



The Spa at
Zebula

*Holistic Healing of
the Body & Mind*

Committed to clean, safe and
memorable spa experiences.

CONTACT DETAILS

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Signature Massage Therapies

ULTIMATE MASSAGE EXPERIENCE

Making use of a specialised oil, wraps and gel with your choice between a cup, bamboo or hot stone massage. This treatment will be customized to your needs and will have a positive effect on the mind and body, your skin nourished and pain and tension relieved. You will leave feeling at peace, relaxed and rejuvenated. Your treatment will be continued at home with your chosen specialized oil to take home.

90 minutes – Full Body Massage	R 1 225
45 minutes – Back, Neck and Shoulder Massage	R 880

BOOSTER MASSAGE

This unique massage is especially designed to boost your immune system with our unique herb and spice bolus, the Lilian Terry homeopathy Activim massage oil, combined with hot stones to relieve all tension.

90 minutes – Full Body Massage	R 960
45 minutes – Back, Neck and Shoulder Massage	R 580

DEEP TENSION MELTING MASSAGE

Using a powerful combination of the Lilian Terry homeopathy Sports Muscle oil, our unique Muscle rescue mask and Muscle relief gel, this deep tissue massage reduce the pain felt in muscles.

75 minutes – Full Body Massage	R 920
60 minutes – Full Body Massage	R 770
45 minutes – Back, Neck and Shoulder Massage	R 580
30 minutes – Back, Neck and Shoulder Massage	R 470

All massage therapies make use of traditional Swedish massage techniques and is conducted in your preferred pressure.





AFRICAN INDIGENOUS BALM MASSAGE

A special blend of rooibos, marula, baobab, kigelia and honey-bush 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 880

45 minutes – Back, Neck and Shoulder Massage R 560

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.

90 minutes treatment – Full body massage R 895

75 minutes – Full body massage R 795

60 minutes – Full body massage R 695

45 minutes – Back, neck and shoulder massage R 570

30 minutes – Back, Neck and Shoulder Massage R 445



Massage Therapy

LILIAN TERRY COMPLEX MASSAGE

With this massage we use the Lilian Terry homeopathy range of oils, a combination of homeopathic and aromatherapy oils, treating your specific concerns, giving ultimate results.

90 minutes – Full body massage	R 945
75 minutes – Full body massage	R 845
60 minutes – Full body massage	R 735
45 minutes – Back, Neck and Shoulder Massage	R 575
30 minutes – Back, Neck and Shoulder Massage	R 455

LYMPH DRAINAGE CUP MASSAGE

A deep drainage cup massage with specialized homeopathy oil, chosen to treat your specific concerns. This massage will improve your blood and lymph circulation aiding in the elimination of toxins and release lactic acid build-up in muscles.

75 minutes – Full body massage	R 885
45 minutes – Back, neck and shoulder massage	R 570

HOT STONE MASSAGE

This massage therapy massage makes use of basalt hot stones to help you relax and ease tense muscles and damaged soft tissue throughout the body. Our specialized oil helps to leave your skin nourished and your mind relaxed and rejuvenated.

75 minutes – Full body massage	R 860
45 minutes – Back, neck and shoulder massage	R 570



BAMBOO MASSAGE

The bamboo massage give a deep tissue, firm massage which assists in the release of tension and easing of knots, with the combination of our arnica and mint massage oil, you will leave tension free.

75 minutes – Full body massage R 875

45 minutes – Back, neck and shoulder massage R 590

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 470

HAND OR FOOT SCRUB MASSAGE

This treatment will exfoliate the skin with our nourishing African Indigenous bushveld scrub followed by a refreshing massage with our Aloe & mint massage cream, leaving your hands or feet refreshed.

30 minutes treatment R 395

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 415





Skin Care

ESSE ORGANIC SKINCARE

ESSE EXPERIENCE

60 minutes R 745

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.

ULTIMATE ESSE EXPERIENCE

120 minutes R 1280

An ultimate treatment to elevate your skin to a whole new level with multiple touch therapies and live probiotics that hydrate the skin and shift microbial ecosystems in your favour, boosting cell regeneration and long term skin health.

SIX TRANSFORMATIONAL SKINCARE

ENERGIZING SKIN TREATMENT

30 minutes R 445

A fantastic express treatment that will be tailored to your specific needs leaving your skin rejuvenated, revitalized and refreshed.

REJUVENATING SKIN TREATMENT

60 minutes R 700

This classic facial treatment will provide you with a unique sensorial experience as well as a thorough anti-ageing treatment. Restoring the natural luminosity to your complexion and revitalizes tired, dull skin.

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 185
Esse Exclusion Mask	R 150
SIX Peel off mask	R 250
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



Body Therapy

LILIAN TERRY BODY EXPERIENCE 120 minutes R1475

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:

Lilian Terry body polish

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

Lilian Terry Complex full body massage.

