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HYDING SPA

Our Story

At The Hyding Spa, each treatment is thoughtfully crafted for our private retreat—an experience designed to guide you into deep relaxation, grounded calm, and renewed vitality.

Drawing inspiration from Japanese philosophies of harmony (wa) and mindful presence, our rituals encourage you to slow down, reconnect, and return to your natural state of balance.

Our wellness journeys extend far beyond pampering. Every experience is tailored to your unique needs, blending medical-grade products with ancient holistic healing and the spirit of omotenashi—genuine, wholehearted care.

Guided by our expert team of medical and wellness practitioners, your treatment becomes a complete rejuvenation of mind, body, and spirit.

Step into a space of stillness reminiscent of shinrin-yoku, where your nervous system can release tension and your body can gently reset. From calming rituals to advanced therapeutic therapies, The Hyding Spa is a sanctuary where every detail is designed to support your well-being.

The Hyding Spa — your journey toward inner peace, vitality, and ikigai begins here.



Massage Collection

Where healing and serenity begins

Each journey is exclusive to The Hyding Spa, blending authentic techniques with a medical understanding of the body. We work beyond routine massage — offering purposeful touch, tailored aromas, healing temperatures, and intentional movement to create a full-body reset. Every treatment is designed as a sensory journey -a moment to slow down, reconnect and truly feel your body again.

Ichigo Ichie Rituals

Every moment is unique and should be treasured, as it will never happen in the exact same way.

A curated harmony of scrub therapy and mineral mud rituals, designed to purify the skin, revive its tone and awaken natural radiance. Each journey in our exclusive thermal water suites are infused with therapeutic essential oils, bringing healing properties, cellular renewal and a deep sense of whole-body wellbeing.

Mizu Sanctuary

Where the body renews, the mind finds peace, and wellness is restored.

Discover our exclusive restorative therapy space — gentle journey's through water, heat and deep relaxation. The Mizu Sanctuary was created to detoxify the body, calm the nervous system and guide you into a state of effortless stillness.

Facial Therapies

Skin first. Wellness always. Results naturally.

Your face quietly represents who you are. At The Hyding, each facial begins with a professional skin analysis and uses medical-based, results-driven skincare — not trends.

We blend clinical care with luxury pampering, offering real results while guiding the mind into calm.

Hand and Foot Therapies

Where unique expert care meets deep repair

Your hands and feet carry you through life — this journey gives them the quiet care they deserve.

We focus on repair, regeneration and nail health using medical-grade products that are vegan, chemical-free, and non-porous — safe for sensitive skin and designed to strengthen from within.



Massage Collection

Wabi-Sabi Massage - 60 minutes | R 1150 90 minutes | R 1450

A timeless full-body massage inspired by wabi- sabi philosophy of simplicity and harmony.

Yuzu lava stone therapy - 75 minutes | R 1450

This Anti-inflammatory ritual begins with a revitalizing body brush technique, followed by heated lava stones infused with Yuzu essential oils.

Ibuki Massage - 90 minutes | R 1550

A restorative aromatherapy ritual using warm aroma-blended oils designed to improve the essence of life, your breath, while calming your mind, completing your wellness journey with a full body scrub thermal experience.

Shakura massage - 75 minutes | R 1450

The Shakura massage is a symbol of renewal, beauty, and impermanence. A sensory ritual dedicated to nurturing the body into stillness and peace.

Ichigo Ichie Rituals

In the spirit of Ichigo Ichie, each ritual is a singular moment, a journey of touch, exfoliation, water, or mud. Allowing restoration to unfold gently and naturally.

Our Guest Relations Officers will gently guide you through the rituals offered in our retreat.

Herbal Harmony - 75 minutes | R 1100

Serenity Drift- 75 minutes | R 1250

Simple Tranquility - 90 minutes | R 1350

Share the journey — couples and groups enjoy exclusive rates when booking together.



Mizu Sanctuary

Day-pass Experience - R 650 pp

The Essence of both deep cleansing and restorative therapy.
spend the day using our steam chamber, heated pool, and relax suite.

Mizu Session - 30 minutes | From R 150- R 350 per session

NOTE: It is not advised to use any facility for more than recommended time of 25 minutes per session, intervals between sessions and hydration are advised. Consult with your doctor before using any of the Hyding Spa's Mizu facilities.

YU Journey - Steam & Clay cleansing Experience.

50 minutes | R 880 pp Couples | R 1400 Group | R 600 pp

A modern Japanese purifying water ritual where raw minerals, heat and aroma steam restore harmony to the mind and body.

Facial Therapies

Dewdrop Radiance Facial 80 minutes | R 1250

A deeply purifying treatment that restores clarity and balance to the skin.
This ritual begins with a back massage and cleanse to soothe tension while cleansing back imperfections, followed by a deep cleansing facial that refines pores, smooths skin texture and promotes a natural radiant glow.

