



Welcome to the Woodall Spa, a true sanctuary for relaxation, rejuvenation and pampering

Here you can truly relax and treat yourself in our peaceful environment.

We offer various skin and body therapies that are designed for exceptional results and deep relaxation of the mind and body, making your sensory experience truly unforgettable.

Our facilities include a Couple's Therapy room, a fully equipped Gym, a Steam Shower, Sauna, Hydrotherapy Bath and Vichy Shower which will aid your tranquil spa experience.

Our therapists are internationally qualified so you can have total peace of mind and enjoy your Woodall Spa journey

Hours of operation **8:00am - 6:00pm**

Etiquette

The spa is a tranquil retreat. In the spirit of mutual respect, please keep the noise level to a minimum. Please switch off mobile phones and electronic devices.

Attire

It is customary to wear a robe and undergarments, unless advised otherwise by your therapist. We recommend that no jewellery be worn to the spa. Staff and management accept no responsibility for the loss of money or valuables.

Communicate

Prior to your treatment commencing, discuss with your therapist the areas you would like to focus on and any areas to be avoided. Inform your therapist of any discomfort you may be feeling during your treatment. Communication is vital to getting the best from your Woodall Spa experience.

Please alert your therapist of the following contra-indications: High Blood Pressure / Heart Conditions / Cancer / Allergies / Recent Surgery / Muscle or Joint Injury / Pregnancy / Diabetes / Epilepsy

Reservations & Check-In

We encourage you to schedule your appointments in advance to secure a preferred date and time. Requests for a specific therapist should be made at the time of booking. We recommend you arrive 15 minutes prior to your scheduled treatment time. Please keep in mind that late arrival may require us to shorten the length of treatment. We will however assist in re-scheduling your appointments where possible.

Couple Treatments

Most of our treatments can be customized to accommodate couples, subject to availability of therapist. Pre-booking is essential

Cancellation Policy

A five hour cancellation notice is required. A 50% charge will apply to all late cancellations. 100% charge for "No Show"

Gratuities

Gratuities should reflect your level of satisfaction with our services and your personal providers; therefore all gratuities are left solely at your discretion.

Gift Certificates

Woodall Spa gift certificates are perfect for any occasion and are available in individual treatments, day packages or predetermined denominations. All gift certificates are non refundable and valid for three months from date of issue

SKIN CARE RITUALS

dermalogica

Dermalogica's skin care system includes highly effective formulations and delivers effective results in the minimum amount of time

Classic Skin Care Treatment 75 min

This treatment starts off with a thorough cleansing of the skin using Dermalogica Cleansers to best suit your skin's needs. Advanced exfoliators are used to remove all signs of dead skin cells. A relaxing face, neck and shoulder massage will soothe tired and aching muscles. Conclude with a luxurious mask and decadent moisturiser to revive skin's vitality.

Age Smart Skin Treatment 90 min

This advanced skin treatment is specifically designed for ageing, UV damaged and sallow skins. After thorough exfoliation, fruit acids will aid in re-texturising the skin surface, and encourage cell turnover to assist in the natural exfoliating process. Yeast extract stimulates elasticity and increases oxygen utilization in the skin tissues. A luxurious face, neck, shoulder and scalp massage complements this results driven treatment. The final phase of treatment will be a revolutionary vacuum anti-ageing face mask which helps to restore hydration, combat fatigue and feed your skin's own fibres.

Chroma White Skin Treatment 90min

A powerful cocktail of brightening and anti ageing ingredients will improve tone and radiate your complexion. These active ingredients target pigmented areas darkened by the sun and hormonal changes in the body. This phenomenal treatment brings dull skin back to life. A relaxing face, neck and shoulder massage will soothe tired and aching muscles.

Men's Skin Treatment 60min

A skincare treatment specially designed around the needs of male skins targeting specific care concerns. Dead skin cells will be lifted, the skin soothed and hydrated with a masque that revitalizes a dull, dehydrated skin and counteracts the effects of the environment with soothing botanicals. Includes a relaxing face, neck and shoulder massage.

Serum Radiance Therapy 90 min

This all encompassing delight starts with a back, neck and shoulder massage, using essential oils that penetrate deep into your muscles to relieve aches and pains. Draped in warm blankets, your spa therapy continues with a revitalizing serum skin treatment. After a thorough cleansing and exfoliation, a pressure point face, neck and shoulder massage as well as an African head massage, sends you to a further state of relaxation. Your serum radiance therapy concludes with a luxurious treatment mask and decadent moisturisers to revive your skin's vitality.

ESSENTIAL CARE FOR HANDS & FEET

Hand OR Foot Treatment 30 min

An "express" manicure or pedicure to combat the dehydrating effects of the sun. This treatment includes an exfoliation to soften the hands OR feet and remove all the old skin cells, followed by a relaxing hand OR foot massage and ending off with a revitalizing cooling mask.