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

ULTIMATE CELLULITE TREATMENT 120 minutes R 1395

Our cellulite treatment package has been designed with a powerful combination of treatments to help you detoxify and get rid of your bum dimples. This treatment consist of the following:

Green tea and ginseng infused with CBD full body exfoliation

Lilian Terry Detox Bath

Lymph drainage cup massage

Cellulite leg treatment



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; smooths and removes all dead skin. Followed by an omega rich rub, you will leave with a healthy glowing skin.



A collection of spa-related items including several lit candles in various colors (yellow, purple, blue), a pink orchid flower, a small green leafy branch, and a brown bowl filled with white coarse salts. A white towel is partially visible in the top left corner.

Spa Packages

OMEGA REVIVE PACKAGE

90 minutes

R 1 075

Refuel your mind, body, and skin with this package. The full body exfoliation will transform dull, rough skin into gorgeous soft skin. The Marula therapy bath will hydrate and protect your skin but also boost your immune system. Your treatment will finish with the omega rich full body massage which is packed with antioxidants and vitamins to restore your skin's elasticity and firmness to a healthy glowing skin.

ZEBULA BREAKAWAY PACKAGE

2 hours 30 minutes

R 1 400

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

ULTIMATE ROMANTIC BREAKAWAY PACKAGE

2 hours R2410 per couple or R1320 per person

This package has been designed as an absolute treat for yourself or with your loved one for ultimate relaxation.

This package consists of the following:

Lilian Terry Homeopathy bath,

Full body hot stone massage

Your choice of one of the following:

- SIX Energizing facial,
- Herbal hair and scalp treatment
- Foot scrub and massage.

INDULGENCE SPA PACKAGE

2 hours 15 minutes R2600 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 massagem and a free gift to take home.



Spa Packages

PERSONALIZED SPA PACKAGE

For the ultimate relaxation, or if you want to give somebody a memorable gift but not sure what to give them then this package is for you. Come relax and renew your body and mind by choosing what treatments you want to do.

Choose any one of the following treatments to make your own personalized package:

30 minutes options:

- o Omega rich back neck and shoulder massage
- o Lilian Terry homeopathy back, neck and shoulder massage
- o African bushveld scrub
- o Lilian Terry homeopathy treatment spa bath
- o Herbal hair and scalp treatment
- o Foot or hand scrub and massage
- o SIX Energizing skin treatment
- o File & paint with nail polish

60 minutes options:

- o Omega rich full body massage
- o Lilian Terry homeopathy complex massage
- o SIX rejuvenating skin treatment
- o Deluxe spa manicure
- o Deluxe spa pedicure

90 minute package

R 1 075

3 hours package

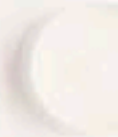
R 1 775

4 hour 30 minute package (includes lunch)

R 2 950

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

Please enquire about our Seasonal and Monthly Specials.





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.

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
Esse Tension Release Eye Massage	15 minutes	R 120
Dermalogica Stress Positive Eye Lift Massage	15 minutes	R 120
Lilian Terry homeopathy spa bath	30 minutes	R 250
Spalicious therapy oil spa bath	30 minutes	R 250



Hands & Feet

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

Deluxe spa manicure with gel		R 460
Deluxe spa manicure with nail polish	60 minutes	R 360
Deluxe spa manicure with no paint	45 minutes	R 320
Deluxe spa pedicure with gel		R 485
Deluxe spa pedicure with nail polish	60 minutes	R 400
Deluxe spa pedicure with no paint	45 minutes	R 360
Medi Solutions Foot Peel Treatment	45 minutes	R 450
File and paint with gel		R 275
File and paint with nail polish		R 235
Gel Soak off		R 150



Waxing & Tinting

Waxing

Brow/Chin/Lip **R115** each

Full Face **R 225**

Under arm **R 130**

Bikini **R 160**

Arm **R 230**

Half leg **R 220**

Full leg/Back/Chest **R 335**

Tinting

Brow tint **R 130**

Lash tint **R 130**

Brow & Lash Tint **R 175**



Pregnancy Treatments

Happy Mama = Happy Baby

Pregnancy treatments can only be conducted from the second trimester.

LILIAN TERRY PREGNY MASSAGE

A completely relaxing full body massage, using our safe, 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 780**

60 minutes – Full Body Massage **R 700**

45 minutes – Back, Neck and Shoulder Massage **R 595**

30 minutes – Full Body Massage **R 495**

LILIAN TERRY PREGNY PAMPER **120 minutes** **R 1230**

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.

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 with our doughnut massage balm, which will not only leave your skin hydrated but smelling beautiful too.

45 minute – Full Body Massage **R 440**

20 minutes – Back, neck and shoulder Massage **R 315**

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 450**

20 minutes – Back, Neck and Shoulder Massage **R 290**

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 **R240**



Kiddies Treatments

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 285

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 400

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 365

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 290

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 310



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