



WOODLANDS | Healing Spa  
LET GO. RELAX. HEAL.

**Treatment Menu 2022**

## Body Journeys

### Woodlands Wonder Ocean Therapy 45min R670

Includes back exfoliation, wrap and 30 minute back neck and shoulder massage. Choice between Anti-stress (lemongrass, lime & lavender), Healing (pine, eucalyptus & tea tree) or Relaxing (vanilla, grapefruit & neroli)

### Woodlands Wonder Ocean Therapy full body 90min R1000

Includes back exfoliation, wrap and 60 minute full body massage. Choice between Anti-stress (lemongrass, lime & lavender), Healing (pine, eucalyptus & tea tree) or Relaxing (vanilla, grapefruit & neroli)

### Woodlands Love & Gratitude Journey 90min R1040

Starting with a ESSE 30 minute Express facial going into a 60 minute full body massage.

### Woodlands Wonder Detox Journey 45min R670

Includes back exfoliation, detox wrap and 30 minute back neck and shoulder massage.

### Woodlands Wonder Detox Journey 90min R1000

Includes back exfoliation, detox wrap and 60 minute full body massage.

## Body Rituals

Full Body Exfoliation (with body butter application) 45min R430

Hydrating Body Wrap (Includes exfoliation and full body massage) 120min R1,300

Slimming/ detox body wrap (Includes exfoliation and full body massage) 120min R1,300

Energising Body wrap (Includes exfoliation and full body massage) 120min R1,300

## Massage Therapies

Back, neck and shoulder massage - Swedish 30min R450  
45min R570

Back, neck and shoulder massage - Aroma / Hot Stone 30min R470  
45min R590

Full body massage - Swedish 60min R690  
90min R880

Full body massage - Aroma / Hot Stone 60min R710  
90min R900

Deep tissue massage 60min R790  
90min R910

Head and shoulder massage 30min R370  
Pressure point foot massage 30min R370

## Hands and Feet

Standard manicure 60min R320

Gel manicure 75min R420

Deluxe Ocean Therapy manicure 60min R420

Standard pedicure 60min R420

Gel pedicure 75min R500

Deluxe Ocean Therapy pedicure 75min R500

Spa manicure (excl. paint) 30min R240

Spa pedicure (excl. paint) 30min R240

File and paint 45min R170

Gel soak off 30min R160

## Medical Spa Treatments

Lamelle Acne Correction Peel Beta plus 15% 30min R510

Lamelle Acne Correction Peel Beta Plus 20% 30min R590

Lamelle Pigmentation correct Peel Beta 15% 30min R610

Lamelle Pigmentation correct Peel Beta 20% 30min R680

Lamelle Ageing correct Peel Lacti-Firm 30/10 30min R610

Lamelle Ageing correct Peel Lacti-Firm 90/10 30min R680

Lamelle Retistore 30min R1,050

Lamelle Retistore Plus 30min R1,250

Dr. Pen Microneedling 60min R1,200

## ESSE Facial Experiences

ESSE Pro-biotic facial	75min	R950
ESSE Experience facial	60min	R695
ESSE Express facial	30min	R350

## Grooming

Eye lash tint	20min	R95
Eye brow tint	15min	R95
Eye brow shaping	20min	R120
Tint combo and shape	30min	R300

## Waxing

Underarms	15min	R110
Bikini standard	15min	R130
Bikini G-string	30min	R165
Brazilian	30min	R215
Hollywood	45min	R295
Back	30min	R300
Chest/ Stomach	15min	R195
Half arm	15min	R150
Full arm	30min	R200
Half leg (above the knee)	30min	R190
Full leg	45min	R270
Lip or chin	15min	R85
Cheeks	15min	R85
Full face	30min	R200

## Signature Therapies

**Let Go (half day)** **R1,370** **3.0hrs**

Let your tension fade away. Choice between either Woodlands Wonder Detox Journey or Ocean Therapy journey. This treatment consists of a back exfoliation, wrap and 60min 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)** **R1,405** **3.0hrs**

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

**Heal (half day)** **R1,140** **3.0hrs**

Restore and Heal your muscles with a 90min full body hot stone massage, followed by a spa manicure or spa pedicure (excludes paint). Enjoy a light lunch on the deck overlooking the river. (includes 30min hydrotherapy)

**Air (full day)** **R2,105** **5.0hrs**

Relax and revive through a bubbly 30min hydrotherapy session, 90min aromatherapy massage, ESSE Experience facial and a standard pedicure. This package includes a light lunch with a beverage.

**Fire (full day)** **R1,805** **5.0hrs**

Indulge in a 30min warming hydrotherapy session followed by a 60min full body hot stone massage, ESSE Experience facial and a Ocean Therapy hand and foot massage. This package includes a light lunch with a beverage.

## Water (full day) R2,040 5.5hrs

Experience the wonder of the water element in a relaxing 30min 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) R2,750 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 30min hydro therapy session, 90min full body massage and 75min ESSE Pro-biotic facial. Break for a light lunch and continue with a Deluxe Ocean Therapy manicure and Deluxe Ocean Therapy pedicure, or a scalp and pressure point foot massage. End your day with a organic cappuccino and small muffin.

## Joy (half day) R1,120 3.0hrs

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, ESSE Express facial and choice between hand or foot ritual. This package includes a light lunch with a beverage.

## Love and Gratitude (half day) R2,080 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.

## Couples Connect (half day) R2,900 per couple 3.5hrs

Come spend time with a loved one and reconnect while enjoying side-by-side massages. Enjoy a 30min hydrotherapy session together followed by a 60min 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
Reiki	60min	R690
Reflexology	60min	R690
Reiki-Reflex combined	90min	R880

## 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

