

# PEZULA WELLNESS QUARTER

*curated by mint wellness*



# SPA MENU

# SPA EXPERIENCES

All our Spa Experiences are carefully curated with Healing Earth, a premium African spa brand that offers natural, organic products, therapies, and spa concepts.

**Rasul Escape** ..... single | R1 050 | €51 | 60 min  
double | R1 800 | €87 | 60 min

Exfoliate, detoxify, and nourish the skin with an invigorating Healing Earth salt scrub and a seaweed and eucalyptus mineral wrap in the luxurious Rasul Chamber. Experience a sensory journey with steam, rain forest showers and heated waterbed for ultimate relaxation.

**Harmony and Balance** ..... single | R1 650 | €79 | 90 min  
double | R2 800 | €135 | 90 min

Revive and rejuvenate the body with a full body polish to centre and enrich the body. Enjoy a 60-minute full body massage using our signature Healing Earth body butters to enhance and nourish your skin while taking a moment to experience complete relaxation.

Choose 1 of the following to customise your treatment:

- Marula and Neroli (Relax)
- Mongongo Nut (Detox)
- Kalahari Melon (Hydrate)
- Coffee, Cinnamon & Orange (Define & Sculpt)

**Nature's Touch** ..... R2 800 | €135 | 150 min

Revitalise the body with a botanical sugar and cream full body exfoliation and soak away the tension with a milk and Marula bath, while sipping on a glass of local sparkling wine. Experience complete balance with a 60-minute full body Healing Earth Mongongo Nut Balm massage and your choice of a hydrating Pinotage facial.

# SIGNATURE JOURNEYS

Signature Journeys presents a collection featuring Healing Earth, an African spa brand renowned for its selection of natural, organic products, therapies, and spa concepts.

Enjoy exclusive access to the HotZone, featuring a sauna, steam room, rain forest shower, and indoor heated pool, as well as a session on our heated water beds after your journey. You are also spoiled with a light spa lunch and a glass of sparkling wine during your journey.

## Matambo ..... R2 900 | €140 | 120 min

A unique relaxation journey perfect for relieving stress, detoxifying, and calming the mind, leaving you feeling renewed and restored. The journey begins with a Stimulating Coffee, Cinnamon & Orange body polish, followed by a re-mineralising body wrap and completed with an African full body massage combining oils with hot volcanic stones.

## Healing Touch ..... R3 500 | €169 | 180 min

Indulge in a 60-minute full body Marula and Neroli Aromatherapy massage, immersing yourself in delicate and exquisite aromas. Renew your skin's vitality through a lavish Pinotage hydrating facial, leaving your complexion radiant and revitalized. Conclude your journey with a pampering Luxury Pedicure and the opulence of a Paraffin wax dip, elevating your overall experience to one of unparalleled luxury.

## Natures Bliss ..... R3 900 | €188 | 240 min

Rediscover equilibrium for both mind and body through our distinctive Signature Journey. Commence with an energizing full body exfoliation, succeeded by the Phumla Signature Massage. This enriching massage seamlessly integrates stretching, profound kneading, foot indulgence, and scalp pressure point relief, synergising with a potent oil blend to enhance circulation and alleviate muscular stress. Pamper your feet with a Spa Pedicure, culminating in the grand finale of a luxurious Pinotage hydrating facial, ensuring your skin radiates exceptional luminosity and revitalization.

# IN SUITE SPOILS

In Suite Spoils offer a spa experience right in the comfort of your private suite. Enjoy the relaxation and pampering as skilled therapists bring the spa to you, creating a serene oasis within your own accommodations.

These treatments are available exclusively to resident guests of Pezula Nature Retreat.

## Soothing Soles ..... R1 380 per couple | €65 | 30 min

Experience a tranquil and comforting foot massage, enhanced by the therapeutic Healing Earth foot scrub and balm. Enjoy this soothing session from the comfort of a plush chair within your suite.

## Stress Relief Massage ..... R2 400 per couple | €116 | 60 min R3 200 per couple | €154 | 90 min

Focusing on your back, neck, head, and feet, this massage expertly addresses precise pressure points, ensuring unparalleled release of tension and relaxation.

