

## POLICIES & ETIQUETTE

All hotel guests have access to our Spa & Gym facilities from 6am daily. These facilities include our indoor heated pool, fully equipped gymnasium, sauna and steam room.

### Treatment prices:

All treatment prices are per person.

A complimentary glass of local sparkling wine can be enjoyed after your treatment when spending R1 000 or more at the spa.

Prices include the following:

- Private locker and changing facilities
- Slippers and a gown
- Complimentary access to the HotZone which is equipped with an indoor heated pool, waterfall shower, sauna and steamroom
- Complimentary water-bed session after any treatment

### Arrival:

It is preferable to arrive 1-2 hours in advance to make use of our entire facility and for consultation time with your therapist. Late arrivals will have their treatment times reduced accordingly.

### Booking essential:

Booking in advance is recommended and may require a deposit or prepayment.

A group booking for over three people requires a 50% deposit in order to secure bookings.

Prices are subject to change without prior notice.

### Cancellations:

24 hour advanced notice is required for cancellations after which 100% of the treatment will be charged.

### Spa attire:

On arrival you will be supplied with a personal robe and slippers. Please note that Pezula Spa is not a nude facility.

### Hydrotherapy area:

Please bring a swimsuit and swimming cap so that you can enjoy our hydrotherapy area. Formal swimming/ bathing attire must be worn for hygiene reasons.

### Please note:

Children over the age of 16 are welcome to use our spa facilities. Cellular phones are to be turned off on arrival.

Smoking is prohibited inside the spa. Management and staff are not liable for loss or damage of personal property.

No animals are allowed in the spa.

T's & C's apply.

# PEZULA

## SPA & GYM MENU



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## SPA PACKAGES

**CHIBAYAMOYO EXPERIENCE (TOGETHER) ..... R3 800 | 225 min**  
*Duka Mud cleansing ritual, Pezula's Signature Phumla African Massage & Classic Essential Facial.*

**AFRICAN DAWN ..... R3 960 | 285 min**  
*Duka Mud Body Wrap, Swedish massage, Deluxe Facial & Deluxe Pedicure.*

**BLISSFUL BRIDE-TO-BE ..... R3 830 | 315 min**  
*Colour Balancing Candle Massage, Deluxe Facial, Deluxe Manicure & Deluxe Pedicure.*

**GOLFERS PACKAGE ..... R2 040 | 120 min**  
*Back, Neck & Scalp Massage with a De-stress Leg Massage or Express Facial.*

**WARM ROCKS REVIVAL ..... R3 135 | 165 min**  
*Muwuri Body Scrub, Hot Stone Massage, with Classic Essential Facial.*

**MATOMBO EXPERIENCE ..... R2 540 | 120 min**  
*A unique African journey perfect for stress relief, detoxifying and relaxing. Begins with a full body exfoliation, followed by a re-meralising body wrap. An African body massage combining oils with hot volcanic stones, reaches the core of the muscles re-mineralising your skin. Pure decadence, leaving you restored.*

**MAGAUTA GLOW (MOTHER OF GOLD) ..... R3 190 | 225 min**  
*Body buff, Omega rich sensation shower, Magauta Massage, Classic Essential Facial, and Spa Manicure or Spa Pedicure.*

**RENAISSANCE ROOT ..... R4 290 | 360 min**  
*Pezula's Phumla African Massage, Deluxe Facial, Spa Manicure, Spa Pedicure, with Wash & Blow Dry..*

## MASSAGE

**30-MIN BACK, NECK & SHOULDER MASSAGE ..... R690 | 30 min**

**SOOTHED SOLES ..... R690 | 30 min**  
*Foot Massage*

**INDIAN HEAD MASSAGE ..... R690 | 30 min**

**FOUR HANDS MASSAGE ..... R2 310 | 60 min**  
*A massage by two therapists using hands, fingers, elbows and forearms to relieve stress and tension, increase lymph function and provide and overall feeling of well-being.*

**PEZULA'S PHUMLA MASSAGE (RELAX) ..... R1 670 | 90 min**  
*Pezula's Signature African drumbeat experience includes stretching, deep kneading, a foot massage and pressure point scalp massage, using highly effective oil blends to improve circulation and alleviate muscular tension.*

