



*Holistic Healing*

*Of the*

*Body & Mind*

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*Signature Massage Therapies*

**AFRICAN INDIGENOUS BALM MASSAGE**

A special blend of rooibos, marula, baobab, kigelia and honeybush will give you the true African bushveld experience starting with a back exfoliation ending with the balm massage where we massage according to your pressure preference leaving your skin soft, nourished and muscles relaxed.

75 minutes – Full Body Massage **R 790**  
 45 minutes – Back, Neck and Shoulder Massage **R 535**

**THAI POULTICE AND STICK MASSAGE**

A unique deep tissue, detoxing massage combining a Dead Sea salt, spice and oil infused hot compress with traditional Swedish massage movements and orange wood sticks to remove deep seated knots.

75 minutes – Full Body Massage **R 815**  
 45 minutes – Back, Neck and Shoulder Massage **R 550**

**DEEP TENSION MELTING MASSAGE**

Using a powerful combination of the Lilian Terry homeopathy Sports Muscle oil, our unique Muscle Rescue Mask and Workout Wonder, this deep tissue massage reduce the pain felt in muscles.

60 minutes treatment **R 695**  
 30 minutes treatment **R 450**

**SHEA BUTTER AROMATHERAPY MASSAGE**

A traditional *light to medium pressure* Swedish massage with nourishing shea butter blended with pure essential oils according to your mood, creates the ultimate relaxing massage experience.

90 minutes – Full body massage **R 830**  
 60 minutes – Full body massage **R 595**  
 45 minute – Back, neck and shoulder massage **R 465**

**LILIAN TERRY COMPLEX MASSAGE**

With this *firm pressure* massage we use the Lilian Terry homeopathy range of oils, a combination of homeopathic remedies and aromatherapy oils, giving you ultimate results.

60 minutes – Full body massage **R 630**  
 30 minutes – Back, neck and shoulder massage **R 395**

**LYMPH DRAINAGE CUP MASSAGE**

A deep drainage cup massage with the Lilian Terry oil will improve your blood and lymph circulation aiding in the elimination of toxins and release lactic acid build-up in muscles.

60 minutes – Full body massage **R 675**  
 30 minutes – Back, neck and shoulder massage **R 455**

**OMEGA RICH MASSAGE**

Our omega body oil is carefully chosen for its concentration of omega 3, 6 and 9 giving your skin the omega super food it needs to keep skin smooth, firm and elastic and your mind relaxed.

75 minutes – Full body massage **R 755**  
 60 minutes – Full body massage **R 645**  
 45 minutes – Back, neck and shoulder massage **R 500**

**HOT STONE MASSAGE**

This traditional Swedish massage, combined with basalt hot stones improves blood and lymph circulation, soothing aching muscles.

75 minutes – Full body massage **R 765**  
 45 minutes – Back, neck and shoulder massage **R 495**

**HERBAL HAIR AND SCALP TREATMENT**

A relaxing treatment with our uniquely blended mask and oil helps to relieve tension in the scalp, hydrate and repair damaged hair.

30 minutes treatment **R 390**

**FOOT SCRUB AND FOOT MASSAGE**

A relaxing foot scrub with our African Indigenous exfoliator followed by a refreshing aloe and mint foot massage.

30 minutes treatment **R 350**

**REFLEXOLOGY TREATMENT**

A unique foot pressure massage, improving circulation and help promote the natural well-being and functions of the body.

30 minutes treatment **R 375**

*Massage Therapy*

*Massage Enhancers*

Add any of the following to your massage to create your own unique massage at no extra time:

<b>Exfoliating Massage</b>	Back	<b>R 100</b>
	Full Body	<b>R 180</b>
<b>Hot Stone</b>	Back	<b>R 50</b>
	Fully Body	<b>R 100</b>
<b>Cup Massage</b>	Back	<b>R 50</b>
	Full Body	<b>R 100</b>
<b>Stick Massage</b>	Back	<b>R 50</b>
	Full Body	<b>R 100</b>
<b>Self-Heating Mud</b>		<b>R 200</b>
<b>Lilian Terry Wrap per area</b>		<b>R 150</b>

## Skin Care

### Dermalogica

#### PROSKIN 30

This personalised treatment gives you a treatment tailored for you and your skin concerns for maximum impact in minimum time.

