



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

ESSE Facial Experiences

ESSE Pro-biotic facial 75min R1,200

ESSE Experience facial 60min R900

ESSE Express facial 30min R600

Lamelle Ntrymed Facial Experiences

Hydrate and Plump facial 60min R480

Deep cleanse Facial 60min R450

Anti-ageing Facial 60min R480

Detox Facial 60min R450

Massage Therapies

Back, neck and shoulder - 30min R580

Swedish or Pregnancy 45min R690

Back, neck and shoulder massage - 30min R600

Aroma or Hot Stone 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

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 decollete & 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 3hrs

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 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)

R1,690 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.

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 bedroom or a relaxation area, featuring a high ceiling with a prominent wood grain pattern. Large windows and glass doors offer a view of lush greenery outside. A bed with a pink blanket and folded towels is visible on the right. A wooden cabinet with drawers is on the left. The overall atmosphere is bright and airy, emphasizing a connection with nature.

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

010 010 5026 | 083 805 0661
bookings@woodlandsspa.co.za
www.woodlandsspa.co.za

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