## 4 Hands Massage ..... R2 400 per person| €117 | 60 min

This massage, orchestrated by two specialised therapists, employs skilled hand, elbow, and forearm techniques to alleviate stress and tension. It enhances lymphatic function and delivers an elevated sense of overall well-being.

### ADDITIONAL TOUCHES

#### Milk Bath Experience ..... R300 | €14

Immerse yourself in a luxurious blend of nourishing milk and soothing warm water, designed to envelop your senses and revitalize your skin. This timeless ritual promise relaxation, hydration, and a tranquil escape from the everyday hustle, leaving you feeling pampered and rejuvenated.

#### Wood-Fired Hot Tub Experience ..... R425 | €20

*Available in selected suites only*

Submerge yourself in the inviting warmth of a wooden hot tub, heated by crackling flames, creating an ambiance that resonates with both nature's tranquillity and rustic luxury. As you soak, let the cares of the world melt away, and allow the soothing combination of natural elements and gentle heat to relax your body and rejuvenate your spirit.

#### Bottle of local sparkling wine and a fresh fruit platter for two .. R400 | €19

Savor a delightful moment with our offering of a bottle of locally crafted sparkling wine and a bountiful fresh fruit platter designed for two.

# COUPLES MOMENTS

Thoughtfully curated with Healing Earth, a distinguished African spa brand renowned for its array of natural, organic products, therapies, and innovative spa concepts.

*(Priced per couple)*

**African Earth Aromatherapy Couples Massage .. R2 600 | €125 | 60 min**  
**R3 500 | €169 | 90 min**

Massage incorporates hot stones for the first 10 minutes as a muscle warming introduction, using medium to firm pressure.

**Lovers Escape ..... R3 850 | €185 | 120 min**

Embark on a journey of pure relaxation and bliss through our African Earth Aromatherapy couples massage. Afterward, bask in the luxury of a Wood-Fired Hot Tub Experience while enjoying a glass of local sparkling wine. This escapade promises to create cherished moments of tranquillity and indulgence for you and your partner.

**A Moment for Love ..... R9 000 | €434 | 240 min**

Begin an intimate journey for two with our Signature Welcome African Rain Ritual, succeeded by a full-body grape and sugar exfoliation, and a nourishing Pinotage clay body wrap. Drift into a realm of relaxation with a 60-minute full body hot stone massage, followed by a hydrating Pinotage facial and a pressure point foot massage. Elevate your experience with quality time in a Wood-Fired Hot Tub, relishing a chocolate and fruit platter accompanied by a bottle of local sparkling wine. This escape promises the greatest indulgence and togetherness.

# FACIALS

Esse Express Facial ..... R790 | €38 | 30 min  
*(All Skin Types)*

A fully customisable treatment targeted at achieving results in 30 minutes.

Esse Experience Facial ..... R1 000 | €48 | 60 min  
*(All Skin Types)*

A bespoke facial that harnesses the power of advanced pre & probiotics to improve the microbial balance on the skin. Tailored to address your specific skin concerns with customisations and carefully crafted add-ons. Experience benefits that include soothing stress relief, boosted collagen production, reduced inflammation, and strengthened skin barrier function.

Esse Probiotic Experience ..... R1 500 | €72 | 75 min  
*(Ageing, Premature Ageing and Environmentally Stressed Skin)*

An ultimate treatment to elevate your skin to a whole new level with live probiotics and specialised massage protocols. This world class standard live probiotic experience is designed to reduce inflammation, enhance barrier function and address signs of ageing by restoring microbial balance and rewilding the skin. The inclusion of the Esse Sensitive or Lifting massage further enhance treatment outcome and promote complete relaxation.

Pervonia Anti-Ageing Facial ..... R1 600 | €77 | 90 min  
*(Mature or Ageing Skin)*

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.

Pervonia Gentleman's Facial ..... R1 350 | €65 | 75 min  
*(Mature or Ageing Skin)*

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.

