



WOODLANDS | Healing Spa
LET GO. RELAX. HEAL.

Treatment Menu 2020/2021

ESSE Facial Experiences

ESSE Anti-Aging facial	75min	R750
ESSE Anti-Oxidant facial	60min	R650
ESSE Deep Cleanse facial	60min	R650
ESSE Hydrating facial	60min	R650
ESSE Express facial	30min	R410

Body Journeys

Woodlands Wonder back, neck & shoulder (Includes back exfoliation and mud application and 30min back neck and shoulder massage)	45min	R640
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Woodlands Wonder full body (Includes back exfoliation, mud application and 60min full body massage)	90min	R970
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Woodlands Aroma-Crystal Journey (Healing massage done with aromatherapy oils and rose quartz crystals)	90min	R970
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Woodlands Love and Gratitude Journey (Starting with a 30min facial going into a full body massage)	90min	R1,050
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Body Rituals

Full Body Exfoliation (with body butter application)	45min	R400
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Hydrating Body Wrap (Includes exfoliation and full body massage)	120min	R1,300
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Slimming/ detox body wrap (Includes exfoliation and full body massage)	120min	R1,300
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Energising Body wrap (Includes exfoliation and full body massage)	120min	R1,300
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Massage Therapies

Choice between Classic Swedish, Aromatherapy or Hot Stone

Back, neck and shoulder massage	30min	R430
	45min	R550

Full body massage	60min	R650
	90min	R850

Deep tissue massage	60min	R780
	90min	R890

Head and shoulder massage	30min	R350
Pressure point foot massage	30min	R350

Hands and Feet

Standard manicure	60min	R310
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Gel manicure	75min	R400
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Deluxe manicure	60min	R400
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Standard pedicure	60min	R400
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Gel pedicure	75min	R480
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Deluxe pedicure	75min	R480
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Spa manicure (excl. paint)	30min	R230
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Spa pedicure (excl. paint)	30min	R230
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File and paint	45min	R170
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Gel soak off	30min	R150
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Medical Spa Treatments

Lamelle Acne Correction Peel Beta plus 15%	30min	R450
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Lamelle Acne Correction Peel Beta Plus 20%	30min	R520
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Lamelle Pigmentation correct Peel Beta 15%	30min	R490
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Lamelle Pigmentation correct Peel Beta 20%	30min	R580
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Lamelle Ageing correct Peel Lacti-Firm 30/10	30min	R490
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Lamelle Ageing correct Peel Lacti-Firm 90/10	30min	R590
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Lamelle Retistore	30min	R950
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Lamelle Retistore Plus	30min	R1,100
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Dr. Pen Microneedling	60min	R950
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Grooming

Eye lash tint	20min	R95
Eye brow tint	15min	R95
Eye brow shaping	20min	R120
Tint combo and shape	30min	R180

Waxing

Underarms	15min	R110
Bikini standard	15min	R130
Bikini G-string	30min	R165
Brazilian	30min	R215
Hollywood (including abdomen)	45min	R295
Back	30min	R300
Chest	15min	R195
Half arm	15min	R150
Full arm	30min	R200
Half leg (above the knee)	30min	R190
Full leg	45min	R260
Lip or chin	15min	R85
Cheeks	15min	R85
Full face	30min	R200

Permanent Make-Up

Eyebrow	90min	R1,600
Eyeliner	60min	R1,600
Lip liner	90min	R1,600
Full lips	120min	R2,800
Touch-up on brows, eyeliner or lip liner	60min	R800ea
Touch-up on full lips	120min	R1,500
Microblading	90min	R1,500
Microblading touch-up	90min	R650

Signature Therapies

Let Go (half day) **R1,350** **3.0hrs**

Let your tension fade away with a Woodlands Wonder body journey. This treatment consists of a back exfoliation and warm mud application as well as a full body massage. End it off with a 30min pressure point foot massage and enjoy a light lunch on the deck overlooking the river. (Includes 30min hydrotherapy)

Relax (half day) **R1,350** **3.0hrs**

Relax your body and mind with a 60min aromatherapy massage and hydrating facial. Enjoy a light lunch on the deck surrounded by the sounds of nature. (Includes 30min hydrotherapy)

