

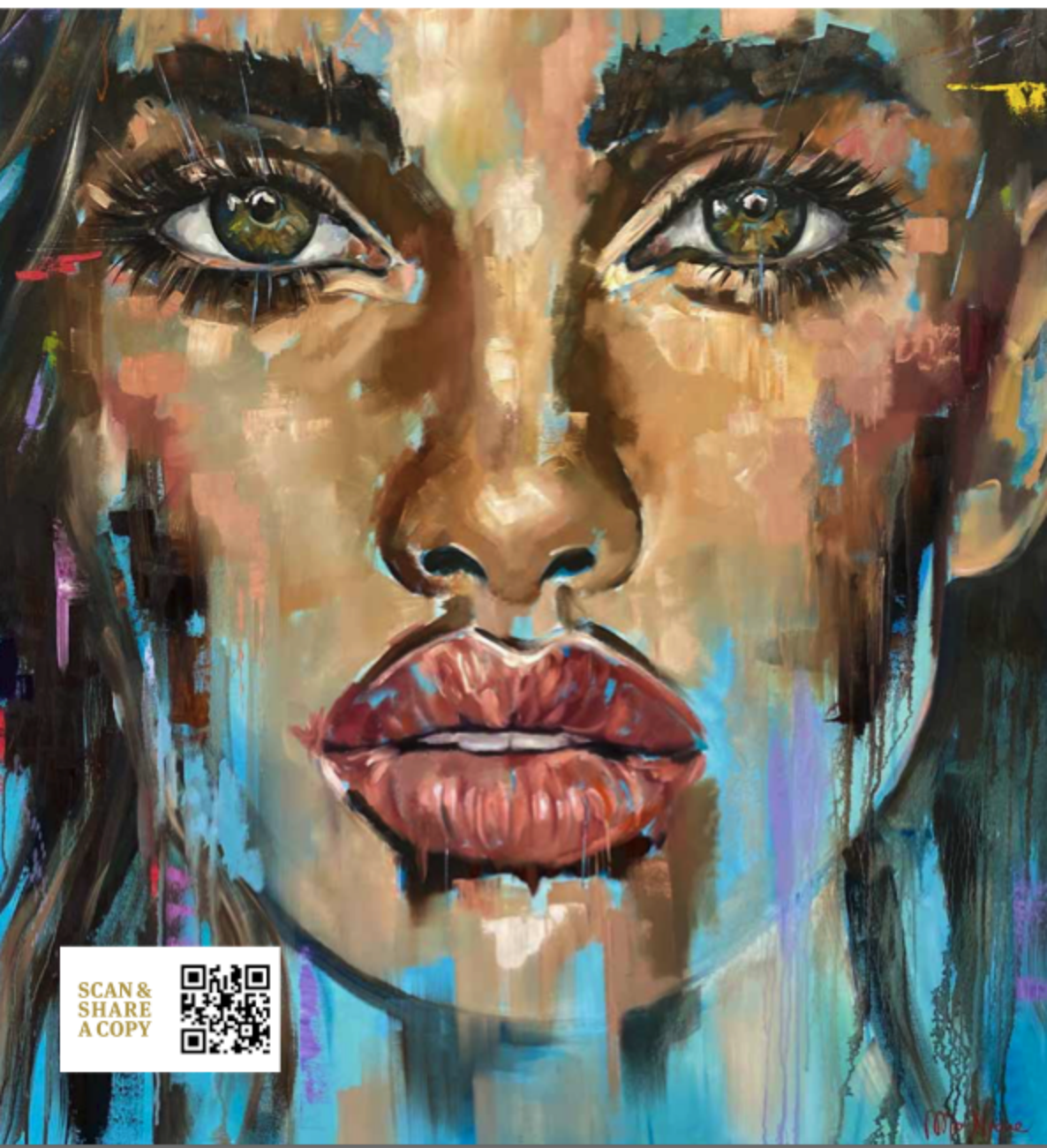
Michelangelo

Thoughts become things.