Hikari Renewal Journey - 80 minutes | R 1450

Age-Defying Facial with Growth Factors

Guided by the light of renewal, this rejuvenating journey combines advanced growth factor technology with mindful touch to smooth fine lines, and improve elasticity. This facial is uniquely designed to awaken the skin naturally and bring back vitality and a youthful Luminesce.

Share the journey — couples and groups enjoy exclusive rates when booking together.

Hand Therapies

Mendou Ritual - 60 minutes | R 690

A medically guided manicure that blends beauty with nail health. Using non-porous medical gel and vegan, chemical-free products, this treatment restores the natural appearance of the hand and nail.

Beginning with careful cuticle renewal and soft gel therapy, the hands are refined with a delicate scrub and a nourishing leave-on mask.

The ritual gently slows... ending in warm water — the Mizu bath — with a calming hand massage to encourage quiet circulation.

Hadaka Naiyo - 80 minutes | R 790

A therapeutic hand and nail renewal.

Hadaka Naiyo begins with gentle restoration, skin-renewal ingredients and warm oils melting into the hands. What is damaged is cared for, what is dry becomes soft. The ritual ends in stillness, with a quiet repaint. A true expression of natural beauty.

While the gel cures organically, an aromatic scalp, neck and shoulder massage is performed to release tension and invite calm back into the body.

Kanso Nail and Gel Therapy - 45 minutes | R 600

A quiet layer of protection using a vegan, non-porous gel that supports the nail's natural strength. The treatment includes file, soft buff, and gel paint — refined with intention, allowing the nail to breathe and endure with quiet resilience.

Soak-Off and Mijikai Manicure

45 minutes | R 400

Mijikai is a swift nail restoration that gently removes existing gel product, followed by a file, soft buff and natural shaping. The treatment concludes with a clean repaint using breathable nail varnish, offering a quick refresh while preserving nail health.

Share the journey — couples and groups enjoy exclusive rates when booking together.



Foot Therapies

Mendou Foot Ritual - 80 minutes | R 750

A medically guided pedicure that blends beauty with nail health. Using non-porous medical gel and vegan, chemical-free products, this treatment restores the natural appearance of the hand and nail.

Beginning with careful cuticle renewal and soft gel therapy, the feet are refined with a delicate scrub and a nourishing leave-on mask.

The ritual gently slows... ending in warm water. The Mizu bath with a calming foot massage to encourage quiet circulation.

Hadaka Naiyo - 90 minutes | R 850

A therapeutic foot and nail renewal.

Hadaka Naiyo begins with gentle restoration, skin-renewal ingredients and warm oils melting into the feet.

What is damaged is cared for; what is dry becomes soft.

The ritual ends in stillness, with a quiet repaint. A true expression of natural beauty.

While your varnish cures organically, an aromatic scalp, neck and shoulder massage is performed to release tension and invite calm back into the body.

Kanso Nail and Gel Therapy - 45 minutes | R 650

A quiet layer of protection using a vegan, non-porous gel that supports the nail's natural strength.

The treatment includes file, soft buff, and gel paint — refined with intention, allowing the nail to breathe and endure with quiet resilience.

Soak-Off and Mijikai Pedicure

45 minutes | R 450

Mijikai is a swift nail restoration that gently removes existing gel product, followed by a file, soft buff and natural shaping. The treatment concludes with a clean repaint using breathable nail varnish, offering a quick refresh while preserving nail health.

Share the journey — couples and groups enjoy exclusive rates when booking together.

Guest Etiquette

Atmosphere

The Hyding is a calm space — soft voices and respectful silence are encouraged.

Cellphones

Please keep phones on silent; calls may only be taken in the garden areas.

Smoking

This is a smoke-free wellness retreat — no smoking anywhere on the premises.

Age Policy

To preserve serenity, no guests under 16 are permitted in treatment areas.

Health & Safety

Kindly inform us of any medical conditions, allergies, or recent procedures before treatment.

Bookings & Deposits

A deposit confirms your booking and is required for first-time and group clients.

Cancellation Policy

Cancellations or rescheduling under 24 hours may result in deposit retention.

Belongings

Personal items remain the responsibility of the guest; lockers are provided for safety.

POPIA – Client Information

Your personal information is confidential and protected under POPIA and will not be shared without consent.

Disclaimer

Our treatments support wellness and relaxation and do not replace medical advice or diagnosis.

Gratuities & Feedback

Gratuities are appreciated but never expected — feedback is always welcome.

Respect & Conduct

We ask all guests to respect staff, fellow clients, and shared treatment spaces.

