

# The Spa at Zebula

HOLISTIC HEALING OF THE  
BODY & MIND



## 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 R 695  
30 minutes R 450



# MASSAGE THERAPY

## 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 minutes – 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

## BELLABACI CUP MASSAGE

A relaxing massage combining deep tissue and lymphatic drainage massage techniques, in which we use massage cups and homeopathic aromatherapy oils to help the body detoxify, rebalance health and well-being.

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
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## 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	R 350
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## REFLEXOLOGY TREATMENT

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

30 minutes

R 375

## MASSAGE ENHANCERS

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

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

## 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	R 350
Pro Skin 30 Resurfacing	R 400
Pro Skin 30 Touch Therapy	R 400
Pro Skin 30 Deep Treatment	R 500

#### PROSKIN 60

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.

60 minutes

R 675

#### PRO POWER PEEL

NEW! 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.

30 minutes

R 650

60 minutes

R 850

## ESSE ORGANIC SKINCARE

### ESSE HYDRATING FACIAL

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.

30 minutes

R 400

### ESSE DETOX FACIAL

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.

60 minutes

R 675

### ESSE LUXURY FACIAL

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.

75 minutes

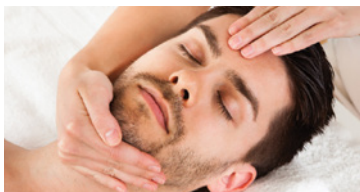
R 860

### ESSE BHA AMPOULE FACIAL

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.

75 minutes

R 885



## FACIAL ENHANCERS

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

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

## BODY THERAPY

### LILIAN TERRY BODY EXPERIENCE

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

Body polish

Homeopathy bath, with your choice to either detox, revitalize or relax.

Complex full body massage

Body Wrap, with your choice to detox, treating muscular aches and pains or cellulite.

120 minutes

R1350

### ESSE WELLNESS JOURNEY

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.

120 minutes

R1400

### ESSE CELLU-SLIM JOURNEY

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.

120 minutes

R1450



## BODY EXFOLIATION

### AFRICAN BUSHVELD BODY GLOW

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.

30 minutes

R 455

### SCRUB RUB GLOW

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.

30 minutes

R 555

## WAXING & TINTING

### WAXING

Brow/Chin/Lip	R 90
Full Face	R 200
Under arm	R 100
Bikini	R 150
Arm	R 200
Half leg	R 200
Full leg/Back/Chest	R 290

### TINTING

Brow tint	R 100
Lash tint	R 100
Brow & Lash Tint	R 150

# SPA PACKAGES

## ZEBULA REVIVE PACKAGE

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.

90 minutes

R 985

## INDULGENCE SPA PACKAGE

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.

2 hours and 15 minutes

R2500 per couple  
or R1450 per person

## ZEBULA BREAKAWAY PACKAGE

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; and  
A deluxe Spa Manicure or Pedicure.

2 hours and 30 minutes

R1300

## PERSONALIZED FULL DAY SPA PACKAGE

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 excludes weekends, holidays or peak seasons.

This package is inclusive of breakfast and lunch.

Please enquire about our Seasonal and Monthly Specials.





## 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

## 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.

The Wend Virtual Relaxation		R 150
Back, neck and shoulder massage	15 minutes	R 150
Hair and scalp massage	15 minutes	R 150
Foot massage	15 minutes	R 150
Hand massage	15 minutes	R 150
Lilian Terry hydrating hand treatment	15 minutes	R 170
Lilian Terry homeopathy bath	30 minutes	R 250
Liquid Yoga bath	30 minutes	R 300

# 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

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.

120 minutes

R1200



## 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 minutes – 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.

30 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 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

### CONTACT DETAILS

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