Pro Skin 30 Extractions	R350
Pro Skin 30 Resurfacing	R400
Pro Skin 30 Touch Therapy	R400
Pro Skin 30 Deep Treatment	R500

#### PROSKIN 60 60 minutes R675

The ultimate treatment, customised with advanced products and techniques in a soothing environment made for relaxation. The ideal choice for those who want a comprehensive experience, to address all skin concerns and achieve healthy glowing skin.

#### PRO POWER PEEL 30 minutes R650 60 minutes R850

The Pro power peel redefines the peel experience. This powerful peel targets the signs of acne, hyperpigmentation and premature ageing for a completely customised experience. The comprehensive treatment makes use of advanced techniques to thoroughly address your skin's ever-changing needs.

### Esse Organic Skincare

#### ESSE HYDRATING FACIAL 30 minutes R400

Quench your skin's thirst with potent moisturizing and nourishing plant actives from Aloe, Maketti and Marula. This express facial will revive your natural glow and improve the texture, hydration and elasticity of your skin.

#### ESSE DETOX FACIAL 60 minutes R675

Restore balance to your skin by detoxing it from harmful pollutants and chemicals. Bentonite and kaolin draw out deep rooted impurities and deeply cleanse the skin while peppermint and spearmint improve micro-circulation and further aid in the elimination of toxins.

#### ESSE LUXURY FACIAL 75 minutes R860

Take your skin on a journey it will never forget! This treatment supplements with a blend of Omega 3,6 & 9 oils, in combination with high levels of anti-oxidants to awaken the skin, leaving it firmer and plumping out fine lines and wrinkles. Your treatment does not stop here as you get to take your Omega moisturiser home.

#### ESSE BHA AMPOULE FACIAL 75 minutes R885

Get the results you have been looking for without needles! Treat your skin with potent plant actives and a high concentration of Probiotics, guaranteed to rejuvenate your skin. This treatment includes a BHA exfoliation - light peel - and your choice of a single dose ampoule to target specific skin concerns; making this our most effective tailored facial to fit your skin's needs.

## Facial Enhancers

Add any of the following to your facial at no extra time:

<b>Dermalogica ProSkin Booster Option</b>	<b>R 200</b>
<b>Esse Ampoule</b>	<b>R 175</b>
<b>Esse BHA Exfoliator</b>	<b>R 50</b>
<b>Esse Eye Mask</b>	<b>R 50</b>
<b>Bio-Therapeutic -Lift for an instant lifting effect</b>	<b>R 250</b>
<b>Bio-Therapeutic Micro for deeper product penetration</b>	<b>R 155</b>
<b>Bio-Therapeutic Nano Lifting Eye Treatment</b>	<b>R 150</b>
<b>Bio-Therapeutic Nano Anti-Ageing Hand Treatment</b>	<b>R 150</b>

## Body Therapy

#### LILIAN TERRY BODY EXPERIENCE 120 minutes R1350

With this uniquely tailored package you will be treated holistically with our Lillian Terry Homeopathy range to give you a rejuvenating experience, consisting of the following:

Lillian Terry body polish  
Lillian Terry Homeopathy bath, with your choice to either detox, revitalize or relax.  
Lillian Terry Complex full body massage.  
Lillian Terry Body Wrap, with your choice to detox, treating muscular aches and pains or cellulite.

#### ESSE Wellness Journey 120 minutes R 1400

Start this journey with a full body exfoliation from ground coffee beans, cocoa and coconut oil to stimulate circulation and nourish with anti-oxidants. The clay, fennel and grape fruit body wrap eliminates toxins and heavy metals by decongesting the lymphatic system and reducing water retention. Your skin will regain softness and firmness, leaving you relaxed with a feeling of wellbeing and regained vitality with the full body massage.

#### ESSE Cellu-Slim Journey 120 minutes R 1450

Start this journey with a full body exfoliation from ground coffee beans, cocoa and coconut oil to stimulate circulation and nourish with anti-oxidants. A potent wrap with a combination of guarana, coffee and cocoa extracts, kick starts the breakdown of unwanted fatty deposits. Sesame and coconut oil deliver potent antioxidants leaving the skin refined and nourished with the full body massage.

