

Himalayan Salt Therapy at the Majeka Guesthouse & Spa



Regarded as the purest salt on earth, pink Himalayan salt was crystallized more than 200 million years ago when ancient sea beds were covered by volcanic lava. Now only accessible from deep within the mountains, it is mined by hand and at one time was so prized, it was served only to Royalty.

Today it is widely regarded as having detoxifying and energising properties, since it contains 84 minerals (including calcium, iron, potassium, and magnesium) as fine particles easily absorbed by the body.

Practiced the world over, Salt Therapy – or Halotherapy – was developed to take advantage of this healing power of salt. It is so popular in Europe that whole salt caves have been constructed, and in Poland an entire salt hospital was carved 740-feet below the surface of a salt mountain, specifically for the treatment of asthmatics and patients with lung disease and allergies.

In South Africa, there is only one spa where you can experience this all-natural relaxing treatment – the Sanctuary Spa at Majeka House, a five-star guesthouse in Stellenbosch.

Lying on the warm salt bed feels a bit like the sand at the beach, and you can dig in your hips and your heels where it suits you. Combined with light therapy and relaxing music, you'll be taken on a journey from a forest of birds and trickling rivers and out to the sea, all before falling into a deep and satisfying sleep.

Afterwards you can take your time indulging in the sauna or the steam room, or lounge by the indoor heated jet pool, watching the clouds go by through the retractable roof before meandering through the rose garden, or over to Makaron, the acclaimed restaurant where you can enjoy a bite to eat.

The Sanctuary Spa at Majeka House is located on Houtkapper Road, Paradyskloof, Stellenbosch. From massages and facials to wraps and treatment packages, a full suite of treatments are available featuring the all-natural Moya products.

Majeka House is also home to the acclaimed Makaron Restaurant, winner of the Eat Out Boschendal Style Award.

To make a booking, phone 021 880 1549, email spa@majeka.co.za or visit www.majeka.co.za

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