throughout your Lanzerac experience.

The Lanzerac health and safety regulations are 'Stellenbosch Ready' compliant.





One Night

Refresher Package

Single - R4,498

Double - R6,930

During your four-night stay, you will enjoy the following experiences:

AromaVine™ Pinotage Massage 60 min

This relaxing treatment focuses on relieving stress and muscle tension, receive a customised massage using one of our fragrant antioxidant blends.

OPI Pedicure 60 min

Pamper tired feet with a soothing spa pedicure beginning with a foot cleansing ritual followed by nail colour of your choice.

Accommodation in a Classic room | Full continental & English breakfast | Healthy and energising lunch and dinner options, including snacks | Select mini-bar, replenished once daily | Complimentary premium wine tasting of 5 Lanzerac estate wines & a guided cellar tour | Complimentary use of the spa's hydro facilities | Complimentary transfer service between the Hotel and Stellenbosch town at set times | Turn down service daily, including bottled water | Wireless internet





Two Night

Relaxation Package

Single - R8,996

Double - R13,860

During your four-night stay, you will enjoy the following experiences:

TheraVine™ De-polluting Radiance Repair Facial 60 min

Experience skin renewal with a deep cleansing exfoliation and the purifying properties of a charcoal clay mask to remove built up toxins, leaving the skin feeling soft and smooth with a rejuvenated glow.

Elemis Freestyle Deep Tissue Massage 60 min

The Deep Tissue Massage works to release muscle tension, encouraging optimum circulation.

CirculaVine Leg Treatment 30 min

An invigorating foot and leg treatment combining manual lymphatic drainage with a muscular aches and pains body oil blend.

Accommodation in a Classic room | Full continental & English breakfast | Healthy and energising lunch and dinner options, including snacks | Select mini-bar, replenished once daily | Complimentary premium wine tasting of 5 Lanzerac estate wines & a guided cellar tour | Complimentary use of the spa's hydro facilities | Complimentary transfer service between the Hotel and Stellenbosch town at set times | Turn down service daily, including bottled water | Wireless internet







Three Night

Restore Package

Single - R10,398

Double - R16,662

During your four-night stay, you will enjoy the following experiences:

Elemis Pro-Collagen Age Defy 60 min

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged padina pavonica and red coral.

TheraVine™ Hair & Scalp Treatment

Experience self-indulgence during an ultra relaxing, stress relieving scalp massage using a stimulating scalp tonic.

AromaVine™ Pinotage Massage 60 min

This relaxing treatment focuses on relieving stress and muscle tension, receive a customised massage using one of our fragrant antioxidant blends.

OPI Express Pedicure 30 min

Nails are cleaned, shaped and carefully attended, followed by an energizing foot massage and an OPI paint.

Accommodation in a Classic room | Full continental & English breakfast | Healthy and energising lunch and dinner options, including snacks | Select mini-bar, replenished once daily | Complimentary premium wine tasting of 5 Lanzerac estate wines & a guided cellar tour | Complimentary use of the spa's hydro facilities | Complimentary transfer service between the Hotel and Stellenbosch town at set times | Turn down service daily, including bottled water | Wireless internet







Four Night

Rejuvenate Package

Single - R14,894
Double - R23,590

During your four-night stay, you will enjoy the following experiences:

Elemis Superfood Pro-Radiance 90 min

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives.

Elemis Intensely Cleansing Salt Scrub 45 min

Fragranced salt will gently remove dead skin cells, encouraging the regeneration of new cells.

AromaVine™ Pinotage Massage 60 min

This relaxing treatment focuses on relieving stress and muscle tension, receive a customised massage using one of our fragrant antioxidant blends.

OPI Express Manicure 30min

Nails are cleaned, shaped and carefully attended, followed by an energizing hand massage and an OPI paint.

OPI Express Pedicure 30 min

Nails are cleaned, shaped and carefully attended, followed by an energizing foot massage and an OPI paint.

Accommodation in a Classic room | Full continental & English breakfast | Healthy and energising lunch and dinner options, including snacks | Select mini-bar, replenished once daily | Complimentary premium wine tasting of 5 Lanzerac estate wines & a guided cellar tour | Complimentary use of the spa's hydro facilities | Complimentary transfer service between the Hotel and Stellenbosch town at set times | Turn down service daily, including bottled water | Wireless internet







Five Night

Rejuvenate Package

Single - R19,392
Double - R30,520

During your five-night stay, you will enjoy the following experiences;

Elemis Pro-Collagen Age Defy 60 min

Tackle fine lines and wrinkles with the clinically proven age-defying benefits of marine charged padina pavonica and red coral.

