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Fordoun Hotel & Spa in Kwazulu Natal

recommended by Catherine Beattie



Fordoun Hotel & Spa

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At Fordoun, a boutique hotel and spa in Kwazulu Natal, two hours north west of Durban, you can sort out life's problems with Dr Ndlovu, a spiritual healer in a traditional Zulu stone hut and be treated with products sourced from the abundant gardens. The family-run property in acres of glorious gardens is built in and around a 1860s farm and offers friendly service, all suite accommodation, an organic restaurant and an award winning spa. Housed in the old dairy, the modern spa has a darkened floatation pool, sauna and steam rooms, Vichy shower, rasul chamber, hydrotherapy bath and indoor and outdoor pools. Spa treatments use Elemis, Repechage and Africology products or you can opt for complementary therapies or have nutritional and bio-energy consultations and programmes. Signature treatments include Nduku Nduku massage using Dr Ndlovu's own blend of African oils and traditional Zulu Knobkierie sticks. Rolled up and down the body and limbs, these smooth bamboo-like canes give a wonderfully firm and invigorating massage.

PO Box 17, Nottingham Road, South Africa
Contact tel: +27 33 266 6217, fax: +27 33 266 6630, e-mail: info@fordoun.com

Cost standard double room: £50 - £100 per night, family room: £100 - £200 per night

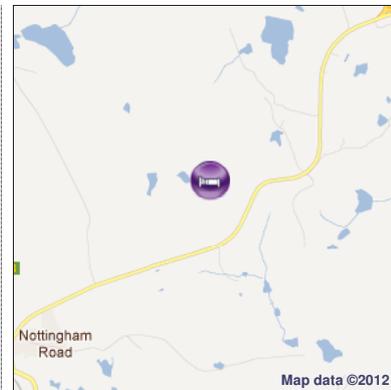
Services spa, swimming pool, fitness equipment, parking, hotel restaurant, hotel bar, room service, internet access

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Fordoun Hotel & Spa

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