



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

Our Citrus Spa offers a unique range of treatments, inspired by the surrounding orchards, and includes a sauna, hydrotherapy bath, steam room and Vichy shower. 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 therapists are internationally qualified so you can have total peace of mind and enjoy your Citrus 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.

Cancellation Policy

A 50% deposit is required for local guests when a treatment booking has been confirmed. 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.

SKIN CARE RITUALS



The award winning TheraVine™ is a uniquely South African range of result-driven health and skincare products that give you a perfectly balanced and radiant skin. TheraVine™ fuses super antioxidants derived from grape cultivars with cutting edge active ingredients at highest percentages resulting in specially crafted, extrasensory products that will exceed your expectations

Customised Facial Treatments

Theravine™ Facial Treatment customised according to skin type and concerns

60 min R720

Hydrating Facial Treatment

Designed for extreme relaxation with aromatic scents oils designed to deeply hydrate the skin, leaving the skin with a radiant complexion.

Balancing Facial Treatment

A deep cleansing facial to gently remove surface impurities using a customised purifying mask while specifically selected aromatic botanicals restore needed balance to the skin

Mature Facial Treatment

Firm and Visibly tone the skin, whilst smoothing out fine lines and wrinkles. The skin is left looking more radiant and uniform in texture and tone.

Specialised Facial Treatments

UltraVine™ Advanced Cellular Gold Facial Treatment

90 min R1200

Using TheraVine™'s breakthrough anti-oxidant technology, this anti-ageing concept along with the revolutionary soft 24 carat gold and diamond dust collagen film mask, promotes the skin's DNA repair system while luxuriously soft and delicately scented creams, serums and balms transport your skin to an advanced state of renewal.

Theravine™ Men's Daily Active Facial Treatment

60 min R720

A facial treatment to cleanse, hydrate and revitalised the skin helping to restore freshness and clarity, leaving the skin comfortably soothed. Includes a mask and relaxing Face, Neck and Shoulder Massage.



BODY RITUALS



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

Body Exfoliations

Includes a complimentary Vichy Shower

30 min R430

African Apricot Kernel (Pregnancy Safe)

This African Apricot Kernel scrub lightly polishes the skin, while the unique Vetiver oil promotes warmth and Eucalyptus provides anti-bacterial protection. Suitable for all skin types, specifically for eczema and psoriasis conditions.

Marula and Sandalwood Sugar Buff

A 100% naturally blended sugar buff with African Marula and Sandalwood essential oils is used to effectively polish off unwanted skin cells. Marula oil provides antioxidant properties and moisturizers to improve skin texture.

Body Exfoliation and Wrap Indulgences

Full Body Exfoliation, Wrap and Nourishing Body Treatment and complimentary Vichy Shower

60 min R870

Relaxing (Pregnancy Safe)

This treatment starts off with a full body exfoliation using the Apricot Kernel Scrub to lightly polish the skin and leave it smooth and soft to touch. African Earth Fusion Body oil will be massaged into the skin to induce relaxation. A hydrating Aloe Ferox Gel wrap is then applied to increase the effectiveness of the treatment. After enjoying an African head massage the treatment will conclude with a Nourishing Body Cream.

Uplifting

This treatment starts off with a full body exfoliation using the Marula and Sandalwood Sugar Buff to gently buff off unwanted dead cells. 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.

Detoxifying

This treatment starts off with a full body exfoliation using a Marula and Sandalwood Sugar Buff. 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

Milk Bath Ceremonies

Treatment starts off with a full body exfoliation. A moisturizing milk bath illuminated with candles and petals relaxes the whole body. This tranquil journey ends off with a Full Body Massage

120min R1690

Forest Stream – For a Relaxing Experience

Apricot Kernel Scrub followed by a *relaxing* bath with Cape Chamomile and Jasmine and ending with Full Body Massage

River Rapids – For an Uplifting Experience

Marula & Sandalwood Scrub followed by an *uplifting* bath with Lime, Lavender & Sweet Orange and ending with Full Body Massage

MASSAGE EXPERIENCES

Massage Touch Therapies

Citrus Foot Ritual

This treatment includes an aroma-therapeutic foot exfoliation and deeply nourishing mask followed by a de-stress Foot Massage, leaving tired aching feet rejuvenated

re-varnish

45 min R545

add extra R110

Citrus Hand Ritual

This treatment includes an aroma-therapeutic hand exfoliation and deeply nourishing mask followed by a de-stress Hand Massage, leaving dry and brittle nails nourished and cared for

re-varnish

30 min R435

add extra R110

African Head and Scalp Massage

A relaxing Massage focussed on the neck, shoulder and scalp to relieve muscular tension.

30 min R435

Pressure Point Foot Massage

Enjoy a foot soak followed by a soothing and stress relieving Foot Massage.

30 min R545

Massage Rituals

African Fusion Body Massage

A classic massage treatment using long strokes and kneading movement to relax tired muscles and induce a deep sense of relaxation. This massage immediately improves circulation, eases muscular tension and increases flexibility while promoting health and wellbeing.