Elemis Freestyle Deep Tissue Massage 60 min

The Deep Tissue Massage works to release muscle tension, encouraging optimum circulation.

AromaVine™ Pinotage Massage 60 min

This relaxing treatment focuses on relieving stress and muscle tension, receive a customised massage using one of our fragrant antioxidant blends.

Grape Infused Sponge Soap Exfoliation 45 min

Focusing on relieving stress and muscle tension, receive a customised massage using your one of our fragrant antioxidant blends.

CirculaVine Leg Treatment 30 min

An invigorating foot and leg treatment combining manual lymphatic drainage with a muscular aches and pains body oil blend.

OPI Express manicure

Nails are cleaned, shaped and carefully attended, followed by an energizing hand massage and an OPI paint.

Accommodation in a Classic room | Full continental & English breakfast | Healthy and energising lunch and dinner options, including snacks | Select mini-bar, replenished once daily | Complimentary premium wine tasting of 5 Lanzerac estate wines & a guided cellar tour | Complimentary use of the spa's hydro facilities | Complimentary transfer service between the Hotel and Stellenbosch town at set times | Turn down service daily, including bottled water | Wireless internet





Six Night

Regenerate Package

Single - R20,796

Double - R33,324

During your five-night stay, you will enjoy the following experiences;

TheraVine™ De-polluting Radiance Repair Facial 60 min
Experience skin renewal with a deep cleansing exfoliation and the purifying properties of a charcoal clay mask to remove built up toxins, leaving the skin feeling soft and smooth with a rejuvenated glow.

Elemis Freestyle Deep Tissue Massage 60 min
This Deep Tissue Massage works to release muscle tension, encouraging optimum circulation.

AromaVine™ Pinotage Massage 60 min
This relaxing treatment focuses on relieving stress and muscle tension, receive a customised massage using one of our fragrant antioxidant blends.

Elemis Superfood Pro-Radiance 60 min
A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives.

Theranaka Marula & Sandalwood Sugar Buff 40min
Indulge your senses with a 100% natural blend of plant botanicals to gently and effectively eliminate dead skin cells, moisturise and leave the skin soft to the touch.

HydraVine™ Rich Milk Bath Ritual 60 min
Starting with a refreshing grape infused soap exfoliation, let the pressure of everyday life melt away as you submerge in a rich grape-milk bath containing actives of red bush extract, panthenol and hyaluronic acid.

OPI Express Pedicure 30 min
Nails are cleaned, shaped and carefully attended, followed by an energizing foot massage and an OPI paint.

Accommodation in a Classic room | Full continental & English breakfast | Healthy and energising lunch and dinner options, including snacks | Select mini-bar, replenished once daily | Complimentary premium wine tasting of 5 Lanzerac estate wines & a guided cellar tour | Complimentary use of the spa's hydro facilities | Complimentary transfer service between the Hotel and Stellenbosch town at set times | Turn down service daily, including bottled water | Wireless internet







Seven Night

Revival Package

Single - R25,291
Double - R40,250

During your five-night stay, you will enjoy the following experiences;

TheraVine™ Deluxe Anti-Ageing Facial 60 min

This replenishing treatment assists in reducing fine lines and wrinkles with peptide-rich boosters and serums to combat the signs of ageing.

AromaVine™ Pinotage Massage 60 min

Focusing on relieving stress and muscle tension, receive a customised massage using your one of our fragrant antioxidant blends.

Elemis Freestyle Deep Tissue Massage 60 min

This Deep Tissue Massage works to release muscle tension, encouraging optimum circulation.

TheraVine™ Contouring Envelopment 60min

A specialized, lymphatic drainage technique is performed using a synergistic blend of contouring and detoxifying essential oils.

Grape Infused Sponge Soap Exfoliation 45 min

Your body is cleansed with an exfoliating sponge embedded with a blend of red grape skin extract and red bush extract.

OPI Pedicure 60 min

Pamper tired feet with a soothing spa pedicure beginning with a foot cleansing ritual followed by nail colour of your choice.

