

TREATMENT MENU

Signature Treatments

Bangurayika Experience (Explorer)

ZAR 1960 | 120 min

A full body exfoliation followed by our Signature African Phumla Massage.

Pezula's Phumla Massage

ZAR 1670 pp | 90 min

Pezula's Signature African drumbeat experience includes stretching, deep kneading, a foot massage and pressure point scalp massage, using specific oil blends to improve circulation and alleviate muscular tension.

Matombo Experience

ZAR 2540 pp | 120 min

A unique African journey perfect for stress relief, detoxifying and relaxing. Full body exfoliation with indigenous ingredients, followed by a re-mineralising body wrap. An African body massage combining oils with hot volcanic stones, reaches the core of the muscles re-mineralising your skin.

Pezula Colour Balancing Candle Massage

ZAR 1410 pp | 75 min

A sensorial full body massage with an aromatic fragrance candle of your choice. Using soy wax drizzled from the candle, rich in skin nourishing nutrients.

Pezula Anti- Ageing Facial

ZAR 1430 pp | 90 min

Attention is given to the delicate eye area during your Eye Revival treatment, eyelash & brow tint & shape. A sumptuous pleasure for the senses with exceptional results against signs of ageing.

Spa Packages

Golfers Package

ZAR 2040 | 90min

Includes a Back, Neck & Scalp Massage, De-Stress Leg Massage or Express Facial

Chibayamoyo Experience (Love of my Life) - Pezula Signature experience

ZAR 3800 pp | 225 min

This package is designed for you to share, with the love of your life, an intimate space and time in our aromatic steam filled Rasul chamber. Your journey begins with a Daka Mud cleansing ritual, followed by Pezula's Signature Phumla African Massage and a Classic Essential Facial.

Renaissance Root

ZAR 4290 pp | 360 min

Pezula's Phumla African Massage, Deluxe Facial, Spa Manicure, Spa Pedicure, Wash & Blow Dry

African Dawn

ZAR 3960 pp | 315 min

Daka Mud Body Wrap, Swedish Massage, Deluxe Facial, Deluxe Pedicure

Blissful Bride-to-be

ZAR 3830 pp | 315 min

Colour Balancing Candle Massage, Deluxe Facial, Deluxe Manicure, Deluxe Pedicure

Warm Rocks Revival

ZAR 3135 pp | 165 min

Muwuri Body Scrub, Hot Stone Massage, Classic Essential Facial

Magauta Glow (Mother of Gold)

ZAR 3190 pp | 225 min

Body buff, Omega rich Sensation shower, Magauta Massage, Classic Essential Facial, Spa Manicure or Spa Pedicure

Deep Detox

ZAR 2805 pp | 180 min

Power Plate Session, Serene Detox Mud Wrap, Phumla African Massage

TREATMENT MENU

Massages

Four Hands Massage

A thoroughly unique massage by two therapists using hands, fingers, elbows and forearms to relieve stress and tension, increase lymph function and provide an overall feeling of well-being. You can choose which area of the body to focus on.

ZAR 2310 pp | 60 min

Banguranyika Experience (Explorer)

A full body exfoliation to eliminate dead surface cells, impurities and to improve circulation. This treatment is followed by our Signature African Phumla Massage.

ZAR 1960 pp | 120 min

Pezula's Phumla Massage (Relaxing)

Pezula's Signature African drumbeat experience includes stretching, deep kneading, foot massage and pressure point scalp massage. This rhythmic experience is orchestrated using a rich textured synergy of highly effective oil blends.

ZAR 1670 pp | 90 min

Hot Stone Massage

Using volcanic mineral stones, we heat and relax muscles, allowing a deeper massage to the core of the muscle.

ZAR 1525 pp | 75 min

Back, Neck & Shoulder Massage

A unique blend of deep tissue massage therapy techniques designed specifically for stress reduction and relaxation.

ZAR 1220 pp | 60 min

Pezula Colour Balancing Candle Massage

A sensorial full body massage with an aromatic fragrance and colour of your choice. A soy based candle is used to light up your treatment room releasing aromatherapeutic scents, followed by your soothing massage with the soy wax drizzled from the candle, rich in skin nourishing nutrients.