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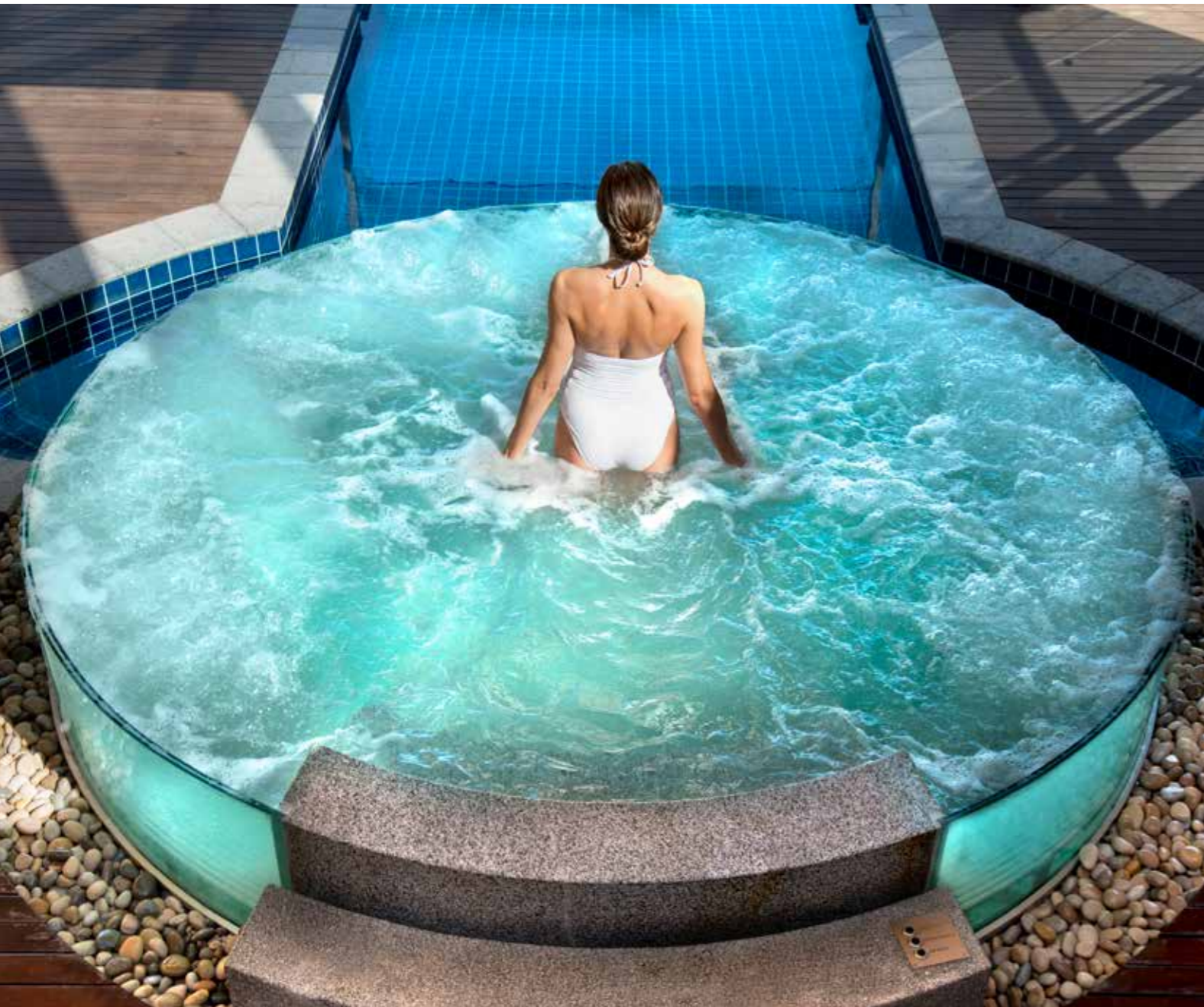
IN FLIGHT. IN ROOM. IN AFRICA

MARCH 2021



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Babylonstoren

The Garden Spa

Babylonstoren is one of the oldest Cape Dutch farms, lying at the foot of Simonberg in the Franschhoek wine valley. Their Garden Spa is other worldly

Edited by: **Anne Schaffner**
Photographs: **Supplied**

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In all likelihood you know Franschhoek, relish the Babylonstoren wines and restaurants, love their luxurious accommodation and glorious gardens...but what about their Garden Spa? Do your body and soul a favour...

Few would argue that when it comes to spa treatments, the setting contributes (almost) as much to the experience as the treatments. A spa treatment is as much about your mental wellbeing as your physical – some days, more so – so when you're being pampered in a glorious setting, you're also doing your head and heart a favour.

Like everything else at Babylonstoren, the Garden Spa is inextricably linked to the garden and the ever-changing seasons. The garden isn't old, but it's sensational in the true sense of the word. In 2007, owner Karen Roos commissioned French architect Patrice Taravella to plan its layout. At Prieuré Notre Dame d'Orsan in France, Patrice had reconstructed a medieval cloistered garden on the site of a restored 12th-century

monastery. Magical, to say the least. Today at Babylonstoren, every one of the more than 300 varieties of plants in the garden is edible or has medicinal value. They are also grown as organically as possible and in a biologically sustainable manner. Head gardener Liesl van der Walt and her team tend the plants that have flourished beyond expectation, creating the reputation of such extreme beauty which the gardens have acquired.

Babylonstoren considers the spa as a living one, set within a forest of bamboo with tranquil greenery and a myriad leiwater channels to set the tone. It's housed in the pavilion constructed of bamboo, and comprises a hammam, chill room, hot spa and gym.

Babylonstoren's Garden Spa has six treatment rooms, one single, four double and their traditional hammam. The quintessential Garden Spa experience is the private hammam water ritual that takes place in the beautiful, purpose-built marble hammam. You have a choice: either the full-hour water ritual with a traditional scrub, dynamic stretching and



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There's also of course, a wonderful selection of classic treatments to be enjoyed in the light, spacious spa rooms. From hydrating body wraps to bespoke facials and deluxe pedicures, the spa menu caters to your every need.

Babylonstoren's Garden Spa, open every day of the week 8 to 5 for day visitors – no better time to treat yourself and those you love. ❖

Contact: <https://babylonstoren.com>, +27 (0)21 300 3929 or spa@babylonstoren.com



massage, or the traditional soap treatment for two that consists of a traditional scrub, soap wash and massage.

Another delectable option is the intensive Babylonstoren honey and salt scrub that stimulates blood circulation and encourages cell renewal.

At the Spa, they've used bamboo to create outdoor spaces for their rejuvenation treatments. Rooted in heritage, this centuries' old plant's healing and invigorating properties have been used in massage since ancient times. Chances are the deep-tissue bamboo massage will send you off to sleep. The 90 minutes of therapy begin with a soothing foot bath, followed by a series of stretches that prepare the body for the deep-tissue massage, using heated sticks of bamboo. The Spa's preference is for golden goddess bamboo – grown, dried and trimmed to perfection on the farm. The round shape and heat-retaining quality of these tubes make them ideal massaging tools to spark circulation, relieve muscle tension and de-stress body and mind.



A Great Escape

So much more than just another restaurant. For people who still dream of truly great escape.