

seasons

golf • leisure • spa

SPA MENU

SPA PACKAGES

SEASONS COUPLE RETREAT

4 ½ HOURS
R2450 PER COUPLE

45 Minute African Coffee Buff
45 Minute Back, neck and Shoulder massage with Stones
60 Minute Pedicure with Paraffin Dip
A Delicious Spa Lunch on the Spa Pool Deck
Access to the Tranquil Hydro Pool Facilities

COUPLES RECHARGE PACKAGE

1 HOUR 15 MINUTES
R1850 PER COUPLE
(MON-FRI ONLY)

15 Minute Back Exfoliation
60 Minute Swedish Full Body Massage
Vegetarian Platter or Meaty Platter for Two
Bottle of Bubbly
Access to the Tranquil Hydro Pool Facilities

YOU AND ME PACKAGE

1 ½ HOURS
R2100 PER COUPLE

60 Minute Aromatherapy Full Body Massage
30 Minute Specific Skin Treatment
Bottle of Bubbly
Access to the Tranquil Hydro Pool Facilities

DELUXE LOVERS PACKAGE

3 HOURS 15 MINUTES
R3999 PER COUPLE

45 Minute Full Body Polish
90 Minute Hot Stone Full Body Massage
60 Minute Classic Pedicure
Bottle of Bubbly
A Delicious Spa Lunch on the Spa Pool Deck
Access to the Tranquil Hydro Pool Facilities

STRESS RELIEF SPA PACKAGE

1 ½ HOURS
R1250 PER PERSON

30 Minute Back, Neck and Shoulder Massage with Stones
30 Minute Stress Relief Foot Massage
30 Minute Indian Head Massage
Access to the Tranquil Hydro Pool Facilities

SEASONS BREAKAWAY PACKAGE HALF DAY PACKAGE

3 HOURS
R2100 PER PERSON

60 Minute Aromatherapy Full Body Massage
60 Minute VitaMinute C Facial Treatment
60 Minute Deluxe Pedicure with Paraffin Dip
A Delicious Spa Lunch with drink on the Spa Pool Deck
Access to the Tranquil Hydro Pool Facilities

SEASONS ULTIMATE RETREAT SPA PACKAGE / FULL DAY PACKAGE

4 HOURS
R2450 PER PERSON

30 African Coffee Buff
60 Minute Swedish Full Body Massage
45 Minute Specific Skin Treatment
15 Minute Indian Head Massage
75 Minute Classic Pedicure with Foot Mask
15 Minute Hand Treatment
A Delicious Spa Lunch with drink on the Spa Pool Deck
Access to the Tranquil Hydro Pool Facilities

GROUP PACKAGES

RELAXATION SPA PACKAGE

2 HOURS
R1050 PER PERSON

Welcome Drink
30 Minute Back Buff
60 Minute Swedish Full Massage
30 Minute Skin Specific Facial Treatment
Access to the Tranquil Hydro Pool Facilities

PAMPER TIME SPA PACKAGE

3 HOURS
R1350 PER PERSON

Welcome Drink
60 Minute Mineral Clay and Oil Wrap
60 Minute Hotstones Full Body Massage
60 Minute Classic Pedicure with Paraffin Dip
A Delicious Spa Lunch with drink on the Spa Pool Deck
Access to the Tranquil Hydro Pool Facilities

TRANQUILITY SPA PACKAGE

4 HOURS
R1680 PER PERSON

Welcome Drink
60 Minute Botanical Cocoon Wrap
60 Minute Aromatherapy Full Body Massage
45 Skin Specific Facial Treatment
60 Minute Classic Pedicure
15 Minute Paraffin Dip
A Delicious Spa Lunch with drink on the Spa Pool Deck
Access to the Tranquil Hydro Pool Facilities

Only applicable to group bookings of 4+ Guests

MASSAGE TREATMENTS

STRESS FOOT MASSAGE	MON-FRI	SAT-SUN
30 Minutes	R480	R530
45 Minutes	R530	R590

BACK, NECK AND SHOULDER	MON-FRI	SAT-SUN
30 Minutes	R499	R599
45 Minutes	R560	R590

SWEDISH FULL BODY	MON-FRI	SAT-SUN
60 Minutes	R720	R750
90 Minutes	R830	R930

DEEP TISSUE FULL BODY	MON-FRI	SAT-SUN
60 Minutes	R850	R920
90 Minutes	R910	R950

AROMATHERAPY FULL BODY	MON-FRI	SAT-SUN
60 Minutes	R800	R850
90 Minutes	R900	R950

HOT STONE FULL BODY	MON-FRI	SAT-SUN
60 Minutes	R915	R950
90 Minutes	R990	R1020

BUBBLE BUTTER MASSAGE	MON-FRI	SAT-SUN
60 Minutes	R860	R980

PAIN RELIEF MASSAGE	MON-FRI	SAT-SUN
60 Minutes	R860	R950

ADD On's	MON-FRI	SAT-SUN
Localized Hot Stones	R155	R180
Lymphatic Drainage	R175	R185
Reflexology	R175	R195

Please note unless stated add on treatments do not add on treatment time

COCOON WRAPS
60 MINUTE TREATMENTS

DESERT SALT AND OIL WRAP

MON-FRI	SAT-SUN
R680	R720

Sink into deep relaxion with this unique cocoon wrap, using natural mineral- rich Kalahari salt crystals to buff away dry and dull skin in a full body exfoliation and rich antioxidant body mask infused with extracts from Red Bush Tea to leave your skin soft, supple, and glowing.

