



*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, mask 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 1 380
45 minutes – Back, Neck and Shoulder Massage	R 965

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 1 055
45 minutes – Back, Neck and Shoulder Massage	R 685

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.

90 minutes – Full Body Massage	R 1 080
75 minutes – Full Body Massage	R 940
60 minutes – Full Body Massage	R 800
45 minutes – Back, Neck and Shoulder Massage	R 660
30 minutes – Back, Neck and Shoulder Massage	R 520

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 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 965

45 minutes – Back, Neck and Shoulder Massage

R 685



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 960

75 minutes – Full body massage

R 840

60 minutes – Full body massage

R 720

45 minutes – Back, neck and shoulder massage

R 600

30 minutes – Back, Neck and Shoulder Massage

R 480

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 1 020
75 minutes – Full body massage	R 930
60 minutes – Full body massage	R 760
45 minutes – Back, Neck and Shoulder Massage	R 630
30 minutes – Back, Neck and Shoulder Massage	R 500

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 945
45 minutes – Back, neck and shoulder massage	R 665

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 945
45 minutes – Back, neck and shoulder massage	R 665



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 945

45 minutes – Back, neck and shoulder massage R 665

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 515

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 435

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 455





Massage Enhancers

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

Cellulite/Circulating Leg Treatment R 180

Our 3 step treatment can be added to any massage, to increase blood and lymph circulation and to kick start your detoxifying process.

Exfoliating Massage	Back	R 135
	Full Body	R 220
Hot Stone	Back	R 65
	Full Body	R 130
Cup Massage	Back	R 65
	Full Body	R 130
Bamboo Massage	Back	R 65
	Full Body	R 130
Lilian Terry Mask per area		R 165
Muscle Rescue Mask per area		R 110
Muscle Relief Gel per area		R 65

Skin Care

DERMALOGICA

ProSkin 30 30 minutes R 600

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

ProSkin 60 60 minutes R 820

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 R675

60 minutes R 875

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.(Pre-booking essential)





Skin Care

ESSE ORGANIC SKINCARE

ESSE EXPERIENCE

60 minutes R 790

30 minutes R 535

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 770

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 220
Dermalogica ProPower eye Peel	R 180
Esse Ampoule	R 200
Esse Exclusion Mask	R 150
Bio-Therapeutic -Lift for an instant lifting effect	R 275
Bio-Therapeutic Micro for deeper product penetration	R 170
Bio-Therapeutic Nano Lifting Eye Treatment	R 165



Body Therapy

LILIAN TERRY BODY EXPERIENCE 120 minutes R1625

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

ULTIMATE CELLULITE TREATMENT 120 minutes R 1535

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

R500

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

R600

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.



Spa Packages

OMEGA REVIVE PACKAGE

90 minutes

R 1 185

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 1 540

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 R2 650 per couple or R1 450 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 R2 860 per couple or R1 595 per person

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

Full body champagne exfoliation, full body chocolate chili mask

Head massage, Champagne bath with 2 glasses of sparkling wine

Full body balm massage 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 1 180

3 hours package

R 1 950

4 hour 30 minute package (includes lunch)

R 3 245

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 165
Hair and scalp massage	15 minutes	R 165
Foot massage	15 minutes	R 165
Hand massage	15 minutes	R 165
Esse Tension Release Eye Massage	15 minutes	R 130
Dermalogica Stress Positive Eye Lift Massage	15 minutes	R 130
Lilian Terry homeopathy spa bath	30 minutes	R 275
Spalicious therapy oil spa bath	30 minutes	R 275



Hands & Feet

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

Deluxe spa manicure with gel		R 500
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Deluxe spa manicure with nail polish	60 minutes	R 470
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Deluxe spa manicure with no paint	45 minutes	R 360
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Deluxe spa pedicure with gel		R 550
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Deluxe spa pedicure with nail polish	60 minutes	R 500
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Deluxe spa pedicure with no paint	45 minutes	R 380
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Medi Solutions Foot Peel Treatment	45 minutes	R 520
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Medi Solutions Foot Peel add on Treatment		R 200
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(Please note that this will be added at no extra time to a Deluxe spa pedicure)

File and paint with gel		R 300
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File and paint with nail polish		R 250
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Gel Soak off		R 150
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Waxing & Tinting

Waxing

Brow/Chin/Lip **R150** each

Full Face **R 240**

Under arm **R 220**

Bikini **R 355**

Arm **R 320**

Half leg **R 320**

Full leg **R370**

Back/Chest **R320**

Tinting

Brow tint **R 130**

Lash tint **R 140**

Brow & Lash Tint **R 215**



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 865
60 minutes – Full Body Massage	R 800
45 minutes – Back, Neck and Shoulder Massage	R 630
30 minutes – Back, Neck and Shoulder Massage	R 495

LILIAN TERRY PREGNY PAMPER 120 minutes R 1350

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 320**

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 450

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 300

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 330



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 swim wear when using these facilities. Please pre-book with Spa reception.

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

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 and to 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 at 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 GoBeauty and you can redeem your vouchers at our spa.

OPERATING HOURS

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