OPI Manicure 60 min

This treatment includes nail and cuticle attention, followed by a nail colour of your choice for your rejuvenated younger-looking hands.

Accommodation in a Classic room | Full continental & English breakfast | Healthy and energising lunch and dinner options, including snacks | Select mini-bar, replenished once daily | Complimentary premium wine tasting of 5 Lanzerac estate wines & a guided cellar tour | Complimentary use of the spa's hydro facilities | Complimentary transfer service between the Hotel and Stellenbosch town at set times | Turn down service daily, including bottled water | Wireless internet







Health & Wellness

Lunch Menus

One Night Refresher Package

THE HEALTH CLUB WHOLEWHEAT WRAP
boiled egg, tomato, lettuce, celery, chicken,
smoked sweet potato dressing

Two Night Relaxation Package

THE HEALTH CLUB WHOLEWHEAT WRAP
boiled egg, tomato, lettuce, celery, chicken,
smoked sweet potato dressing

MORRACAN BEEF SALAD

boiled egg, tomato, lettuce, celery, chicken,
smoked sweet potato dressing

Three Night Restore Package

THE HEALTH CLUB WHOLEWHEAT WRAP
boiled egg, tomato, lettuce, celery, chicken,
smoked sweet potato dressing

MORRACAN BEEF SALAD

boiled egg, tomato, lettuce, celery, chicken,
smoked sweet potato dressing

BEET BUDDHA BOWL

beetroot, quinoa, sweet potato, orange, turmeric chickpeas,
baby spinach, lemon tahini

Four Night Rejuvenate Package

THE HEALTH CLUB WHOLEWHEAT WRAP
boiled egg, tomato, lettuce, celery, chicken,
smoked sweet potato dressing

MORRACAN BEEF SALAD

boiled egg, tomato, lettuce, celery, chicken,
smoked sweet potato dressing

BEET BUDDHA BOWL

beetroot, quinoa, sweet potato, orange, turmeric chickpeas,
baby spinach, lemon tahini

SPICY CHICKEN SLAW WRAP

avocado, spring onion, cabbage, carrot, brown rice, yoghurt,
coriander, cashew

Five Night Revitalize Package

THE HEALTH CLUB WHOLEWHEAT WRAP

boiled egg, tomato, lettuce, celery, chicken,
smoked sweet potato dressing

MORRACAN BEEF SALAD

boiled egg, tomato, lettuce, celery, chicken,
smoked sweet potato dressing

BEET BUDDHA BOWL

beetroot, quinoa, sweet potato, orange, turmeric chickpeas,
baby spinach, lemon tahini

SPICY CHICKEN SLAW WRAP

avocado, spring onion, cabbage, carrot, brown rice, yoghurt,
coriander, cashew

SPICED KINGKLIP NACHO BOWL

red cabbage, gluten free corn chips, guacamole, tomato salsa,
black beans





Health & Wellness

Lunch Menus

Six Night Regenerate Package

THE HEALTH CLUB WHOLEWHEAT WRAP
boiled egg, tomato, lettuce, celery, chicken,
smoked sweet potato dressing

MORRACAN BEEF SALAD

boiled egg, tomato, lettuce, celery, chicken,
smoked sweet potato dressing

BEET BUDDHA BOWL

beetroot, quinoa, sweet potato, orange, turmeric chickpeas,
baby spinach, lemon tahini

SPICY CHICKEN SLAW WRAP

avocado, spring onion, cabbage, carrot, brown rice, yoghurt,
coriander, cashew

SPICED KINGKLIP NACHO BOWL

red cabbage, gluten free corn chips, guacamole, tomato salsa,
black beans

CHICKEN & AVOCADO CAESAR

free-range chicken, avocado, shaved parmesan, egg,
cos lettuce, caesar dressing

Seven Night Revival Package

THE HEALTH CLUB WHOLEWHEAT WRAP
boiled egg, tomato, lettuce, celery, chicken, smoked sweet
potato dressing

MORRACAN BEEF SALAD

boiled egg, tomato, lettuce, celery, chicken, smoked sweet
potato dressing

BEET BUDDHA BOWL

beetroot, quinoa, sweet potato, orange, turmeric chickpeas,
baby spinach, lemon tahini

