

EXPERIENCE MENU

WWW.LIAMARA.CO.ZA
INFO@LIAMARA.CO.ZA

WELLNESS

Sunrise Yoga 60 min R690
pp

A gentle, grounding flow as the estate wakes – soft light, fresh air, and mindful movement.

Herbal tea included. Group Size: 2-12

Breathwork for Reset & Clarity 45 min R690
pp

Guided breathing to calm the nervous system, clear the mind, and regulate energy.

Group Size: 2-12

Forest Bathing & Nature Meditation 60 min R690
pp

A mindful immersion in wild spaces inspired by ancient nature-healing traditions.

Group Size: 2-12

Add-ons: Meditation in Nature 30 min R350
pp

A quiet, restorative meditation under the trees or near the gardens.

Guided Estate Walk 45 min R150
pp

Explore indigenous flora, birdlife, and the natural rhythms of the land. Group Size: 2-12

Stargazing Evening 90 min R2750
for up to 4

Telescope, blankets, warm drinks, and constellation storytelling. Group Size: 4-12

Night Walk 45 min R150
pp

A moonlit sensory experience with the sounds and silence of the night. Group Size: 2-12

WELLNESS

The Liamara Signature Massage 60 min R700
A restorative full-body treatment 90 min R850

using hot stones & warm botanical-infused oils.

Add-ons:

Foot Scrub 20 min R200

Head/Neck/Shoulder 20 min R200

Foot Massage 20 min R200

CREATIVE WORKSHOPS

Candle-Making Workshop 90 min R650
pp

A soothing, sensory workshop where guests blend their own natural candle using essential oils and Liamara botanicals. Take home a fragrant 250 ml candle in a glass jar. Group Size: 2-8

Bath-Salt Blending Ritual 60 min R350
pp

A calming, sensory ritual combining minerals, dried botanicals, and aromatic oils.



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CREATIVE WORKSHOPS

Botanical Printing (Eco-Printing) 90 min R650

Create your own naturally printed fabric item using leaves, flowers, and botanicals. Guests will learn the eco-printing process and transfer natural shapes and pigments onto a tote bag or kids' T-shirt. Each piece is unique and makes a beautiful handmade keepsake.

CULTURAL EXPERIENCES

Local Heritage Evening 2,5 h R1100

An immersive cultural dining experience celebrating South African flavours and Eastern Cape heritage. Guests enjoy a welcome drink, guided storytelling & traditional dishes.

Samosa-Folding & Traditional Cooking Class 2 h R850

A sensory culinary journey celebrating the rich Indian heritage of East London. Start by blending your own masala, then learn the art of folding perfect samosas. Together, you'll prepare a fragrant Durban-style chicken curry + roti (or a vibrant vegetarian version), simmered slowly with your signature spice blend.

NATURE & ACTIVE EXPERIENCES

Beach Horse-Riding 60 min R550

Morning rides offer crisp coastal air; afternoon rides give breathtaking golden-hour views.

Private Wine Tasting 90-120 min POR

Enjoy a guided tasting of six carefully selected wines, each thoughtfully paired with complementary canapés. A knowledgeable host will introduce each wine, explaining its origin, flavour profile, and pairing notes. **Also Available:** Cognac and gin tastings can be arranged on request.



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SIGNATURE EXPERIENCES

The Liamara Soul Journey 4 h R3,000
Half-day private immersion
combining guided estate walk,
breathwork, meditation, candle
making and a nourishing meal.
Group Size: 2-10 pp

Wellness Day at Liamara 5 h R3800
Yoga, breathwork, guided estate
walk, nature meditation,
wholesome lunch, afternoon
massage, and botanical teas.
Group Size: 2-10 pp

Slow-Living Retreat 2-3 nights POR
A multi-day experience of
barefoot walks, yoga, meditation,
candle-making, eco-printing,
nature walks, stargazing, beach
picnic, and massage.
Group Size: Min 2

FAMILY EXPERIENCES

Parent-Child Creative Workshop 90 min R1550
Choose Your Experience: per
parent-child pair

Candle-Making Workshop
Each parent and child will create
their own scented candle to take
home.

Eco-Printing Workshop
Children will design their own eco-
printed T-shirt, while adults create
a beautiful botanical tote bag using
natural leaves and plant dyes.

Family Cooking Session
Learn how to prepare and fold
traditional samoosas from scratch.
Families will make, cook, and enjoy
their handmade treats together.

What's Included:

- Complimentary welcome cocktail (non-alcoholic)
- Refreshments for parents and children
- All materials and ingredients
- Take-home creations

Group Size: 2-10 children

Family Adventure Package 2 h R950
Light horse ride on the beach,
kids' samosa folding, and a snack
picnic. Group Size: 4-10 pp



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CURATED EVENTS & CELEBRATION

Corporate Experiences

HD/FD POR

Small, mindful corporate gatherings designed to inspire creativity, clarity, and connection.

Options include:

- Guided breathwork & meditation
- Creative workshops (candle-making / eco-printing)
- Nature walk
- Chef's table lunch
- Formal meeting setup available

Celebrations

3-5 h POR

Curated, intimate gatherings — birthdays, milestones, or private family events.

DAY VISITORS (May–August Only)

Liamara welcomes day visitors during the winter season to enjoy the tranquillity and natural beauty of the estate.

Day Visitor Fee: R750 per person

Includes a welcome drink on arrival and access to the swimming pool. Visitors are welcome to explore the estate at their leisure, while respecting the privacy, space, and tranquillity of in-house guests.

Please note:

- Estate access is only available to day visitors who have booked **the Liamara Soul Journey or Wellness Day experience.**



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