Spa Manicure OR Spa Pedicure 75 min OR 90 min

Enjoy the benefits of natural elements from the Dead Sea. Hands OR Feet are relaxed in a warm therapeutic soak and are then buffed with AHAVA stress butter salt to exfoliate and smooth the skin. This is followed by AHAVA body sorbet caress to nourish and hydrate and finished with an up-lifting massage to soothe and hydrate hands OR feet. Service includes natural nail and cuticle care, with your choice of perfect Essie polish or healthy buff. Service available for men.

French Polish extra 30 min

File and Re-varnish 30 min

Filing and polishing of the nails with your choice from our wide range of Essie colours.

Paraffin Dip extra 20 min

This facilitates the absorption of the masque and massage cream as well as having a great moisturizing effect

Cooling Essie Spa Hydro-Masque extra 20 min

A luxurious, aromatic treatment formulated with cooling Ale Vera extract, relaxing algae extract and spearmint oil



From heavenly aromas, to herbal purity our African inspired range, TheraNaka™ is a mesmerizing and innovative body and sense-soothing safari, replicating the earthy scents and the awe-inspiring wonder of this most profound continent... TheraNaka™ offers unique treatments and rituals that were inspired by designed and based on Africa's rich heritage

MILK BATH CEREMONIES

Includes a complimentary Body Exfoliation, Hydro Bath and Body Massage

Treatment starts off with a full body exfoliation using the chosen ceremony scrub. A Moisturizing Milk Bath, highlighted with candles and petals relaxes the whole body. This relaxing journey ends off with a full body massage.

Forest Stream Milk Bath - Relaxing **120 min**

Apricot Kernel Scrub followed by a full body massage and a *relaxing* bath with Cape Chamomile and Jasmine

River Rapids Milk Bath - Uplifting **120 min**

Marula & Sandalwood scrub followed by a full body massage and an *uplifting* bath with Lime, Lavender & Sweet Orange

Waterfall Milk Bath - Detoxifying **120 min**

Geranium and Pine Sugar Scrub followed by a full body massage and a *detoxifying* bath with Fennel and Peppermint

BODY EXFOLIATION EXPERIENCES

Includes a complimentary Vichy and Chromotherapy shower

African Apricot Kernel Scrub **40 min**

This African scrub cleanses your skin's surface, while our unique Vetiver oil creates warmth in the muscles and joints and Eucalyptus provides anti-bacterial protection. Suitable for all skin types, specifically for eczema and psoriasis skin conditions.

Geranium and Pine Sugar Scrub **40 min**

This scrub uses an invigorating synergy of sucrose infused with Geranium botanicals to gently exfoliate the skin. Pine needle acts as an anti-septic, leaving the skin tingling and refreshed.

Marula and Sandalwood Sugar Buff **40 min**

A 100% natural blend of brown sugar and Marula and Sandalwood essential oils is used to effectively buff away dead skin cells. Marula oil provides anti-oxidant properties and moisturizers to improve skin texture.

BODY WRAP EXPERIENCES

Includes a Full Body Exfoliation, Body Wrap and Nourishing Body Treatment as well as a complimentary Vichy and Chromotherapy shower

Total Body Detoxifying Mud Wrap **60 min**

This treatment starts off with a full body exfoliation using a Geranium and Pine Sugar Scrub. Storm Body oil is massaged into the skin before African Body Mud is applied to increase the effectiveness of the treatment. After enjoying an African head massage your experience will conclude with a Nourishing Body Cream.

Total Body Uplifting Mud Wrap **60 min**

This treatment starts off with a full body exfoliation using the Marula and Sandalwood Sugar Buff. The Recharge Body oil will be massaged into the skin before the African body Mud is applied to increase the effectiveness of the treatment. After enjoying an African head massage the treatment will conclude with a Nourishing Body Cream.

Total Body Relaxing Aloe Ferox Gel Wrap **60 min**

This treatment starts off with a full body exfoliation using the Apricot Kernel Scrub. The Peace Body oil will be massaged into the skin before the Hydrating Aloe Ferox Gel wrap is applied to increase the effectiveness of the treatment. After enjoying an African head massage the treatment will conclude with a Nourishing Body Cream.

MASSAGE RITUALS

African Wood Massage

90 min

Mimicking the rhythmical patterns of an African dance, this signature massage blends light stretching techniques and specially designed body and facial wooden implements to relax and restore your weary body. Warm Olive and Shea Butter will nourish and heal dry skin, whilst you experience blissful relaxation.

African Awakening Massage Experience

75 min

Drawing inspiration from the Marula Tree and African traditional healing beliefs, an ultra relaxing indulgent full body massage was created. A skilful combination of contracting and oxygenating breathing techniques is used to stimulate your senses and revive your body and mind. Awaken to the sounds of the African rain stick.

African Shea Butter Ritual

90 min

Inspired by the people of Africa's use of the circular form, this unique ritual was created to encompass our connection with nature whilst celebrating the circle of life. Small blocks of aroma infused Shea Butter are placed on various areas of your body to aid circulation. Experience soothing warmth as the butter melts under the therapist's hands, leaving you utterly relaxed and your skin nourished and hydrated.