SPICY CHICKEN SLAW WRAP

avocado, spring onion, cabbage, carrot, brown rice, yoghurt,
coriander, cashew

SPICED KINGKLIP NACHO BOWL

red cabbage, gluten free corn chips, guacamole, tomato salsa,
black beans

CHICKEN & AVOCADO CAESAR

free-range chicken, avocado, shaved parmesan, egg, cos
lettuce, caesar dressing

NAKED OSTICH BURGER

rocket, avocado, tomato, red onion, sweet potato, biltong
spiced aubergine

Lunches are served with a smoothie or raw juice of the day







Health & Wellness

Dinner Menus

Option One

Small Plates

BLUE CHEESE & ROAST PEAR SALAD

pecan nuts, rocket, honey dressing, pomegranate, beetroot
&

PULLED PORK BONBON

basil pea mousse, apple & mustard seed chutney

Mains

GRILLED MACKEREL

cauliflower purée, asparagus, pickled beets, spiced clementine
sauce
or

SLOW BRAISED OXTAIL

parmesan potato mash, spring onions, portablini mushrooms,
pinotage jus

Desserts

TONKA CRÈME BRÛLÉE

honeycomb, three ways of white chocolate, raspberry gel,
edible flowers

Option Two

Small Plates

SMOKED SNOEK PATE

pickled cucumber, red onion crisps, crème fraîche, mosbolletjie
toast

&

ROAST CAULIFLOWER SOUP

curried waterblommetjies, herb oil, seed crumble

Mains

PAN FRIED SEABASS

saffron butter sauce, herb potatoes, tomato fondue, caper
salad

or

BEEF SHORT-RIB COTTAGE PIE

crushed peas, caramel onions, red wine jus, salted carrots

Desserts

DARK CHOCOLATE FONDANT

white chocolate ice cream, marinated berry salad,
milk chocolate mousse, fudge crumble





Health & Wellness

Dinner Menus

Option Three

Small Plates

VENISON TARTARE

marinated mushrooms, truffle melba, charcoal mayo,
nasturtium salsa Verdi

&

CAULIFLOWER, POTATO & DILL CROQUETTES

melrose sauce, tomato fondue, puffed seeds

Mains

FILLET OF BEEF

potato gratin, butter spinach, burnt onion, exotic mushrooms,
red wine jus

or

CAPE SPICED BATTER HAKE

baked sweet potato, lemon crushed peas, beetroot atchar,
lemon dill mayo

Desserts

LEMON CURD SLICE

burnt meringue, brandied citrus, blueberry gel, thyme





Additional Active and Outdoor

Activities

Mountain Biking

Jump on a bike and take to the trails for an adventurous cardio and full-body workout. For a less strenuous experience, explore the scenic valley on an E-Bike.

Guided Hike

Immerse yourself in the stunning surroundings of the Jonkershoek Nature Reserves trails. Whatever the season, our knowledgeable guides will show you the boundless beauty of the Jonkershoek Valley, or enjoy as a self-guide.

Trail Running

Get off the treadmill and enjoy the enhanced benefit of exercising with Mother Nature.

Yoga Basics

Enjoy the fundamentals of a yoga practice—breath, awareness, proper alignment and mindfulness practices—in a comfortable environment. A blend of moving meditations and relaxing restorative poses to help the body release stress and tension. Available in 60 minutes.

Horseback Riding

Klein Lanzerac Farm is nestled between three nature reserves, and strives to offer a real horse riding experience - building a bond with your horse, gaining the right riding techniques and being surrounded with beautiful fauna and flora, like only Stellenbosch has to offer.







Personal Training Classes

at Lanzerac Spa

Pilates

8h00 - 18h00 | Monday - Saturday | 60 minutes

Lanzerac Fitness Centre

Core & Stretching

8h00 - 18h00 | Monday - Saturday | 60 minutes

Lanzerac Fitness Centre

High Intensity Training

8h00 - 18h00 | Monday - Saturday | 60 minutes

Lanzerac Fitness Centre

Kickboxing

8h00 - 18h00 | Monday - Saturday | 60 minutes

Lanzerac Fitness Centre

Outdoor Walks & Hikes

8h00 - 18h00 | Monday - Saturday | 60 minutes

Lanzerac Fitness Centre

Pregnancy Pre & Post Training

8h00 - 18h00 | Monday - Saturday | 60 minutes

Lanzerac Fitness Centre





WHERE LUXURY MEETS EXCELLENCE

CONTACT US

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