Heal (half day) **R1,200** **3.0hrs**

Cleanse and restore your body with a Woodlands Aroma-Crystal Journey. Experience the healing power of aromatherapy combined with warm rose quartz crystals. Complete the journey with spa manicure or spa pedicure (excludes paint). Enjoy a light lunch on the deck overlooking the river. (Includes 30min hydrotherapy)

Air (full day) **R1,900** **5.0hrs**

Relax and revive through a bubbly 60min hydrotherapy session, 90min aromatherapy massage, anti-oxidant facial and a standard pedicure. This package includes a light lunch with a beverage.

Fire (full day) **R1,750** **5.0hrs**

Indulge in a 60min warming hydrotherapy session followed by a 60min full body hot stone massage, deep cleanse facial and a warming hand and foot ritual. This package includes a light lunch with a beverage.

Water (full day) R1,950 5.5hrs

Experience the wonder of the water element in a relaxing 60min hydrotherapy session followed by body wrap and massage, standard manicure and pedicure. This package includes a light lunch with a beverage.

Time Out (full day) R2,450 7.0hrs

Experience every aspect Woodlands Spa has to offer with this full day spa experience. Start with a welcome drink and breakfast followed by a 60min hydro therapy session, 90min full body massage and 75min ESSE anti-aging facial. Break for a light lunch and continue with a standard manicure and standard pedicure or a scalp and pressure point foot massage. End your day with a small dessert and organic cappuccino.

Joy (half day) R1,400 3.5hrs

Relax and enjoy a luxury spa experience with friends or family. Have fun and build good ties through a 30min hydrotherapy session followed by a 45min back, neck and shoulder massage, hydrating facial and choice between hand or foot ritual. This package includes a light lunch with a beverage.

Price per person, groups of 3+ are charged at R1,250 per person.

Love and Gratitude (half day) R2,100* 3.5hrs

This is a special treatment package, the perfect spa experience for the restoration of body, mind and soul. Relax with a 30min hydrotherapy session followed by a 90min Woodlands Love and Gratitude Journey, starting with a facial going into a full body massage. This package includes a light lunch with a beverage.

* Price per couple. Extras for couples experiences (bubbly, flowers or chocolates) can be arranged through reception and will be charged accordingly.

Couples Connect (half day) R2,700 per couple 3.5hrs

Come spend time with a loved one and reconnect while enjoying side-by-side massages. Enjoy an aroma spa bath or 30min hydrotherapy session together followed by a hot stone or aromatherapy massage, head and shoulder massage and pressure point foot massage. End the day with a delicious and healthy light lunch and beverage at the River Café.

Holistic Journeys

Can be added to any experience at an additional cost, subject to availability of consultants.

Yoga (drop-in class)		R150
Breath work	60min	R700
Reiki	60min	R600
Reflexology	60min	R600
Reiki-Reflex combined	90min	R750

Spa Etiquette

All our guests are welcome to enjoy every aspect of the spa facilities. Arrival time is a minimum of 15 minutes prior to your first treatment. Please note that should you wish to arrive earlier, the relaxation area and hydro pool are available for exclusive use, subject to prior booking. Swimwear must be worn when using the hydro area, we will provide a locker, gown and slippers for your comfort. All prices, treatments and information is current at the time of print and are subject to revision without prior notice. A booking cancellation fee of 50% will be charged on all bookings that are cancelled within 12 hours or less of the appointment time. For groups of 2 or more, we require a 50% deposit before booking will be confirmed.

The spa and its therapists cannot accept responsibility for injuries, adverse reactions or complications before, during or after treatments, or for theft, damage, loss or accident that occurs on the premises.

Regret no children under the age of 13 years is allowed at the Woodlands Spa premises.



TAKING TIME OUT EACH DAY
**TO RELAX
AND RENEW**
IS ESSENTIAL TO
LIVING WELL.

— Judith Hanson Lasater —

R114 (next to Avianto), Muldersdrift
The Cradle of Humankind, Gauteng

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We are now open 7 days a week from 8:00 to 17:00