BOTANICAL AFRICAN COFFEE WRAP

MON-FRI	SAT-SUN
R680	R720

Refresh and unwind using Botanical Oils in a unique combination with African Coffee to stimulate the body's blood circulation and buff away dry and dull skin, while the antioxidant rich body mask leaves your skin feeling richly nourished and moisturized. Unveiling lustrously smooth and glowing skin.

BODY EXFOLIATIONS
45 MINUTE TREATMENTS

AFRICAN COFFEE OIL BUFF

MON-FRI	SAT-SUN
R510	R550

An invigorating treatment using antioxidant rich African Coffee grounds to gently exfoliate the skin, leaving it firmer and smoother.

DESERT SALT AND SAND BUFF

MON-FRI	SAT-SUN
R510	R550

A heavenly treatment using natural mineral- rich Kalahari salt crystals to buff away dry and dull skin, leaving the skin supple, invigorated, and silky smooth, while also increasing the Body's natural detoxification processes.

MOMMY SPOILS PACKAGES

A MOMENT FOR MOMMY

2 HOURS
R1100 PER PERSON

Be pampered with a 60 Minute Mommy Glow Full Body Exfoliation followed by a 60 Minute Mommy Full Body Massage. Includes Access to the Tranquil Hydro Pool Facilities and Welcome Drink.

MOMMY TO BE

3 HOURS
R1300 PER PERSON

Be Spoiled with a 60 Minute Belly and Me Cocoon Wrap followed by a 60 Minute Mommy Full Body Massage and Preggie Pedi. Includes Access to the Tranquil Hydro Pool Facilities and Welcome Drink.

BELLY & ME COCOON WRAP

1 HOUR
R590 PER PERSON

A luxurious peel-off wrap enriched with spirulina to support elasticity and collagen, while gingko biloba soothes and protects the skin. The cooling menthol effect relieves tired, heavy legs. This easy gel wrap sets in 15 minutes, peels off effortlessly with no residue, and leaves a subtle pink grapefruit fragrance.

PREGGIE PEDI

1 HOURS
R450 PER PERSON

Energise tired feet and legs with this indulgent pedicure, featuring a re-mineralising soak, exfoliation, cuticle care, nail shaping, and a nutrient-rich mask. Finished with a cooling pressure point massage, a warming leg massage, and the perfect polish.

MOMMY MASSAGE

1 HOUR
R750 PER PERSON

This Hawaiian inspired relaxing full body massage combines free flowing massage techniques combined with breathing and stretching to assist in easing anxiety. Decreasing back and leg pain associated with pregnancy and improve sleep. Our unique blend of oils will nourish and protect the skin whilst calming and relaxing the mind and body. Belly comfort. Back support and light legs is priority in this unique massage.

SIX® FACIALS

	MON-FRI	SAT-SUN
ENERGISING SKIN TREATMENT An effective express treatment that will be tailored to your specific needs. This is a great booster treatment or mini treat to add with other treatments and will rejuvenate, revitalise, and refresh the skin.	R450	R500
DOUBLE EXFOLIATING SKIN TREATMENT This treatment will couple an Energising skin treatment with a choice1 of 3 spa rituals to provide a truly indulgent 45min experience. Choose from a Back massage, Foot, or Indian head massage rituals.	R520	R550
REJUVENATING SKIN TREATMENT This classic facial offers a unique sensory experience with an anti-ageing focus. It restores natural luminosity, revitalises tired, dull skin, and smooths expression lines and wrinkles. A professional massage and extraction, combined with advanced firming ingredients, nourish, protect, and stimulate collagen and elastin production.	R750	R800
INTELLIGENT SKIN TREATMENT The ultimate relaxation and pampering experience. This treatment combines an indulgent hot oil back massage and herbal compress with a revitalising facial, including double exfoliation, a nourishing treatment, and a heavenly signature massage.	R930	R1050
MEN'S ULTIMATE SKIN JOURNEY Deep cleansing facial designed for men to gently remove impurities and restore balance to the skin. Leaving the skin with a smooth complexion and radiating.	R750	R800

