



STANFORD VALLEY

GUEST FARM, RESTAURANT & SPA



THE MILKSHED SPA



Come and enjoy relaxing, luxury treatments at The Milkshed: an authentic Overberg Spa @ Stanford Valley Guest Farm. Included in each treatment is the use of the wood-fired sauna, steam-room & cold plunge pool, with uninterrupted mountain views.

Open **Wednesday - Sunday** from **08:30 - 7pm** (closed on Monday & Tuesday) ...no excuse not to spoil yourself and a loved one!

Thera**N**AKA™
SOUTH AFRICA



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SIGNATURE EXPERIENCES

TheraNaka™ Ginger and Lavender Poultice Massage

90min – R 950

A tranquil experience designed to enhance deep relaxation, muscle recovery and increased lymphatic flow from the tips of your toes to the intricate muscles of your face. Inspired by ancient de-stressing heat therapies, your senses are calmed as the Himalayan Salt poultice bags infused with Keffir Lime and African Potato Extract release tension and restore vitality.

A sensorial journey of therapeutic warmth awaits as the lingering fragrances of Lavender and Ginger invite you to escape from your busy life and restore harmonious flow, leaving your skin nourished and your soul deeply relaxed.

TheraNaka™ Couples' Retreat

60 min – R1 000

An African couples' journey for a memorable unifying experience.

Melt away the stresses with this complete head to toe treatment, using natural botanical mood enhancing essential oils to relax and restore your weary body.

TheraNaka™ Cyclist Spa Package

45 min – R500 [BNS, foot and leg and scalp]

30 min – R350 (BNS ONLY)

Experience a deep massage therapy facilitated by an invigorating infused Fusion body oil to address aches and pains, whilst restoring vitality, realigning muscles and tissues. The back massage is followed by a refreshing foot and leg massage to restore tired feet. Your treatment will be concluded by a relaxing scalp massage leaving you feeling refreshed and energized.

BODY INDULGENCE

TheraNaka™ Tension Release Vigour Massage

60min – R550

90min – R750

A warm aroma blend infused with circulatory-boosting essential oils is coupled with a deep tissue massage designed to relieve pain and muscle tension throughout the body. A refreshing gel is applied, leaving your body feeling refreshed and invigorated. The ideal massage for active individuals and frequent travellers in need of a circulation boost.

TheraNaka™ Luxury Fusion Body Massage

60 min – R500

Relaxing Swedish massage to calm the soul, rebalance, and uplift the mind.

TheraNaka™ Deluxe Shea Butter Massage

60 min – R 550

90min – R700

Experience the soothing warmth as the butter melts under your therapist's hands, leaving you utterly relaxed and your skin nourished and hydrated.

Deeper Than Deep - Hot Stone Massage

60mins - R600

90min - R800

Experience a therapeutic massage using heated lava stones that melt away the muscle tension, relieves muscle pain and reduces stress and promotes sleep. Ideal for active individuals and frequent travellers in need of a circulation boost.

BODY INDULGENCE

Mom To Be Massage (from 12 -36 weeks)

60 min – R 600

Using a variety of massage techniques that are safe for both mom and baby, we customise the massage to address your individual needs. Assisting with better sleep, reducing leg and back tension and raising natural immunity for you both.

Scalp and Neck Massage

20 min – R250

Ease your mind and calm your senses with this relaxing, invigorating treatment.

TheraNaka™ Body Wraps

R700

Ease your mind and calm your senses with this relaxing, invigorating treatment. To commence this sensory journey you will receive a full body exfoliation, followed by a foot massage. Let your mind drift off whilst you are cocooned in a comforting envelope of fragrant oils and african wraps from our therapeutic range. Choose the wrap that will treat, renew or invigorate the skin and drift away during a relaxing scalp massage. Bringing this journey to a close is the healing touch of your therapist applying nourishing Baobab lotion. An experience out of Africa!