ZAR 1410 pp | 75 min

Pezula Aromatherapy Massage

Combining sense of smell with touch, a fragrant head to toe massage totally relaxing the mind and body whilst uplifting the spirit.

ZAR 1380 pp | 60 min

Swedish Massage

A restorative massage using regulated pressure, long strokes and kneading. This relaxing and invigorating massage immediately improves circulation, eases muscular aches and tension, increases flexibility while promoting health and wellbeing.

ZAR 1165 pp | 60 min

Stress Relief Massage

Concentrating on all the specific pressure points, this 60 minute back, neck, head and foot massage encourages the body to release all muscular tension.

ZAR 1165 pp | 60 min

Sports Massage

A massage using stretching techniques, recommended for active people. Eliminates aches and tightness found in the various muscle groups.

ZAR 1165 pp | 60 min

Reflexology

This pressure-point massage focuses on nerve locations on your feet, corresponding to specific organs and areas of your body.

ZAR 1010 pp | 60 min

Magauta Massage

For future "mothers-of-gold" to pamper, relax and prepare for her new born. Specifically selected essential blends rich in omega oils are designed to maintain suppleness, skin tone and aid in relaxation.

ZAR 1165 pp | 60 min

TREATMENT MENU

Hydrotherapy, Wraps, Exfoliation & Slimming

Matombo Experience (Thermal Stone)

ZAR 2540 pp | 120 min

This unique African journey is perfect for stress relief, detoxifying and relaxing. Begins with a full body exfoliation with indigenous ingredients (African plant extracts), followed a remineralising body wrap. Continue your journey with an African body massage combining oils with hot volcanic stones, reaching the core of the muscles, and re-mineralising your skin. Pure decadence leaving you restored.

Muwuri Exfoliation

ZAR 505 pp | 30 min

Invigorating the skin with a full body exfoliation, eliminating excess surface skin cells. Your skin is left soft and receptive to absorb nutrients.

Daka Mud Body Wrap

ZAR 890 pp | 60 min

A full body exfoliation to eliminate dead surface cells, impurities and to improve circulation. Followed by a remineralising wrap to hydrate and nourish the skin.

Serene Detox Mud Wrap

ZAR 1115 pp | 60 min

Detoxifying, exfoliating and nourishing the skin with an invigorating salt scrub, natural mineral mud, seaweed and aloe. This body wrap assists in the elimination of toxins and fluid retention.

Skin Care & Make-up

Pezula Anti-Ageing Facial

ZAR 1430 pp | 90 min

Our nourishing anti-ageing ritual brings together luxury and precision by means of cutting-edge technology. Attention is given to the delicate eye area during your Eye Revival treatment, eyelash & brow tint & shape. A sumptuous pleasure for the senses with exceptional results against signs of ageing.

Deluxe Facial

ZAR 1220 pp | 75 min

Exquisite textures, delicate aromas and rejuvenating effects are tailored to exceed your individual expectations. Specialized exfoliation and masks as well as soothing eye pillows and perfectly shaped eyebrows, will leave you looking radiant.

The Classic Essential Facial

ZAR 1115 pp | 60 min

Expect a fresh, clear and radiant complexion with this invigorating, deep cleansing regime. The dual benefits of the pressure point facial massage and purifying ingredients clarifies and restores the skin. A balancing moisturizer and eyebrow grooming concludes your treatment, achieving radiant and refreshing results.

Back to Basics

ZAR 1115 pp | 60 min

This is an ideal treatment for the much neglected and hard to reach back area. Prior to a moisture replenishing massage, impurities are removed by deep cleansing, exfoliation and extractions.

Eye Revival

ZAR 550 pp | 60 min

A rejuvenating eye ritual incorporating eye packs, placed over tired, stressed eyes to instantly soothe and revitalise. This advanced eye care system also eliminates puffiness, dark circles and wrinkles.

Professional Make-up

On request

Gentlemen Only

Express Shave

ZAR 585 pp | 45 min

No nicks. No cuts. No redness. All accuracy!

TREATMENT MENU

Deep Cleanse Facial Shave

Give your skin a boost! Deep cleansing, with exfoliation, massage and mask – creating an ultra-smooth skin.