## Body Exfoliation

#### AFRICAN BUSHVELD BODY GLOW 30 minutes R455

With our unique African bushveld body glow exfoliation treatment, we transform dull, rough skin, with our combination of African indigenous extracts and crushed walnut shells, for a smoother, hydrated and radiant glowing skin.

#### SCRUB RUB GLOW 30 minutes R555

Our perfectly rounded pumice granules soften; smooth's and removes all dead skin. Followed by an omega rich rub, you will leave with a healthy glowing skin.

## Waxing & Tinting

Waxing	R90 each	Tinting	
Brow/Chin/Lip		Brow tint	R 100
Full Face	R 200	Lash tint	R 100
Under arm	R 100	Brow & Lash Tint	R 150
Bikini	R 150		
Arm	R 200		
Half leg	R 200		
Full leg/Back/Chest	R 290		

## Hands & Feet

We do not offer artificial nails or the removal of artificial nails.

Deluxe spa manicure with gel		R 420
Deluxe spa manicure with nail polish	60 minutes	R 350
Deluxe spa manicure with no paint	45 minutes	R 315
Deluxe spa pedicure with gel		R 450
Deluxe spa pedicure with nail polish	60 minutes	R 400
Deluxe spa pedicure with no paint	45 minutes	R 360
File and Gel paint		R 250
File and paint with nail polish		R 150
Gel Soak off		R 150

## Pregnancy Treatments

### Happy Mama = Happy Baby

Pregnancy treatments can only be conducted in the second trimester.

#### LILIAN TERRY PREGNY MASSAGE

A completely relaxing full body massage, using our safe, but effective pre-natal techniques and homeopathic oils to relax those specific lower back muscles that are carrying that beautiful bump.

75 minutes – Full Body Massage	R 750
45 minutes – Back, Neck and Shoulder Massage	R 510

#### LILIAN TERRY PREGNY PAMPER 120 minutes R 1200

No one deserves or needs pampering more than a Mummy-to-be. Enjoy a full body buff exfoliation, a full body Pregny massage with our special blend of homeopathy oils and Pregny wrap to combat all pregnancy nasties like nausea, spinal pain and swelling, leaving your skin nourished, your mind relaxed and your muscles calmed.

## Treatment Enhancers

Add any of the following to your treatment if you just can't get enough, these treatments can't be booked as stand-alone treatments but added to any existing booking, pre-booking is essential.

<b>Back, neck and shoulder massage</b>	15 minutes	<b>R 150</b>
<b>Hair and scalp massage</b>	15 minutes	<b>R 150</b>
<b>Foot massage</b>	15 minutes	<b>R 150</b>
<b>Hand massage</b>	15 minutes	<b>R 150</b>
<b>Lilian Terry hydrating hand treatment</b>	15 minutes	<b>R 170</b>
<b>Lilian Terry homeopathy bath</b>	30 minutes	<b>R 250</b>
<b>Liquid Yoga bath</b>	30 minutes	<b>R 300</b>

## Kiddies Treatments

Available for kids from the ages of 7 to 14 years, children must be accompanied by an adult.



### Flavored balm massage

Kids have stress just like adults! Relax and destress with this special massage where you can choose between your favorite flavor balm including strawberry, lime and chocolate doughnut, which will not only leave your skin hydrated but smelling beautiful too.

45 minute – Full Body Massage **R 415**  
20 minutes – Back, neck and shoulder Massage **R 260**

### Lilian terry complex massage

With this massage we use the Lilian Terry Homeopathy range of oils, a combination of homeopathic remedies and aromatherapy oils, treating your specific concerns.

45 minutes – Full Body Massage **R 395**  
20 minutes – Back, Neck and Shoulder Massage **R 245**

### Herbal hair and scalp treatment

A relaxing treatment with our uniquely blended mask and oil helps to relieve tension in the scalp, hydrate and repair damaged hair.

20 minutes **R 240**

### Cookies and cream foot scrub & massage

An invigorating foot scrub with our cookies and cream exfoliator, followed with a relaxing chocolate foot massage.

20 minutes **R 230**

### Unicorn glow treatment

Our special rainbow exfoliation will leave your skin super soft and our secret cream will give your skin that magical unicorn glow.

20 minutes **R 340**

### Esse tween facial

Quench your skin's thirst with potent moisturizing and nourishing plant actives from aloe, maketti and marula. This tween facial will revive your natural glow and improve the texture and hydration of your skin.