TheraNaka™ DETOXIFYING MUD WRAP - 60 min

TheraNaka™ MUSCLE RELEASE MUD WRAP -60 min

ESSEL INNOVATIVE SKIN CARE FOR A BEAUTIFUL FUTURE

DNA Ultra Hydration Treatment

60 min – R550

This treatment is an easy lunch hour facial that provides your skin with ultra-hydration. The leave-on mask provides intense hydration, while the combined treatment stimulates cell renewal revealing a more youthful appearance

Milkshed Signature Facial with Hot Stone

90 min – R850

Imagine melting away all your tension and fatigue, that's exactly what this facial does. The dual effects of the hot stones and product also help to firm and tone your skin. Your skin will ultimately feel wonderfully moisturized and revitalized.

ESSEL Destress Cooling Treatment

60 min – R550

Create balance in combination skins with an oily T-zone. Recommended for oily/combo skin. Deeply purifying treatment. This treatment is designed to soothe and calm inflammation resulting in a strengthened skin barrier.

ESSEL INNOVATIVE SKIN CARE FOR A BEAUTIFUL FUTURE

Hyaluronic acid Boosting facial

60 MIN – R600

Hyaluronic acid is present in our skin and is responsible for our hydration and moisture. It's essential to boost our skin with Hyaluronic acid. This treatment will boost your skin with Hyaluronic acid and boost your moisture and hydration and Plump the skin

Amazon deep cleansing facial

90 min – R950

This treatment is ideal for clients that require a deep cleansing facial to eliminate any congestion and breakouts. This treatment will nourish and smooth the skin ensuring a brighter complexion

DNA epinew anti aging treatment

60 min – R600

This is a Rejuvenating treatment that will help to firm and smoothen the skin, while reducing the depth of wrinkles. Leaving your skin feeling moisturized, plumped up and rejuvenated

Aesthet xpert peel

45 min – R550

This is an advanced peel resulting in a smoother, radiant skin. This treatment can be successfully used for acne treatment, photo-damage, pigmentation and scarring and other skin conditions

TheraNaka™ Deluxe Manicure

45 min – R280

Add on gel polish – R100

Indulge in an African inspired spa manicure, treating your hands and forearms to a gentle exfoliation followed by an African Earth fusion hand massage, whilst including nail and cuticle attention, followed by a nail colour of your choice for your rejuvenated younger-looking hands.

TheraNaka™ Fire and Ice Foot Ritual

45 min – R 350

This “soulful” journey will take your feet through a geranium and pine sugar exfoliation whilst soaking in a herbal salt foot bath. Allowing your feet and legs to relax completely, a muscle soothing foot and leg massage with hot stones will commence followed by a cool, revitalising gel. Nourishing Baobab infused lotion will be applied to prepare your feet for their journey ahead.

TheraNaka™ Express Pedicure

30 min – R 250

Premium Elim Pedicure

60 min – R 350

ADD ON GEL POLISH R100

Ensure heels are left smooth with the Elim chemical peel. Includes an enzymatic exfoliation, anti-bacterial soak, massage with Elim Foot Perfector that includes vitamins and minerals and finished off with the Gold Spritz which leaves a golden shimmer on the skin.

Milkshed Signature Mediheel Pedicure

75 min – R 450

ADD ON GEL POLISH R100

Remove hard, callused skin and neutralise the heel to its optimum PH level with a Chemical Peel for cracked heels. Followed by an AHA Exfoliant which is an enzymatic peel and an anti-fungal and anti-bacterial foot soak.

The Ultramud is a bentonite clay detox mask and the Foot Perfector is the perfect finish to the pedicure. As a final touch the Gold Spritz will leave a golden shimmer on the skin.

French paint add on R150

Soak off / revarnish – **R100**

Brow and lash tint – **R150**

Waxing

Brazilian – **R200**

Hollywood – **R250**

Full leg/ full arm /chest /back – **R200**

Under arm/ basic bikini/ half arm – **R100**

Bikini high cut/half leg – **R150**

Lip/ chin/ brows/ nose/ ears – **R80**