

Delaire Graff Spa introduces new spa menu and facilities

 By [Ruth Cooper](#)

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I mean is there anything better than treating yo'self to a spa day, like a full-on one, including multiple treatments with ample time to indulge in saunas and steam rooms as well a sumptuous three-course lunch between pamperings? Well, it is pretty much top of my list of favourite things to do.

One spa that really gets things right when it comes to full day indulgences is the Delaire Graaf Spa in Stellenbosch. They recently revitalised some of their facilities and introduced a vibrant three-course spa menu at their Indochine Restaurant. I happily tested out the new menu and treatments and can only recommend.



Afro-Asian inspiration

I started with lunch which offers a small menu of Afro-Asian inspired dishes, light and healthy with a mix of vegan, vegetarian, and pescatarian options this type of food will make you feel as good on the inside as the treatments do to the outside of your body.

For starters, I chose the fragrant kimchi broth with eggplant dumplings, bean sprouts, and relish. Not overly kimchi-pungent, this broth was such an elegant balance of savoury, funky, and sweet - so delicious!







I followed this with the red curry with prawn, served with pearl barley, textures of pumpkin, snow peas and lavish. A beautiful not too spicy bowl of comfort. The prawn can also be substituted for tofu if looking for a vegan option.

Other dishes offered include the Dashi broth with tuna and soba noodles and the Niçoise salad for mains and the ancient grains with asparagus or the Donburi with brown rice, salmon, and avocado for starters.

For dessert, there is a choice of a tropical fruit salad or a chia pudding with linseed crackers. So health!



We, however, were given a sample of the Afro-Asian high tea instead, think jewel-like macarons, tartlets, and green tea and chocolate Swiss rolls. The high tea is served with tea infusions and homemade kombucha.

Next stop, illumination city

Once sufficiently sated on the inside, I moseyed my way over to the tranquil treatment rooms for the black pearl body illumination therapy. A perfect combo of treatments; this therapy includes a full body scrub with dead sea salt and algae followed by a Cleopatra gold face mask and 24 karat body butter back, neck, shoulder and foot massage with Tahitian pearl powder.



Utterly luxurious, this 90-minute tip-to-toe treatment leaves one with soft illuminated skin and in a happy post-massage daze.

Everything from facials to reflexology is offered with intriguing treatments such as the sleep improvement and mud cocoon therapies also on offer.

Also new to the spa is Dr Barbara Sturm's advanced molecular cosmetics offer, a new generation of treatments with a clear focus on skin rejuvenation.

A 22-metre infinity pool and heated Jacuzzi, as well as the recently-revamped Swedish sauna and steam room, are also offered to all guests.



On Fridays, the Afro-Asian high tea is offered with any 60-minute treatment. The new menu will be officially launched on 1 October 2018.

To learn more about the Delaire Graff Spa, [click here](#). For spa bookings and enquiries, please email or call +27 21 885 8160.

ABOUT RUTH COOPER

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