Hot Stone Massage

Swedish massage incorporating the use of heated stones to increase circulation and ease muscular tension. This wonderfully relaxing treatment creates an experience of warmth, wholeness and calm.

Full Body

60 min

Back, Neck and Shoulder

45 min

Aromatherapy Massage

A light pressure massage based on the ancient practice of using selected aromatic essential oils for therapeutic purposes. Long, firm and light strokes are used to maximize the absorption of the oils.

Full Body

60 min

Back, Neck and Shoulder

45 min

Swedish Massage

A Classic European massage using long strokes and kneading. This relaxing and invigorating massage immediately improves circulation, eases muscular aches and tension, increases flexibility while promoting health and well being.

Full Body

60 min

Back, Neck and Shoulder

30 min

Candle Massage

60 min

A unique aromatic full body massage using the soothing properties of warm candle oil. Select the aromatic fragrance and colour candle of your choice. This soy based candle adds a soft glow to the treatment room releasing aroma therapeutic scents, while you are massaged with the soothing warm oil drizzled from the candle, rich in skin nourishing ingredients.

MASSAGE TOUCH THERAPIES

Foot Massage

30 min

African Head Massage

20 min

Reflexology Foot Massage

45 min

HYDROTHERAPY AND HEAT TREATMENTS

Aromatherapy Hydrotherapy Bath

30 min

Sauna

30 min

Steam Shower

30 min

SPA RITUAL PACKAGES

These may be enjoyed individually or as a couple, subject to availability of our therapists

African Spirit

1h30 min

Revitalising foot treatment and a Shea Butter Nugget Massage

To commence this sensory journey, you will enjoy an ultra relaxing foot treatment followed by a tranquillity back massage to restore balance. Lavender accompanies you through the soothing foot and leg sequence consisting of an exfoliation, foot massage using wooden implements and ending with a cool, revitalizing mask. Enjoy a lingering sense of peace through the calming effects of Cape Chamomile and Jasmine imbued in our Shea nugget, as your therapist gently warms the melting nugget and massages your back, deeply soothing tense muscles to re-establish harmony. A fragrant hot compress is applied to the back in conclusion to this double act.

African Peace

3 hours

Apricot Kernel Exfoliation, Milk Bath, African Awakening Massage and an Aloe Ferox Gel Wrap

This Zulu inspired beauty ceremony will leave your skin intensely hydrated, glowingly smooth and deeply nourished. Your skin is rid of rough, dead skin cells using a crushed Apricot Kernel cream cleanse. "Senga", the ultimate African source of life known as milk, forms the foundation of an Marula oil infused bath milk that feeds the skin and prevents ageing. Progressing to the mood enhancing aromas of Jasmine and Geranium, enjoy a relaxing body massage to soothe away any muscular tension. Wrapped in the healing properties of Aloe Ferox to correct any skin imbalances, the hydrating body gel mask will leave your skin feeling delicately soothed. Concluding your treatment with a nutritious Baobab Lotion, the sound of gentle rain will signal the end of the ceremony and highlight the celebration of you having blossomed into a new beauty.

African Revival

3 h30 min

Geranium + Pine Sugar Scrub, African Awakening Massage, African Mud Wrap, Citrus Cocktail, Classic Skin Care Treatment

Your treatment journey will commence with a Geranium and Pine infused sugar cleansing ritual followed by the warm downpour from "8" Vichy shower heads. A vibrant mood enhancing blends of Lime, Sweet Orange and Lavender will facilitate an ultra indulgent full body massage which prepares your body for a truly African experience. You will be blissfully cocooned in creamy textured mineral-rich clay that re-mineralises while Rooibos extract soothes your skin. Vertiver and Eucalyptus will treat and renew your weary body. A Classic Skin Care treatment will signal the end of your journey. This uniquely African rejuvenating experience will awaken your senses and revive your body and mind.

African Reward

5 hours

Marula and Sandalwood Scrub, Milk Bath, African Wood Massage, Lunch, Manicure, Pedicure

Let your body become the centre of attention and be spoiled. This treatment journey begins with a Sandalwood and Marula full body polish to prepare your skin. Allowing you to relax in complete tranquillity, a milk bath treatment is next to warm your muscles in preparation for the decadent African Wood Massage to follow. Your body will be drizzled with luxurious nourishing Olive and Shea Butter whilst being massaged with special Mpingo wooden massage implements for a true African experience. After a light lunch, the day continues with a manicure and pedicure in true African style.

SPA ESSENTIALS

SHAPING AND TINTING

Eyelash Tint	30 min
Eyebrow Tint	20 min
Eyebrow Shape	20 min

WAXING

Full leg Wax	50 min
Half leg Wax	30 min
Back/Chest Wax	45 min
Bikini Wax (G-String)	30 min
Bikini Wax (Standard)	20 min
Underarm Wax	15 min
Lip/Chin/Brow/Face Wax	10 min