## ADDITIONAL TOUCHES

Enhance Your Facial Treatments ..... R250 | €12 | 15 min  
*(Cooling Jade or Rose quartz)*

# BODY CEREMONIES

## Bellabaci Body Exfoliation ..... R750 | €36 | 30 min

This luxurious exfoliating body treatment improves the skin's texture and adds a rejuvenating glow to the skin.

## Bellabaci Revive Body Ritual ..... R1 200 | €58 | 90 min

This treatment is designed to support the balancing of blood circulation, hormonal activity, venous flow, arterial repair, as well as lymphatic drainage. Treatment includes an invigorating full body exfoliation, followed by the application of the circuflow body wrap. Application of the circuflow balm and a reviving foot and leg massage incorporating the Bellabaci cups.

## Bellabaci Detox and Slimming Body Ritual ..... R1 300 | €63 | 90 min

This treatment focuses on your individual problematic areas targeting cellulite while supporting slimming, detoxification and firming your skin. This treatment includes a stimulating full body exfoliation, followed by the application of the cellulite be gone body wrap in targeted areas. Finishing the treatment of with the cellulite be gone balm and cupping therapy in areas of concern.

## Bellabacci Deep Relax Body Ritual ..... R1 500 | €72 | 120 min

Feel your best inside and out with this balancing complex of organic oils and energetic synergies. Treatment includes a full body exfoliation, followed by the application of the stress no more body wrap. While the wrap is on, a 15 min scalp and foot massage is performed. Followed by the application of the stress no more balm and a relaxing 30 min back, neck and shoulder massage.

# CHILDREN'S MENU

## African Earth Child 6-12 years ..... R625 | €30 | 60 min

An experience for the little ones. Includes a light pressured Kalahari Melon body massage and a mini-Pinotage balancing facial to gently nourish the skin.

## Little Facial ..... R325 | €16 | 30 min

Mini facial to gently nourish the skin.

## Little Fingers Manicure ..... R280 | €13 | 30 min

## Little Toes Pedicure ..... R300 | €14 | 45 min

# MASSAGES

**Pezula Phumla Massage ..... R1 750 | €84 | 90 min**

A full body massage which seamlessly integrates stretching, profound kneading, foot indulgence, and scalp pressure point relief, synergising with a potent oil blend to enhance circulation and alleviate muscular stress.

**Stress Relief Massage ..... R1 200 | €58 | 60 min**

Focusing on your back, neck, head, and feet, this massage expertly addresses precise pressure points, ensuring unparalleled release of tension and relaxation.

**Mint Signature Deep Tissue Muscle Relief ..... R1 500 | €72 | 60 min**  
**R1 950 | €94 | 90 min**

A deep pressure massage to relieve tension ending off with a cooling Mint Gel.

**African Earth Aromatherapy Massage ..... R1 300 | €63 | 60 min**  
**R1 750 | €84 | 90 min**

Massage incorporates hot stones for the first 10 minutes as a muscle warming introduction, using medium to firm pressure.

Choose 1 of the following to customise your treatment:

- Marula and Neroli (Relax) • Mongongo Nut (Detox) • Kalahari Melon (Hydrate)
- Coffee, Cinnamon & Orange (Define & Sculpt)

**Nurturing Pregnancy Massage | Sensitive skins .... R1 200 | €58 | 60 min**

A relaxing massage experience tailored to relieve typical pregnancy discomforts such as lower back ache and poor circulation. This treatment is not available for Moms within their first trimester. No essential oils are used. Choose between Healing Earth Pure Organic Shea Butter or Grape Seed oil using light pressure. Massage also suitable for sensitive skins.

**Bellabaci SOS CBD infused Massage ..... R1 200 | €58 | 60 min**

Experience the therapeutic benefits of a CBD infused full body massage without any traces of THC. A powerful blend of healing herbs is used to reduce inflammation and stress. The perfect treatment to support and relieve tension, anxiety and insomnia.

