



WOODLANDS | Healing Spa
LET GO. RELAX. HEAL.

Treatment Menu 2025

Body Journeys

Woodlands Wonder Ocean Therapy 45min R780

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 R1,150

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 R1,190

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

Woodlands Wonder Detox Journey 45min R780

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

Woodlands Wonder Detox Journey 90min R1,150

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

Body Rituals

Full Body Exfoliation (with body butter application) 45min R520

Hydrating Body Wrap (Includes exfoliation and full body massage) 120min R1,450

Slimming/ detox body wrap (Includes exfoliation and full body massage) 120min R1,450

Energising Body wrap (Includes exfoliation and full body massage) 120min R1,450

Massage Therapies

Back, neck and shoulder - Swedish / Pregnancy 30min R540

45min R670

Back, neck and shoulder massage - Aroma / Hot Stone 30min R560

45min R700

Full body massage - Swedish / Pregnancy 60min R810

90min R990

Full body massage - Aroma / Hot Stone 60min R820

90min R1,000

Deep tissue massage 60min R900

90min R1000

Head and shoulder massage 30min R450

Pressure point foot massage 30min R450

Scalp Massage 30min R450

Hands and Feet

Standard manicure 60min R400

Gel manicure 75min R500

Deluxe Ocean Therapy manicure 60min R500

Standard pedicure 60min R500

Gel pedicure 75min R590

Deluxe Ocean Therapy pedicure 75min R590

Spa manicure (excl. paint) 30min R320

Spa pedicure (excl. paint) 30min R320

File and paint 45min R210

Gel soak off 30min R200

Foot Ritual / Hand 30min R450

Grooming

Eye lash tint 20min R150

Eye brow tint 15min R150

Eye brow shaping 20min R160

Tint combo and shape 30min R360

ESSE Facial Experiences

ESSE Pro-biotic facial	75min	R1,100
ESSE Experience facial	60min	R850
ESSE Express facial	30min	R500

Medical Spa Treatments

Lamelle Acne Correction Peel Beta plus 15%	30min	R640
Lamelle Acne Correction Peel Beta Plus 20%	30min	R750
Lamelle Pigmentation correct Peel Beta 15%	30min	R770
Lamelle Pigmentation correct Peel Beta 20%	30min	R830
Lamelle Ageing correct Peel Lacti-Firm 30/10	30min	R780
Lamelle Ageing correct Peel Lacti-Firm 90/10	30min	R900
Lamelle Retistore	30min	R1,420
Lamelle Retistore Plus	30min	R1,680
Lamelle Essentials Facial	60min	R640

Microneedling

Demaplane Pre Including LED Light Therapy	R820
Microneedling - Face only & LED Light Therapy	R1,200
Microneedling - Face and neck & LED Light Therapy	R1,300
Microneedling - Face, neck and décolleté & LED Light Therapy	R1,600

Waxing or Sugaring

Underarms	15min	R170
Bikini standard	15min	R210
Bikini G-string	30min	R220
Brazilian	30min	R275
Hollywood	45min	R370
Back	30min	R345
Chest/ Stomach	15min	R240
Half arm	15min	R210
Full arm	30min	R260
Half leg (above the knee)	30min	R240
Full leg	45min	R330
Lip or chin	15min	R110
Cheeks	15min	R110
Full face	30min	R260

Signature Therapies

Let Go (half day) R1,650 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) R1,670 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) R1,450 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) R2,280 5.0hrs

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

Fire (full day) R2,400 5.0hrs

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

Water (full day) R2,500 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)

R2,990 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 60min Lamelle Essentials 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)

R1,660 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.

Couple's Love and Gratitude (half day) R2,800 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) R3,600 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.

MeLine

MeLine Peel for hyperpigmentation - POR

Holistic Journeys

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

Yoga (drop-in class)		R180
Reiki	60min	R820
Reflexology	60min	R820
Reiki-Reflex combined	90min	R1,000
Access Bars with Sound Therapy		R1,000
Acudetox session	60min	R650
Guided Meditation with Sound Therapy		R850
TRE		R600
Lomi Lomi	60min	R880
Body Stress release massage	60min	R650
Pellowah	60min	R1,000
Conscious Coaching, Energy balancing, Access bars, Sound therapy	3hrs	R1,800
Color, Crystal & Conscious card readings	90min	R950

Add-ons

Footpeel		R180
Hotstone		R150
Gua Sha facial stone massage		R150
Jade facial roller massage		R150
Cupping massage		R150
Back exfoliation		R180
Algenate facial mask		R280

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. We require a 50% deposit on any booking before the 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.**

A modern spa treatment room with a wooden ceiling, large windows, and a massage table. The room is bright and airy, with a view of lush greenery outside. A massage table is set up with a white sheet and a rolled-up towel. A wooden cabinet is visible on the left side of the room. The text is overlaid on the image, centered in the middle.

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