**HOT STONE MASSAGE ..... R1 525 | 75 min**  
*Using volcanic mineral stones, we heat and relax muscles allowing a deeper massage to the core of the muscle.*

**BACK, NECK & SHOULDER MASSAGE ..... R1 220 | 60 min**  
*A unique blend of deep tissue massage therapy techniques designed specifically for stress reduction and relaxation.*

**COLOUR BALANCING MASSAGE ..... R1 410 | 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 AROMATHERAPY MASSAGE ..... R1 380 | 60 min**  
*A fragrant head to toe massage combining smell with touch and selected essential blends*

**SWEDISH MASSAGE ..... R1 165 | 60 min**  
*A restorative massage using regulated pressure, long strokes & kneading. Improves circulation, eases muscular ached & tension & increases flexibility*

**STRESS RELIEF MASSAGE ..... R1 165 | 60 min**  
*Concentrating on all the specific pressure points, this back, neck, head & foot massage encourages the body to release muscular tension.*

**SPORTS MASSAGE ..... R1 165 | 60 min**

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

**REFLEXOLOGY ..... R1 010 | 60 min**  
*Pressure-point massage focusing on the nerve locations on your feet, corresponding to specific organs and areas of your body. Thumb and finger pressure releases tension, allowing energy and healing to flow to the affected reflex zone – balancing the body as a whole.*

**MAGAUTA MASSAGE (PREGNANCY MASSAGE) ..... R1 165 | 60 min**  
*For future "mother-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.*

**BANGURANYIKA EXPERIENCE (EXPLORE) ..... R1 960 | 120 min**  
*A full body exfoliation followed by our Signature African Phumla Massage.*

## BODY TREATMENTS

**MUWURI EXFOLIATION ..... R550 | 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 ..... R890 | 60 min**  
*A full body exfoliation to eliminate dead surface cells, impurities and to improve circulation. Followed by a re-mineralising wrap to hydrate and nourish the skin.*

**SERENE DETOX MUD WRAP ..... R1 115 | 60 min**  
*Detoxify, exfoliate and nourish the skin with an invigorating salt scrub and seaweed and aloe mineral wrap. This body wrap assists in the elimination of toxins and fluid retention.*

## GENTLEMEN ONLY

**EXPRESS SHAVE ..... R585 | 45 min**  
*No nicks. No cuts. No redness.*

**DEEP CLEANSER FACIAL SHAVE ..... R1 115 | 60 min**  
*Deep cleansing, with exfoliation, massage and mask - creating an ultra-smooth skin.*

**GENTLEMAN'S EXCLUSIVE FACIAL ..... R1 220 | 75 min**  
*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. A close shave with any facial is available on request.*

## SKIN CARE / FACIALS

**PEZULA ANTI-AGEING FACIAL ..... R1 430 | 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 ..... R1 220 | 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 ..... R1 115 | 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.*

**EYE REVIVAL ..... R550 | 30 min**  
*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.*

## THALGO

**ILLUMINATING RADIANCE EXPRESS FACIAL ..... R550 | 30 min**  
**ALL SKIN TYPES**

*The ultimate Hydra Marine Ritual which magnifies radiance and reveals the beauty of dull, tired complexions. The secret of its effectiveness lies in the mask and professional concentrates, combined with energising digital pressure.*

**MEN'S FACIAL ..... R1 115 | 60 min**  
*Uniquely designed for men, the key Algae Bleue Vitale extract is infused with anti-fatigue and anti-ageing properties. This energising facial provides immediate results which leaves the complexion rested, radiant and rejuvenated.*

**PURITE MARINE RITUAL OILY/COMBINATION ..... R1 115 | 60 min**  
*Visibly reduces imperfections, redefines pores and controls shine to restore the beauty of healthy skin with marine power.*

**SOURCE MARINE RITUAL DEHYDRATED ..... R1 115 | 60 min**  
*Hydration levels are lastingly corrected to deeply replenish and restore the skin's velvety-smooth feel and original radiance.*