## ADDITIONAL TOUCHES

**Scalp, Neck and Shoulder ..... R600 | €29 | 30 min**

**Soothed Soles ..... R850 | €41 | 45 min**  
*(foot massage with cooling Mint Gel)*

**Extended Time ..... R300 | €14 | 15 min**

**Hot Stones ..... R180 | €9**



# SPA GROOMING TREATMENTS

## TINTING

Brows .....	R110   €5   15 min
Lashes .....	R140   €7   15 min
Brows and Lashes .....	R230   €11   30 min

## WAXING

Arms - Half .....	R210   €10   20 min
Arms - Full .....	R300   €14   40min
Bikini .....	R280   €13   30 min
Brazilian .....	R430   €21   30 min
Hollywood .....	R520   €25   45 min
Chest or Back .....	R400   €19   30 min
<i>(Each)</i>	
Legs - Half .....	R400   €19   30 min
Legs - Full .....	R520   €25   45 min
Lip, Chin or Brow .....	R140   €7   15 min
<i>(Each)</i>	
Underarms .....	R210   €10   15 min

# SPA GROOMING TREATMENTS

## HANDS AND FEET

**Express Manicure** ..... R250 | €12 | 30 min  
File, shape, buff and paint.

**Express Pedicure** ..... R270 | €13 | 30 min  
File, shape, buff and paint.

**Luxury Manicure** ..... R465 | €21 | 75 min  
Hand scrub, massage, file, shape, buff, and paint.

**Luxury Pedicure** ..... R490 | €24 | 75 min  
Foot scrub, massage, file, shape, buff, and paint.

**Gelish Manicure** ..... R620 | €30 | 90 min  
Hand scrub, massage, file, shape, buff, and gelish application.

**Gelish Pedicure** ..... R650 | €31 | 90 min  
Foot scrub, massage, file, shape, buff, and gelish application.

**Men's Manicure** ..... R350 | €17 | 45 min  
Hand scrub, massage, file, shape and buff.

**Men's Pedicure** ..... R420 | €20 | 45 min  
Foot scrub, massage, file, shape and buff.

### ADDITIONAL TOUCHES

**Hard Skin Removal** ..... R295 | €14 | 30 min

**Gel Soak-Off and Nail Buff** ..... R220 | €11 | 45 min

**Paraffin Dip** ..... R225 | €11 | 30 min

# BENEFITS WITH TREATMENTS

All treatments include:

- Private Lockers and Changing Facilities.
- Gown and Slippers.
- Complimentary access to the HotZone which is equipped with an indoor heated pool, waterfall showers, Sauna and steam room.
- Complimentary water-bed session after your treatment.
- A complimentary glass of sparkling wine can be enjoyed after your treatment when spending R1 000 or more on spa Treatments.

## ETIQUETTE

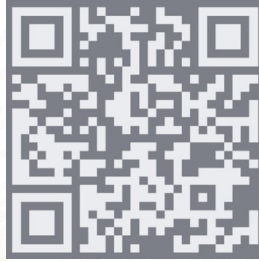
- We recommend that you arrive 15 minutes prior to your treatment time to allow for pre-treatment consultation and preparation.
- A robe, slippers and disposable underwear are available for your use.
- No treatment will commence without the client's signature and completion of the indemnity and consultation forms.
- Gratuities are discretionary and are not included in the treatment price (usually between 10 – 15 %).
- There is adequate public parking nearby. On-site parking available by arrangement.

## BOOKING TERMS AND CONDITIONS

- Credit card details may be requested to secure a booking.
- Full payment is required to secure couples treatments, group bookings and spa packages.
- We reserve the right to cancel your appointment and book waitlisted clients should you be more than 15 minutes late for your confirmed booking without notifying the spa.
- Bookings cancelled with less than 6 hours notice, will be charged at 100% of the booked treatment value, at the discretion of the Spa Manager.
- Full treatment charge will apply for non-arrivals.
- Children under the age of 16 must be accompanied by a parent/guardian for the entire duration of spa treatments and facilities

*Prices and any other details are subject to change with reasonable notice. Terms and conditions apply and can be viewed on [www.mintwellness.com](http://www.mintwellness.com).*

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Or visit [www.mintwellness.com](http://www.mintwellness.com)

**Pezula Wellness Quarter @ Pezula Nature Retreat**

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For further information, operating hours and gift vouchers,  
please visit [www.mintwellness.com](http://www.mintwellness.com)

### More Mint Wellness Spa's:

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