Customise your massage treatment with a personalized *TheraNaka™* Marula-Herb infused African Fusion Body Oil to address specific body concerns:

<i>African Peace</i>	–	<i>Relaxing</i>
<i>African Recharge</i>	–	<i>Uplifting</i>
<i>African Storm Body</i>	–	<i>Detoxifying</i>
<i>African Earth</i>	–	<i>Soothing (pregnancy safe)</i>
<i>African Vigour</i>	–	<i>Invigorating</i>

Full Body Massage

60 min R750

Back, Neck and Shoulder Massage

30 min R510

Hot Stone Full Body Massage

60 min R800

Hot Stone Back, Neck and Shoulder Massage

30 min R600

Enhance your massage treatment by adding on any of the Massage Touch Therapies (see above) or an African Back Exfoliation

30 min R330

HYDROTHERAPY AND HEAT TREATMENTS

Please book at least an hour in advance

Aromatherapy Hydrotherapy Bath

30 min R350

Sauna

60 min R350

Steam Shower

60 min R350

SIGNATURE MASSAGE TREATMENTS

90 min R990

African Wood Full Body Massage

Mimicking the rhythmical patterns of a African Dance, this full body massage treatment combines light stretching techniques and specifically designed body and facial wooden implements to relax and restore a weary body. Warm Olive oil and Shea butter will provide nourishment and healing to a dry skin, whilst you slip away into blissful relaxation.

African Awakening Full Body Massage

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.

Citrus Fusion Full Body Massage

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 citrus infused Shea Butter are places 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

Enhance your massage treatment by adding on any of the Massage Touch Therapies (see above) or an African Back Exfoliation

30 min R330

SPA RITUAL PACKAGES

African Spirit

75 min R1210

Revitalising Foot Treatment and a Shea Butter Nugget Massage

Begin with an ultra-relaxing foot treatment followed by a tranquillity Back Massage to restore balance. The soothing lavender-infused foot and leg sequence consists of an exfoliation, foot massage using wooden implements and ends 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, soothing tense muscles to re-establish harmony. A fragrant hot compress is applied in conclusion to this double act.

Mom to be Khulelwe Package

3 hours R1650

Apricot Kernel Exfoliation, Back, Neck and Shoulder Massage, Lemon Twist Deluxe Manicure, Lemon & Lime Pedicure

Celebrate the experience of head-to-toe pampering making you feel like royalty. Begin your journey with a hydrating body exfoliation, followed by a Back, Neck and Shoulder Massage a rhythmic, gentle massage using the African Peace Body oil, a conditioning and nourishing Manicure and Pedicure duo completes the journey.

African Revival

3 hours 30 min R2310

Marula and Sandalwood Scrub, African Fusion Massage, African Mud Wrap, Customised Skin Care Treatment

Your journey commences with a Full Body Scrub and 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 wrap that re-mineralises while Rooibos extract soothes your skin. Vertiver and Eucalyptus will treat and renew your weary body. A customise 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.

Gents Package

3 hours R2310

Full Body Massage, Men's Active Facial, Pressure Point Foot Massage, African Head Massage

Uniquely designed for men, this treatment takes you on a journey of deep relaxation while leaving you relaxed and refreshed, Deep Tissue Massage to relax and ease aching muscle, follow this with a specialised skin care treatment leaving the skin hydrated and revitalized ending of with a pressure point foot massage and an African Head Massage.

Enhance your treatment by adding a Hydrotherapy Bath
Glass of Bubbles

30 min R330
R75

ESSENTIAL CARE FOR HANDS & FEET

Lemon Twist Spa Manicure

60 min R440
Gel R605

Hands are relaxed in a warm therapeutic soak and are then buffed with OPI Exfoliator to exfoliate and smooth the skin. This is followed by OPI Massage Cream to nourish and hydrate and finished with an up-lifting massage to soothe and hydrate hands. Service includes natural nail and cuticle care, with your choice of perfect OPI polish, gel polish or healthy buff. Service available for men.

Lemon and Lime Spa Pedicure

60 min R479
Gel R640

Feet are relaxed in a warm therapeutic soak and are then buffed with OPI Exfoliator to exfoliate and smooth the skin. This is followed by OPI Massage Cream to nourish and hydrate and finished with an up-lifting massage to soothe and hydrate feet. Service includes natural nail and cuticle care, with your choice of perfect OPI polish or healthy buff. Service available for men.

O.P.I Gel overlay on Hand or Feet Gel Soak-off Hands / Feet

45 min R385
R155

Enhance your manicure or pedicure by adding any of the following:

French Polish

Additional 30 min R110

Paraffin Dip (Hands or Feet)

Additional 15 min R110

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

Balsam Treatment

Additional 30 min R130

A tonic specifically formulated to remove calluses and corns

SPA ESSENTIALS

SHAPING AND TINTING

Eyelash Tint 30 min R110

Eyebrow Tint 20 min R100

Eyebrow Shape 20 min R105

Lash and Brow 30 min R165

WAXING

Full leg Wax 50 min R275

Half leg Wax 30 min R220

Back/Chest Wax 45 min R250

Bikini Wax (Standard) 20 min R215

Bikini Wax (G-String) 30 min R250

Underarm Wax 15 min R170

Lip/Chin/Brow 10 min R100 each

