

Spa Policies

What to wear

You may wish to bring your swimwear to enjoy our swimming pool and terrace. For Spa treatments, we will provide you with the necessary disposable underwear, bath robe and slippers.

Spa etiquette

Booking in advance is recommended. In a spirit of mutual respect we kindly request punctuality. We kindly request that you arrive 15 minutes prior to your treatment. Should you arrive late for your treatment, your treatment time may be reduced.

Spa hours

The Spa offers treatments from Monday to Friday 8am to 5pm. Saturdays from 9am to 2pm. Should you wish to book a treatment outside of these times, we will do our utmost to accommodate your request, subject to staff availability.

Cancellation policy

24 hours notice is required for cancellations and rescheduling. Should an appointment not be met, without prior notification, the full cost of the appointment will be charged.

Group Bookings

When making a group booking a 50% deposit is payable to confirm your booking.

Spa vouchers

Please note that spa vouchers have to be presented when booking a treatment and that the vouchers has an expiry date and are non transferable.



Spa Body Treatments



Stress Relief Massage

A Swedish massage to ease aches, pains and strains. This massage will vary according to your particular needs, please indicate your area of concern to your therapist.

60min R500
90min R700

Hot Stone Therapy

Our heated basalt stones provide a deep sense of relaxation and improve blood circulation. It awakens the senses, converting all feelings to bliss and relaxing the body to its deepest level.

45min R400
60min R550
90min R750

Lymphatic Drainage

Manual lymph drainage is designed to stimulate the body's lymphatic system, a fluid filled network, which circulates fats, proteins and immune cells and removes bacteria, viruses and cholesterol. Combined with exercise, it can lead to a reduction in water retention and cellulite.

60min R500
90min R700
10% discount
on course

Indian Head Massage

A powerful and relaxing massage to de stress the mind and ease tension commonly found in the scalp, neck, back and shoulders. Drainage techniques and pressure points are used to relax the body and unwind the mind. This treatment will leave you with an overall feeling of well being.

30min R250

Zen Bamboo

Five times deeper than a regular deep tissue massage. A very stimulating and stress relieving massage.

60min R550

Deep Tissue / Acupressure

A type of massage using firm pressure and slow strokes to reach deeper layers of muscle and the connective tissue surrounding muscles. It's used for chronic aches and pains. Acupressure relieves pain and also relax the muscles.

30min R 330
45min R 450
60min R 600

Reflexology

This pressure-point massage focuses on nerve locations on your feet, corresponding to specific organs and areas in your body. Thumb and finger pressure releases tension and allows homeostasis (rebalance the body)

30min R 250
45min R 380

Back, Neck and Shoulder Massage

This massage helps to iron out all the accumulated stress and tension in your back, neck and shoulder area. It gets combined with a scalp massage to help your tension melt away.

30min R 280
45min R 380

Aromaflex

Essential oils are blended for your specific concerns. This Aromatherapy back, neck and shoulder massage will help to improve your health and well-being and it is also very relaxing. Reflexology will end this treatment off, by balancing the body and mind.

60min R 500

Mother-to-be Bliss Massage

This gentle massage for pregnant ladies is designed to maintain suppleness and tone the skin. It will also relieve tension in the back and alleviate swelling in the hands and feet. (Dr. consent for 1st & 3rd trimester)

60min R 500

Couples Massage (per couple)

A massage enjoyed with your partner or friend in the same room. Indulge in this sensual massage that will let you and your partner feel relaxed and revitalized.

45min R 650
60min R 900
90min R1200

Add on: Steam, Rasul & Glass of Champagne

45min R 350

Little Zen Massage

<13 years

30min R200

Zen Spa's Signature Treatment

Enjoy this sensorial journey of wellness... You can choose between a Revitalizing or Relaxing treatment. A luxurious full body exfoliation and mud application is applied in the Rasul. Relaxation time in the Steam and candle room followed by a 60min Full Body Swedish massage with Hot Stone or Bamboo. This journey ends with an Invigorating facial.

180min R1300

Skincare Treatments



Zen Spa Designer Facial

A skin care treatment tailored to treat individual concerns such as dehydration, sensitivity, dull skin, environmental damage, congestion, fine lines and the lack of firmness etc. We finish off with a relaxing massage of the Décolleté, face and scalp.

60min R 540

New Generation Purifying Treatment (Deep Cleanse)

This deep cleansing facial will help to get rid of impurities. We exfoliate the skin to get rid of dead skin cells and do extractions where needed. It will help to balance, clarify and smooth the skin.

