



## welcome to our spa

Hands on healing and therapeutic touch are a part of daily life in Africa. Community is the circle of interaction and warmth and it is the right of every family member to assure the well-being of each individual. Grandmothers are the keepers of wisdom; sisters share skilled fingers to create zen-like hair masterpieces with patterned revelation; women whisper age old beauty recipes gleaned from nature to preserve, protect and nourish exposed skin. Rain Spa rituals originate from this culture of nurturing and natural beauty. You are invited to an African journey with Unique Rain Rituals, using your own choice of natural Rain products, formulated from wild harvested and organic plant actives, brimming with nourishment and antioxidants, incorporating generous percentages for maximum efficacy.

### no frills full body massage<sup>©</sup>.....60 minutes

Combining deep pressure, manipulation, pulling, stretching, effleurage and cross friction techniques to offer a solution to your tired and aching muscles, perfect for an active or highly stressed traveller. Feel free to choose your own products and the area of focus for this treatment.

### metamorphosis<sup>©</sup>.....180 minutes

A symbolic ritual of purging and shedding of the old – hurts, feelings, fears, old dead skin. A soothing body brush starts the treatment - signalling to the brain that a detoxification process has begun. Next comes the body's metamorphosis with a gentle skin exfoliation using Rain's famous Body Polish or scrub - guaranteed to effectively slough away tired superfluous cells, and give your skin the chance to rehabilitate itself naturally. After a refreshing, cool and cleansing shower with a clean palette of fresh skin, you will feel the Rain Forest Mist gently soothing your skin, a slathering of our uber rich Body Wrap is applied and allowed to slowly soak in while your body is kept snug and warm. Choose a Biology Hair Mud Mask, Pure Organic Coconut oil or a unique scalp blend for your scalp massage, allowing your brain to focus on the sensation of true relaxation with all senses engaged while, with the sounds of nature, your body absorbs the amazing product, sounds, smell and a unique experience of forest pampering. Lastly you will experience a soothing long stroke body massage and an ostrich feather body tickle to gradually bring you to the end of the transformation process.

### cocoon<sup>©</sup>.....60 minutes

This is as close as a treatment gets to a warm hug. The experience is one of being cosseted in a cocoon of warmth and chocolate - a comforting indulgent and deeply relaxing experience that will leave you feeling decadently nourished. You are gradually awakened by a face massage under a cooling wisp of silk as the massage cocoon begins to unravel, enabling you to emerge and take flight as free as a butterfly.

### rain dance<sup>©</sup>.....60 minutes

An original Rain Dance massage, applied to the back, neck and shoulders. Inspired by tribal dance and choreographed to provide a synergistic rhythmic flow between guest and therapist. Movements are stretching, pulling, bending and manipulation of limbs to a gentle African rhythm. Rain's delectable Marula and Shea Body Butter massage bar is used as deeply enriching and nourishing skin butter, followed by steamed herbal cloth balls, which are used to release pressure and tension - all in harmony with the specially sequenced tribal music.

### the sole<sup>©</sup>.....60 minutes

7 000 nerve endings are found in your feet. They take the brunt of life's journey – especially in Africa where they are the primary mode of transport over rough and dusty terrain. As your sole is often a reflection of your soul, we focus our full attention on treating your feet to bring you to a place of deep and penetrating relaxation. A cleansing water ritual with a twist encourages you to begin your stress release. The therapist will make use of a "caterpillar milk technique" to encourage lymph drainage in your legs and to ease the tension from your body, making relaxation irresistible and inevitable for a weary traveller. A Rain healing balm with wild harvested organic active ingredients will be applied, slowly bringing you back to consciousness. You will awaken feeling re-energised with a spring in your step.

### two oceans<sup>©</sup>.....90 minutes

The heart and soul of our Rain brand is located less than 90 km from the southern-most tip of Africa where the hot tropical Indian Ocean Sea current meets the cold Agulhas Atlantic Ocean current. The meeting of hot and cold creates circulation, and this inspired our Two Oceans sea themed treatment. We make use of hot African sea stones interspersed with quick cool bursts of soothing and coolness, warmth and stimulation - all designed to promote circulation, while rocking the body with wave-like pressure movements to promote relaxation. A wonderfully refreshing sea salt body scrub with skin nutrients of your choice is included. This treatment brings together the sense of touch, hearing and smell and helps you become fully aware of your body. Sounds of nostalgia evoke memories and calming happy thoughts. It could be compared to taking a two hour seaside holiday.

### elephant walk<sup>©</sup>.....60 minutes

Come with us to the plains of Africa and share the rhythm of the elephant! Our massage technique used here is inspired by the elephant's walk. As you lie down and let your body grow heavy, you will feel the imaginary sensation of an elephant walking over your body as your therapist uses a calabash to apply firm pressure up and down your muscles, followed by gentle pounding. With each phase of the massage, you will feel the deep pressure begin to release the tension in your muscles. Next you will feel the warming sensation of the African sun being poured over your body in

the form of our Rain Massage Candle. Made with cocoa butter and Ghanaian shea butter, it melts deeply into your skin carrying omegas, antioxidants and plant actives into your dermis and epidermis. This is followed with a warm herbal experience of elephants gently walking up your body, pummelling and releasing the fragrant earthy smell of herbs and nature. You will experience a technique using a unique hammer and chisel, designed to tap into your muscles and release the last bit of tension, sending a vibration into your muscles that allows the toxins to be broken down. Blissful pure relaxation is the inevitable end result.