20 minutes **R 295**

### Cookies & cream manicure

A fun hand soak with a cookie fizz ball and cookies and cream hand scrub, followed by a chocolate hand massage and fancy nail polish.

30 minutes **R 275**

### Cookies & cream pedicure

A fun foot soak with a cookie fizz ball and cookies and cream foot scrub, followed by a chocolate foot massage and fancy nail polish.

30 minutes **R 290**

## Spa Packages

**ZEBULA REVIVE PACKAGE** 90 minutes **R985**  
Refuel your mind, body and skin with this package. The full body exfoliation will transform dull, rough skin into gorgeous soft skin. The Liquid Yoga bath will re-energize, detoxify and ease stressed muscles. Your treatment will finish with the omega rich full body massage which is packed with anti-oxidants and vitamins to restore your skin's elasticity and firmness to a healthy glowing skin.

**INDULGENCE SPA PACKAGE** 2 hours 15 minutes  
**R2500 per couple or R1450 per person**

Spoil yourself or loved one with our Indulgence Package consisting of the following:

Full body champagne exfoliation  
Full body chocolate chili wrap  
Head massage  
Champagne bath with 2 glasses of sparkling wine  
Full body balm massage  
And a free gift to take home.

**ZEBULA BREAKAWAY PACKAGE** 2 hours 30 minutes **R1300**  
Enjoy our signature package where you can indulge your senses with this true African bushveld experience with a special blend of rooibos, marula, baobab, kigelia and honeybush. Your package will consist of the following:

African Bushveld Body Glow Full Body Exfoliation  
Lilian Terry Homeopathy Bath  
African Indigenous Balm Massage  
Deluxe Spa Manicure or Pedicure

**PERSONALIZED FULL DAY SPA PACKAGE** 5hours **R2850**  
For the ultimate relaxation, this package is designed just for you. Come relax and renew your body and mind.

Choose any one of the following treatments totaling to 4 hours.

Body Exfoliation	30 minutes
Lilian Terry Natural Body Wrap	60 minutes
Lilian Terry Aromeopathy Bath	30 minutes
Lilian Terry Aromeopathy Complex Massage	30 / 60 minutes
Herbal Hair and Scalp Massage	30 minutes
ESSE Facial	30 / 60 minutes
Foot Scrub and Massage	30 minutes
Reflexology	30 minutes
Deluxe Manicure	60 minutes
Deluxe Pedicure	60 minutes

This package is only available during midweek (Monday – Friday) and not available during holidays or peak seasons. This package is inclusive of breakfast and lunch.

*Please enquire about our Seasonal and Monthly Specials.*

## Spa Facilities

Snacks, hot and cold beverages and water will be available on a complimentary basis. Should you want to have breakfast or lunch, additional cost will be charged. Please enquire at the Spa Reception.

A heated pool, Jacuzzis and outdoor garden relaxation area, are available on a complimentary basis to all spa guests with treatments; we do ask that you wear swimwear when using these facilities.

Bathrobes, slippers and towels will be provided, as well as a locker to lock up your personal items.

## Spa Information

### RESERVATIONS

We recommend making your booking in advance. Feel free to discuss any areas of concern, or share your personal preferences.

### ARRIVAL

Please arrive at least 30 minutes prior to your treatment time in order to complete your consultation form, get changed into your robe and slippers and take time to relax before your treatment. Late arrivals will result in a reduction in treatment time, whilst the full treatment fee will apply.

### CANCELLATION & DEPOSIT POLICY

A 50% deposit will kindly be requested when booking for 4 or more hours. A 100% cancellation fee will apply for any treatments changed or cancelled with less than 24 hours' notice.

The same applies for no shows and gift certificate bookings. No refunds will be applicable under any circumstances.

### GIFT VOUCHERS

A gift voucher from the Spa of Zebula is the perfect gift. Speak to one of our staff members in order to buy a personalized voucher. **Please Note:** That gift vouchers are not transferable and have an expiry date, gift vouchers must be presented at the time of the appointment in order to be honored.

Electronic gift vouchers are also available.

We are affiliated with *Health Spa Guides* and you can redeem your vouchers at our spa.

### OPERATING HOURS

Mon - Thurs	09h00 - 17h00
Friday	08h00 - 18h00
Saturday	08h00 - 20h00
Sunday	08h00 - 17h00