60min R 480

Regim A "Peel and Heal" Treatment

A therapeutic treatment alternative to harsh chemical skin peels and skin resurfacing. It is potent, yet gentle and safe, delivering powerful results. Safe to do all year round!

30% "Power Peel and Heal"	R 600
50% "Power Peel and Heal"	R 720
Acne "Peel and Heal"	R 720

10 treatments "Peel and Heal" 10 % discount

Youth.com Facial and High Frequency

This teenage facial will deeply cleanse the skin, followed by extractions of impurities and a soothing mask to reduce inflammation.

45min R360

Back Beauty Treatment

Cleansing and exfoliating the back with steam, followed by extractions and a purifying mask. Hydrating Stress relief massage to reduce muscle tension and hydrate the skin. Your back will feel silky smooth.

60min R650

Turn Back Time Facial

This unique facial is a non-invasive treatment which can help reverse the adverse effects that have already occurred in the skin of the face. The muscles are relaxed which helps result in a reduction of wrinkles. Expression lines are eased and the complexion looks rejuvenated.

75min R700

Beauty Treatments



Tinting

Brow tint	15min	R 60
Lash tint	20min	R100
Lash and brow tint	30min	R140
Brow shape and tint	15min	R120

Waxing

Half leg wax	30min	R150
Full leg wax	45min	R200
Bikini wax	20min	R100
Bikini wax extended	30min	R150
Brazilian wax	60min	R250
Hollywood wax	60min	R300
Underarm wax	15min	R 80
Brow wax	15min	R 60
Lip wax	15min	R 60
Chin wax	15min	R 60
Back wax	45min	R150
Chest wax	30min	R150
Full arm wax	30min	R100
Full Face wax	30min	R150

Make-up

Special Event	45min	R350
Matric farewell makeup (including Trial)	45min	R450
Bridal Make-up (incl. Trial, Brow tint & shape, excl travel cost)	60min	R620
Make-Up Trial	30min	R200

Hand and foot treatments

Spa Manicure	60min	R200
French Manicure	75min	R220
Deluxe Manicure	75min	R250
Spa Pedicure	60min	R280
French Pedicure	75min	R300
Deluxe Pedicure	75min	R330
Revarnish	30min	R120
Little Diva Manicure (<13yr)	45min	R120
Little Diva Pedicure (<13yr)	45min	R150
Hand Treatment	30min	R120
Foot Treatment	30min	R180

Nails

Gel Polish	60min	R200
Gel Polish French	75min	R250
Gel Polish Fill	45min	R150
Gel Soak off	30min	R 70
Gel Dip	60min	R280
Gel Dip Fill	60min	R200
Tip & Dip	90min	R350 - R400
LCN Full Set Tips / Sculpting	180min	R450
LCN Rebalance	90min	R250 - R350
Reolution Tips	120min	R350
Tips Removal	60min	R120
Add on Manicure	30min	R100
Add on Pedicure	45min	R150
Pedique (Toenail Reconstruction)		On Request



Packages



Zen Spa top to toe package

Full body exfoliation and mud application in the Rasul followed by Steam ~ 90min Stress Relief Massage ~ Indian Head Massage ~ Zen Spa Designer Facial ~ Spa Manicure ~ Spa Pedicure ~ Includes a light lunch with a beverage

390min R2000

Pamper me Spa Package

60min Stress Relief Massage ~ Designer Facial ~ Spa Pedicure

180min R1100

Bridal Package

Full body exfoliation and mud application in the Rasul followed by Steam ~ 60min Stress Relief Massage ~ Zen Spa Designer Facial ~ Spa Manicure ~ Spa Pedicure ~ Brow shape and tint ~ Bikini wax

300min R1800

Please enquire about add-ons

Great Expectations Package

Zen Spa Designer Facial ~ Indian Head Massage ~ Spa Manicure ~ Spa Pedicure

180min R1100

Couples Retreat Package

Full body exfoliation and mud application by each other in Rasul followed by Steam ~ 45min Hot Stone Massage ~ Indian Head Massage ~ Deluxe Pedicure ~ Relaxation in the candle room with champagne

210min R2200
(per couple)

Zen's Body and Mind Deluxe Package

Full body exfoliation and mud application in the Rasul followed by Steam ~ 45min Back, Neck and Shoulder Massage ~ Indian Head Massage ~ Spa Pedicure

165min R1000

The Petite Treat < 13 years

Teenage facial ~ Little Diva manicure ~ Little Diva pedicure

165min R 450

Zen Men Retreat

45min De Stressing Back, Neck and Shoulder Massage ~ Indian Head Massage ~ Deep Cleanse Facial ~ Reflexology ~ Steam & Rasul Session

210min R1200