### initiation<sup>©</sup>.....90 minutes

Initiation in Africa represents a rite of passage into a new phase of life, celebrated as a symbolic coming of age. Our ritual begins with an anointing of oil, where your choice of warmed coconut oil, Biology Hair Mud Mask or a rich, nourishing African Oil Scalp blend is slowly pored through your hair and massaged through, giving your hair a boost of goodness! We complete the ritual by wrapping your head with an Iduki head wrap. In the manner of initiates in rural Africa, your entire body is painted with your choice of Rain Massage Oil, which will be massaged into your skin with long, strong movements with deep pressure applied all the way down your body, releasing pent-up tensions – the rite of passage is complete!

### affirmation facial<sup>©</sup>.....60 minutes

In tribal culture, masks are used to represent an alter ego, a larger life version of who you really are. We wear these invisible masks to project ourselves. In this facial, where we remove your mask, we aim to affirm you for the person you are and remind you that true beauty lies within. A tender cleansing of the skin, followed by a gentle facial scrub to remove clogging and barriers and start the process of regeneration and cell renewal. A healing and soothing mask is applied as you listen to the therapeutic sounds of a Kalahari waterhole. While the mask takes effect, you can choose a hand, foot OR head massage. This multi-sensory experience includes our unique facial lift massage and ends with an anti-aging lotion and a new affirmed you.

**Optional French - extra 15 minutes**

### the journey<sup>©</sup> (legs & feet).....60 minutes

We walk through life, busy and distracted and tend to neglect the part of the body that carries us. The foundation of our body reflects who we are. When we experience pain in the feet, the body adjusts to accommodate the pain, affecting our entire spinal alignment. Your journey begins with a tingling scrub from the knees to the toes. Then a body mask is applied to your legs and feet before we warmly wrap them while you receive a relaxing head massage – optional wet or dry. A relaxing foot massage with one of our body butters ends the session. Includes shape, buff and polish as well as cuticle treatment.

### the prayer<sup>©</sup>.....60 minutes

We serve the world with our hands. They are not covered or protected like the rest of our bodies and so quickly show signs of age. Let us serve you while you rest your body and we restore and nourish your hands. Includes shape, buff and polish as well as cuticle treatment. **Optional French - extra 15 minutes**

### a day in the milkwoods<sup>©</sup>.....240 minutes

Start your day with a welcoming herbal tea. Your pamper day begins with a soothing massage, to release all tension and work-out your strained muscles. This is followed by the Affirmation Facial, including a face lift massage to sooth the last bit of tension from your face, neck and shoulders. Break for a light, nourishing lunch at the Pool while you gaze into the African Sky with birds and nature providing a symphony of sound. This is followed by the Journey and the Prayer Rituals to close your Forest Retreat.

### lovers nest<sup>©</sup>.....150 minutes

Start this romantic journey together with a glass of champagne and a fruit platter served at the spa bath. Freshly invigorated, you leave the spa bath to share the unique Initiation Massage, where you celebrate the new beginning as a couple. As you drift into deep relaxation with soft sounds of nature, your therapist will start your relaxing Sole Treatment. Continue the journey into the future and take home a Rain Pamper Kit to enjoy at home together.

### couples therapy.....60 minutes

There is nothing more precious than sharing time and experiences. Why not share your spa experience with your spouse, your partner, friend, daughter... It is a unique experience to share with someone you care about and is ideal for couples, friends, mothers, or for the bride and mother of the bride before the big day.

### customised packages

Feel free to create your own experience and combinations. Speak to your therapist for the best combinations for you and the discounts which apply.

*Our Rain Milkwood Spa at Mosaic offers you a unique, romantic Spa experience with an outdoor option for the adventurous traveller (weather permitting).*

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# spa etiquette

Welcome to our Rain Milkwood Spa. This natural sanctuary is situated in an ancient Milkwood grove on the edge of the beautiful Hermanus Lagoon. The Rain Milkwood Spa is a place to focus on wellness of mind, body and soul and be rejuvenated. It's a place to be surrounded by awe inspiring creation and be pampered with the local Rain products formulated from wild-harvested, natural and naturally derived ingredients with very unique African treatments. Spa treatments can be indoors or outdoors under a private lush canopy of Milkwood trees overlooking the lagoon. Join us to live the Rain Milkwood Spa experience and be nurtured into a wellness state of mind.

You will be required to arrive 10-15 minutes prior to your booking time, to enable us to complete all administrative requirements, choose your product experience and ensure you are well briefed and ready for your relaxation session.

Adjust to the atmosphere of calm and relaxation by talking softly, so as not to disturb fellow guests already in treatment.

Avoid eating a heavy meal prior to treatments. Please shower prior to your treatment.

We require 24 hours notice for any cancellation of an appointment. We kindly request that you make sure that you are available at the time of your booking. The full rate will be charged failing adequate notice or cancellation.

This is a professional therapeutic spa and no lewd or inappropriate behaviour will be tolerated.

As a courtesy to our guests, we do not add any service charge or tip to our bill as it is not obligatory or expected. You are welcome to offer a tip directly to your therapists or add it to your bill as an expression of your appreciation.

We are looking forward to pampering and spoiling you and we hope to exceed your expectation in the quality of our service. Please offer us your honest feedback to enable us to improve our client service to you.



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