ZAR 1115 pp | 60 min

Gentlemen's Exclusive Facial

Relax, restore and revive with a facial that leaves your skin feeling hydrated and balanced. Benefit from the tension-releasing shoulder and neck massage that will leave you energised and revitalised.

ZAR 1220 pp | 75 min

On request, enjoy a barber-close shave with any of the above facials to exceed your individual expectations.

Blissful Basics: Hand & Foot Care, Tinting & Waxing

Manicures and Pedicure

Deluxe Manicure or Pedicure

ZAR 565 pp | 75 min

Spa Manicure or Pedicure

ZAR 439 pp | 60 min

Hard Skin Removal

A highly effective solution that removes calluses, cracked heels and hard skin. This treatment leaves feet smooth and polished.

With Pedicure

ZAR 585 pp

Without Pedicure

ZAR 240 pp

Re-shape & Re-varnish

ZAR 175 pp | 30 min

Gel Nail Colour

A true innovation in chip-free, extended-wear nail colour. It wears beautifully, dries immediately and removes with no damage.

With Manicure or Pedicure

ZAR 525 pp

Without Manicure or Pedicure

ZAR 303 pp

Soak off

ZAR 175 pp

Tinting

Your choice of black, blue-black, brown or grey tinting is available for you.

Eyelash Tint

ZAR 130 pp

Eyelash & Brow Tint

ZAR 205 pp

Eye Brow Tint

ZAR 100 pp

Eyelash & Brow Tint & Shape

ZAR 310 pp

Hair Studio

Styling

Blow Wave/Set Short Hair

ZAR 325 pp

Blow Wave/Set Medium Length Hair

ZAR 360 pp

Blow Wave/Set Long Hair

ZAR 400 pp

Conditioning Hair Treatment

ZAR 305 pp

TREATMENT MENU

Waxing

Your choice of warm or cold wax treatments for the removal of unwanted hair

Brow Shaping	ZAR 145 pp	Full Leg	ZAR 490 pp
Half Leg	ZAR 250 pp	Quarter Leg	ZAR 370 pp
Full Arm	ZAR 275 pp	Under Arm	ZAR 140 pp
Bikini	ZAR 250 pp	Brazilian	ZAR 390 pp
Hollywood	ZAR 475 pp	Full Back	ZAR 420 pp
Lip/Chin	ZAR 95 pp	Full Body	price on consultation
Men's Waxing	price on consultation		

Medi-Spa

Microdermabrasion Facial

It is used to treat fine lines and wrinkles, acne scarring, stretch marks and pigmentation problems. The skin is treated to a deep, mechanical exfoliation which gently resurfaces the outer layers of the skin.

Full Face	ZAR 1054 pp
Full Face & Neck	ZAR 1211 pp
30 min Facial or Hands	ZAR 530 pp

RegimA Facial Peels

A gentle and safe treatment that delivers powerful results suitable for all skin types. Mainly focussing on anti-ageing, sun damage, pigmentation, acne & scarring.

Full Face & Neck	
30% or 40% Peel and Heal	ZAR 958 pp
70% or 90% Peel and Heal	ZAR 1110 pp
Body Peel for hands or feet	ZAR 706 pp
Ultimate Rejuvenating Facial Peel	ZAR 1335 pp 90 min

Hydrating Facial Peel

We use cutting edge hydrating and myo-relaxing ingredients together with a peel to achieve super suppleness and elasticity.

ZAR 1170 pp | 75 min

New Generation Purifying Facial Peel

Acne treatment facial peel. Resulting in clarity, smoothness and inflammation control.

ZAR 1170 pp | 75 min

Medical Aesthetic Treatments (Loyalty card does not apply.)

A consultation fee of R200 will be charged, but is absorbed into the cost of the treatments if booked thereafter.

This treatment merges the benefit of a peel with luxury massage. Hydration and botox-like lift is paramount to deliver smooth, supple, firm, nourished and radiant results.

Kiddies Menu

At Pezula Spa & Gym, we believe that the little ones deserve to be pampered too, so we have developed a special menu that kids simply love.

- Available on request for children under 12 yrs.
- Available daily between 7am - 9am.
- Book 24 hrs in advance.