



WOODLANDS | Healing Spa
LET GO. RELAX. HEAL.

Treatment Menu 2026

Body Journeys

Woodlands Wonder Ocean Therapy 45min R800

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 R1,200

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 R1,250

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

Woodlands Wonder Detox Journey 45min R800

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

Woodlands Wonder Detox Journey 90min R1,200

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

Body Rituals

Full Body Exfoliation (with body butter application) 45min R590

Hydrating Body Wrap (Includes exfoliation and full body massage) 120min R1,480

Slimming/ detox body wrap (Includes exfoliation and full body massage) 120min R1,480

Energising Body wrap (Includes exfoliation and full body massage) 120min R1,480

Massage Therapies

Back, neck and shoulder - Swedish or Pregnancy 30min R580
45min R690

Back, neck and shoulder massage - Aroma or Hot Stone 30min R600
45min R750

Full body massage - Swedish or Pregnancy 60min R850
90min R1,050

Full body massage - Aroma or Hot Stone 60min R870
90min R1,100

Deep tissue massage 60min R1,000
90min R1,200

Head and shoulder massage 30min R500
Pressure point foot massage 30min R500

Scalp Massage 30min R500

Hands and Feet

Standard manicure 60min R440
Gel manicure 75min R520

Deluxe Ocean Therapy manicure 60min R520
Standard pedicure 60min R520

Gel pedicure 75min R600
Deluxe Ocean Therapy pedicure 75min R600

Spa manicure (excl. paint) 30min R350
Spa pedicure (excl. paint) 30min R350

File and paint 45min R250
Gel soak off 30min R220

Foot Ritual / Hand 30min R500

Grooming

Eye lash tint 20min R165

Eye brow tint 15min R165

Eye brow shaping 20min R180

Tint combo and shape 30min R390

ESSE Facial Experiences

ESSE Pro-biotic facial	75min	R1,200
ESSE Experience facial	60min	R900
ESSE Express facial	30min	R600

Medical Spa Treatments

Lamelle Acne Correction Peel Beta plus 15%	30min	R650
Lamelle Acne Correction Peel Beta Plus 20%	30min	R780
Lamelle Pigmentation correct Peel Beta 15%	30min	R790
Lamelle Pigmentation correct Peel Beta 20%	30min	R850
Lamelle Ageing correct Peel Lacti-Firm 30/10	30min	R800
Lamelle Ageing correct Peel Lacti-Firm 90/10	30min	R950
Lamelle Retistore	30min	R1,450
Lamelle Retistore Plus	30min	R1,700
Lamelle Essentials Facial	60min	R680

Microneedeling

Demaplane Pre Including LED Light Therapy	R850
Microneedeling - Face only & LED Light Therapy	R1,300
Microneedeling - Face and neck & LED Light Therapy	R1,400
Microneedeling - Face, neck and décollete & LED Light Therapy	R1,700

Waxing or Sugaring

Underarms	15min	R190
Bikini standard	15min	R230
Bikini G-string	30min	R240
Brazilian	30min	R300
Hollywood	45min	R400
Back	30min	R380
Chest/ Stomach	15min	R260
Half arm	15min	R230
Full arm	30min	R290
Half leg (above the knee)	30min	R260
Full leg	45min	R350
Lip or chin	15min	R130
Cheeks	15min	R130
Full face	30min	R290

Signature Therapies

Let Go (half day) R1,700 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) R1,710 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) R1,500 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) R2,300 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) R2,500 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) R2,600 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)

R3,200 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 facia. 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)

R1,690 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) R3,000 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) R3,800 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.

Tanz Essence Journey R1,200

1.5hrs

Indulge in three 30-minute treatments: a back, neck & shoulder massage, a scalp massage, and a relaxing foot massage.

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)	R200
Reiki	60min R850
Reflexology	60min R850
Reiki-Reflex combined	90min R1,100
Access Bars with Sound Therapy	R1,100
Acudetox session	60min R700
Guided Meditation with Sound Therapy	R900
TRE	R700
Lomi Lomi	60min R900
Body Stress release massage	60min R700
Pellowah	60min R1,100
Conscious Coaching, Energy balancing,	
Access bars, Sound therapy	3hrs R1,900
Color, Crystal & Conscious card readings	90min R1,000

Add-ons

Footpeel	R200
Hotstone	R180
Gua Sha facial stone massage	R180
Jade facial roller massage	R180
Cupping massage	R180
Back exfoliation	R250
Algenate facial mask	R300

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. As treatment rooms and therapists are reserved exclusively for your booking, cancellations made within 12 hours of the scheduled appointment will result in 50% cancellation fee and failure to arrive for the appointment, will result in a 100% cancellation fee. This policy is in accordance with Section 17 of the Consumer Protection Act, which permits a reasonable cancellation charge for advance bookings. 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 interior space, likely a spa or wellness center. The ceiling is made of light-colored wood with a prominent grain. Large windows on the right side offer a view of lush green trees. In the foreground, a massage table is covered with a light-colored towel, and a small wooden tray filled with stones sits on the floor. To the left, there is a dark wooden cabinet with drawers. The overall atmosphere is serene and relaxing.

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