ADD ON

Skin Specific Peel Off Mask
R220 per person

Anti-Wrinkle Eye Treatment
R200 per person

kalahari™
ancient desert secrets

	MON-FRI	SAT-SUN
HONEYBUSH FACIAL A deeply nourishing treatment that includes natural plant extracts and rich botanical oils, leaving the skin hydrated, supple and rejuvenated.	R420	R450
LIPID RICK SKIN TREATMENT A botanical oil treatment rich in essential fatty acids and natural lipids from African shea butter and jojoba oil, that ultra-hydrate the skin and restores the natural skin barrier. Leaves the skin ultra - hydrated and deeply moisturised to bring back the life to dry and dull skin.	R490	R540
VITAMIN C SKIN TREATMENT This is an ultra-firming, de-ageing treatment rich in natural, organic Vitamin C and essentialantioxidants. Extracted directly from the African Baobab fruit, the Vitamin C boosts Collagenand elastin regeneration, making your skin appear visibly firmed, brightened, and tightened.	R600	R650
VITA-GEL SKIN TREATMENT The Vita-gel Skin Treatment is a highly effective treatment that revitalises and rejuvenates the skin. The effective combination of alpha hydroxy acids, peptides and moisture-bindingingredients will leave the skin visibly re-texturized, revitalized and radiant.	R620	R660
PHYTIC CLAY MASK SKIN TREATMENT The Phytic Clay Treatment is a pro-active treatment containing Mandelic, glycolic Acid and phytic acid derived from soybean extract and effectively targets hyper pigmentation, de-aging, rejuvenation of the skin, leaving the skin visibly brightened and rejuvenated.	R680	R700

ADD On's

Collagen Eye Patches -R195| Collagen Gel Face Mask - R215 | Vita C Sheet Mask - R155

HANDS & FEET

	MON-FRI	SAT-SUN
CLASSIC MANICURE **45 MINUTES** Hand soak, scrub, cuticle work and hand massage	**R370**	**R420**
CLASSIC PEDICURE **60 MINUTES** Foot soak, scrub, cuticle work and foot massage	**R390**	**R450**
DELUXE SPA MANICURE **60 MINUTES** Hand soak, scrub, cuticle work with nail polish and hot stone hand massage	**R430**	**R510**
DELUXE SPA PEDICURE **90 MINUTES** Foot soak, scrub, cuticle work with nail polish and hot stone foot massage	**R510**	**R550**

ADD On's

	MON-FRI	SAT-SUN
Gel Polish Add-On	**R205**	**R250**
Gel Soak-Off	**R190**	**R210**
Gel Soak-Off with Re-application	**R120**	**R150**
Paraffin Dip	**R235**	**R250**
Foot Peel	**R270**	**R290**

GEL APPLICATION

Hands - R270 | Feet - R270 | Gelish Combo - R500

GROOMING

TINTING

Eyelash Tint	**R120**
Eyebrow Tint	**R120**
Lash & Brow Tint	**R220**

WAXING

Eyebrow	**R120**
Upperlip	**R100**
Chin	**R100**
Cheek	**R100**
Underarm	**R130**
Half Arm	**R170**
Full Arm	**R210**
Chest	**R230**
Back	**R230**
Bikini	**R210**
Brazilian	**R280**
Half Leg	**R210**
Full Leg	**R290**
Hollywood	**R380**

SPA ETIQUETTE & POLICIES

SPA ENVIRONMENT
To preserve the Spa's tranquil and relaxing environment, we respectfully request that you leave all electronic devices turned off. Please respect the right to privacy and peacefulness that all our guests are entitled to.

SPA FACILITIES
All facilities are unisex and therefore a no-nudity policy applies. Please wear appropriate swimwear. Booking in advance is recommended. Pensioners receive a 30% discount on spa treatments. Children must be accompanied by an adult during treatments. Those under 16 may not use the hydro pools. Please note that we are a cashless resort.

SPA DRESS CODE
Please wear whatever will be most comfortable for you to enjoy your treatment.

ARRIVAL TIME
All guests are requested to arrive 30 minutes prior to any treatment allowing time to complete a consultation form and to change. A late arrival may result in a shorter treatment whilst the full treatment fee will apply. Please ask to use shower facilities after treatment due to time allocation for next client.

VALUABLES
We recommend that you do not wear any jewellery during the visit at the spa, please keep all your valuables (including cell phones) in your bag. We do not take responsibility for any loss or damage to personal belongings during treatments.

PRODUCT REFUND POLICY
For hygiene reasons products purchased may not be returned or exchanged.

CANCELLATION POLICY
Booking in advance is recommended. All clients must give a 24-hour notice to reschedule or cancel appointments. A 100% cancellation fee will be charged for No-Shows. Please be advised that we require full payment to secure and guarantee your booking. A room charge will be done for all lodge guests with a No-Refund policy for No-Show clients.

INDEMNITY
Right of admission is reserved. We reserve the right to deny access to any person we deem to be acting in an inappropriate or unsafe manner.
Treatments and the use of the facilities are at the client's own risk. Seasons Spa will not be held liable for any adverse reactions during or after any treatment, or any other injury suffered on the premises.

Operating Hours
Sundays - Thursday: 08h00–19h00 | Friday - Saturday: 08h00–20h00 | Public Holidays: 08h00–19h00

Contact Details
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PRICES VALID UNTIL FEBRUARY 2027