## HAND AND FOOT CARE

**SPA MANICURE ..... R439 | 60 min**

**SPA PEDICURE ..... R439 | 60 min**

**DELUXE MANICURE WITH PARAFFIN WAX ..... R565 | 75 min**

**DELUXE PEDICURE WITH PARAFFIN WAX ..... R565 | 75 min**

**HARD SKIN REMOVAL / CALLUS PEEL ..... R240 | 30 min**

**PEDICURE WITH PEEL ..... R585 | 75 min**

**RESHAPE & VARNISH ..... R175 | 30 min**

**GEL WITHOUT MANI/PEDI ..... R303 | 45 min**

**GEL MANICURE ..... R525 | 75 min**

**GEL PEDICURE ..... R525 | 75 min**

**BIO SCULPTURE SOAK-OFF ..... R175 | 30 min**

## WAXING

**BROW SHAPING ..... R145 | 15 min**

**FULL LEG ..... R490 | 60 min**

**HALF LEG ..... R250 | 30 min**

**QUARTER LEG ..... R370 | 45 min**

**FULL ARM ..... R275 | 30 min**

**UNDER ARM ..... R140 | 30 min**

**BIKINI ..... R250 | 30 min**

**BRAZILLIAN ..... R390 | 45 min**

**HOLLYWOOD ..... R475 | 60 min**

**FULL BACK ..... R420 | 60 min**

**LIP ..... R95 | 15 min**

**CHIN ..... R95 | 15 min**

**FULL BODY ..... (ON CONSULTATION)**

**MEN'S WAXING ..... (ON CONSULTATION)**

## TINTING

**EYELASH ..... R130 | 15 min**

**EYEBROW ..... R100 | 15 min**

**EYELASH & BROW ..... R205 | 30 min**

**EYELASH & BROW TINT & SHAPE..... R310 | 30 min**

## KIDDIES MENU

**KIDDIES BACK, NECK & SHOULDER ..... R253 | 30 min**

**TUTI FRUITY FACIAL ..... R253 | 30 min**

**BUTTERFLY MANICURE ..... R253 | 30 min**

**RAINBOW PEDICURE ..... R253 | 30 min**

## WELLNESS SUITE JOURNEYS

*The Wellness Suite at Pezula Spa is a luxurious retreat that offers a unique nature immersion experience. Located next to the Koi Pond, guests can enjoy stunning views of the surrounding landscape while indulging in a range of wellness treatments. The suite is designed to provide a peaceful and relaxing environment where guests can connect with nature and rejuvenate their mind, body, and soul. The Wellness Suite features a wood-burning fireplace that creates a cozy and inviting atmosphere. The suite also boasts a private luxury bathroom that is equipped with all the amenities needed for a truly indulgent spa experience.*

**LOVE ACTUALLY ..... R1 400 | 120 min**  
*Enjoy an aromatherapy massage followed by an organic bath soak, perfectly paired with a glass of sparkling wine or fruit smoothie and a fresh fruit platter.*

Replace bath with a Wood-Fired Hot Tub Experience ....R425

**BODY BY NATURE ..... R2 040 | 150 min**  
*Revitalise your body with an exfoliation, body wrap and full body massage, finished off with a luxurious bath soak.*

Replace bath with a Wood-Fired Hot Tub Experience ....R425

## WOOD-FIRED HOT TUB EXPERIENCES

**KOLKOL BATH ..... R300 SINGLE / R425 DOUBLE | 120 min**  
*A wood-fired hot tub experience completed with bath robes, towels and bottled water.*

**BLISSFUL RELAXATION ..... R950 | 60 min**  
*A wood-fired hot tub experience for two complete with bath robes, towels, lanterns, local alcoholic or non-alcoholic sparkling wine and a fresh fruit platter.*

## HAIR STUDIO

**BLOW WAVE**

**SHORT HAIR ..... R325 | 60 min**

**MEDIUM HAIR ..... R360 | 75 min**

**LONG HAIR ..... R400 | 75 min**

**CONDITIONING HAIR TREATMENT ..... R305 | 30 min**

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