SPA MENU



Where the stillness of the Karoo becomes a ritual..

Karoo One
HOTEL & VILLAGE



SIGNATURE RITUALS

Karoo One Signature Ritual • 90 Minutes | R850
A restorative journey from the veld into deep relaxation. Begin with a purifying Karoo salt exfoliation to renew the skin, followed by a full-body massage using warm lavender-infused grapeseed oil. This signature ritual calms the nervous system, nourishes the skin and restores body and mind.

Karoo Velvet Ember Therapy • 75 Minutes | R750
A luxe stone massageusing smooth, heated stones to ease tension and boost circulation. Velvet soft touch meets Karoo warmth for total body calm.

MASSAGE THERAPIES

Karoo Wind Down • 60 Minutes | R650
Swedish Massage - Long flowing strokes inspired by the stillness of the Karoo ease muscular tension, improve circulation and promote deep relaxation.

Koppie Deep Tissue • 60 Minutes | R690
Focused, firm-pressure massage designed to release deeply held tension and muscular fatigue while calming the senses with subtle lavender aromatherapy.

Aromatherapy Karoo Calm • 60 Minutes | R680
A soothing Swedish-style massage featuring our signature lavender essential oil blend in nourishing grapeseed oil to reduce stress, relieve headaches and soften sun-dry skin.

Back, Neck & Shoulder Reset • 45 Minutes | R520
Targeted relief for travel tension, stress headaches and upper-body fatigue.

Foot & Leg Reviver • 30 Minutes | R420
Warm towels and pressure-point massage reduce swelling and restore tired feet and legs.

EXPRESS RECOVERY

Express Dust-Off Massage • 30 Minutes | R450
A concentrated back, neck and scalp treatment designed for quick restoration between activities.

ENHANCEMENTS & WELLNESS ADDITIONS

Lavender Scalp & Hair Oiling • 15 Minutes | R180
A nourishing scalp ritual to complement any massage.

Karoo Foot Soak • 15 Minutes | R160
A restorative lavender soak and foot therapy enhancement.

HAND & FOOT RITUALS

All hand and foot treatments include a Karoo lavender soak, nourishing grapeseed oil massage and gel polish.

Karoo Hand Renewal • 45 Minutes | R380
Luxury Manicure - Includes nail shaping, cuticle care, buffing and a restorative hand and forearm massage.

Karoo Boot-Off • 60 Minutes | R480
Luxury Pedicure - A rejuvenating pedicure with lavender soak, heel buff and deep foot and leg massage.

Karoo One Deluxe Pair • 90 Minutes | R750
A complete hand and foot ritual combining manicure and pedicure with hot towels and extended massage.

Express Dust-Off Hands • 30 Minutes | R280
A quick refresh including shape, buff, cuticle care and hand massage.

Express Dust-Off Feet • 30 Minutes | R320
Essential foot care with lavender soak, nail care, heel buff and cooling foot massage.

Time to breathe...

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EST 1790

SIGNATURE BOTANICALS

Karoo Lavender - Known for its calming and restorative properties, helping ease stress and promote deep relaxation.

Grapeseed Oil - A lightweight, antioxidant-rich oil that nourishes the skin without heaviness.

All Bookings to be made at Reception 023 358 2131 or info@karoo1.com

SPA ETIQUETTE & WELLNESS PHILOSOPHY

- *Please arrive 10 minutes prior to your treatment.*
- *Kindly advise your therapist of any medical conditions or pregnancy before treatment.*
- *Late arrivals may result in reduced treatment time to respect subsequent bookings.*
- *We recommend reservations in advance to secure preferred treatment times.*
- *Cancellation – 4 hours' notice required*

