



FORDOUN

SPA TREATMENT MENU

FACIALS

DERMALOGICA

PROSKIN 30 FACIAL TREATMENT | 30 min R375

This facial is a personalized treatment, which includes a complimentary face mapping performed by our highly qualified therapists. This treatment is designed to address our guests top skin concerns in a convenient amount of time.

PROSKIN 60 FACIAL TREATMENT | 60 min R770

This facial is a personalized treatment, which includes a complimentary face mapping performed by our highly qualified therapists. This treatment is designed to take our guests on the ultimate journey to healthiest looking skin. This treatment is ideal for guests looking for a comprehensive and customized experience that addresses all of their skin concerns.

PRO POWER PEEL 30 | 30 min R690

This express 30 minute treatment features our highly active Pro Power Peel, tailored to your skin's needs. This powerful peel smoothes skin while targeting signs of acne, hyper pigmentation and premature ageing for a completely customized experience. Optional extra post treatment kit.

PRO POWER PEEL 60 | 60 min R900

Ultra-potent and completely customized you have never had a peel like this before. This comprehensive 60 minute treatment pairs our most powerful peel yet with advanced techniques to thoroughly address your skin's ever changing needs. Optional extra post treatment kit.

THALGO

THALGO ILLUMINATING RADIANCE FACIAL | 30 min R375

An extraordinary, generous and enveloping Facial Ritual, with a unique massage that eases the body and soothes the mind with its movements on the face, right down to the arms for an original and sensorial approach. Relaxing the facial features and draining toxins for a bright, radiant face at the end of the treatment. Three tailored rituals personalised according to Skin type - Dry/Dehydrated, Oily/Combination, and Sensitive/Reactive Skin.

THALGO SOURCE MARINE HYDRATING FACIAL | 60 min R770

This facial corrects the hydration levels of the skin, deeply replenishing and restoring the skin's velvety smooth and radiance. This treatment includes a revitalizing infusion mask.

FACIALS

TERRES D'AFRIQUE

AFRIQUE ARISING HYDRATING FACE TREATMENT | 60 min R950

By stimulating the blood flow to the skin, the Afrique Arising massage technique allows the Omega oil rich, TDA oils and Linoleic acids to rehydrate and regenerate the deep layers of the skin. Vitamins from the baobab work to restore the skin's elasticity, leaving it smooth and rejuvenated.

MASSAGES

NDLOVU WILD DAGGA DEEP TISSUE MASSAGE

Full Body 90 min R1100 | 60 min R720

Back, Neck and Shoulder Massage 60 min R800 | 30 min R400

A specific technique using Artemesia Afra based oils by Tr Dr Ndlovu in order to stimulate the circulation and respiratory system and helping release "built-up" tension in the body.

NDLOVU NOURISHING SWEDISH MASSAGE

Full Body | 90min R1000 | 60min R700

Back of the Body | 45 min R525

A medium pressured massage that relieves muscles tension and increases blood circulation using nurturing and nourishing African Potato and Leonotis Leonurus based oils by Tr Dr Ndlovu.

AROMATHERAPY MASSAGE | 90 min R1200 | 60 min R800

A light- pressured massage using a unique blend of essential oils to enhance balance and harmony in the body.

HOTSTONE MASSAGE | 90 min R1200 | 60 min R800

Granite rocks are incorporated in this light -pressured massage to warm the muscles, increase circulation and assist the body and mind to ease into pure relaxation.

AFRIQUE GOLD DEEP MOISTURISING MASSAGE | 90 min R1200

Explore the secrets of Mali and Ghana to experience one of the world's richest butters. Begin your journey with a hydrating and detoxing facial using African botanicals enhanced by signature massage techniques. Thereafter a slow, deep body massage results in profound relaxation, while the essential fatty acids and vitamins rehydrate, recondition and revitalise your body from head to toe.

MESSAGES

PHUMUZA IKHANDA MASSAGE

(NECK, HEAD AND SCALP MASSAGE) | 25 min R300

Concentrating on the neck, head and scalp using particular pressure points aiding in the relief of stress and tension.

NDUKU NDUKU MASSAGE (BACK OF BODY MASSAGE) | 45 min R550

A unique experience making use of the traditional Zulu Knobkierie sticks concentrating on the back of the body.

IZINYAWO MASSAGE (FOOT MASSAGE) | 25 min R300

A relaxing foot massage using our Ndlovu Wild Dagga Body Butters/Oils.

BODY TREATMENTS

INKOMFE HERBAL WRAP (African Potato) | (45 min + 15 min shower) 60 min R900

An exotic blend of African essences rich with hydrating and anti-ageing properties. The wrap includes a foot or head massage.

TERRE BLANCHE DETOXING AND SOOTHING BODY MASK | 90 min R1300

Bentonite clay combined with African Buchu and Aloe Ferox, works in harmony with the deep layers of the skin to remove heavy metals and toxins to soothe away the stresses of everything from too much sun to urban pollution leaving your skin soft and smooth.

TERRE ROUGE ANTI-AGEING BODY MASK | 90 min R1300

The combination of antioxidant-rich rooibos and baobab fruit extracts, combined with the natural moisturising oils in this unique body mask, reduce the negative effects of free radicals and inflammation. It helps prevent the signs of ageing from leaving their mark on your body.

TERRE NOIR FIRMING AND LIGHTENING BODY MASK | 90 minutes R1300

The lifting and firming properties of Kigelia, long-known and treasured by the Tsonga women of Southern Africa, give this body mask its potency. Enhanced by baobab and rooibos, extracts of Kigelia help restore the skin's elasticity, even out skin tones and reduce sun spots.

BODY TREATMENTS ---

THALGO BODY TREATMENTS

These high energy body treatments, target the key concerns of women-cellulite, tummies, bust and upper arm wobble. Each high intensity treatment will make a visible lasting difference - lifting, tightening, sculpting, increasing firmness and smoothness in all trouble spots.

MMA DETOXYING AND REMINERALISING BODY WRAP | 60 min R1200

A deeply relaxing full body treatment providing intensive re-mineralization, detoxification and a slimming booster.

FRIGI-THALGO PRESSOTHERAPY | 45 min R600

Pressotherapy, an exclusive patented method for high quality lymphatic drainage. It optimizes the results of the frigid-THALGO wrap. Swollen legs are refined and relieved. The sculpting massage breaks down cellulite and firms the skin leaving your saddle-bags, hips and bum looking smoother even from the first treatment!

THALGO FEATHER LIGHT LEGS | 30 min R400

A mineral rich foot soak, exfoliant and massage for lower legs and feet to help with poor circulation, water retention and tired, weary legs.

PREGNANCY TREATMENTS ---

PREGNANCY FACIAL | 60 min R770

This double action skincare therapy is personalized to your pregnancy skin mood and offers intense skin hydration, clarity and brightening effects. Including a melting deeply hydrating mask to protect your skin from environmental damage as well as visibly restore vitality and plump up the fine lines and wrinkles, delivering exceptional results.

PREGNANCY MASSAGE AND SCRUB | 90 min R1200

Enjoy a complete body spa experience with the perfect body scrub to gently exfoliate the skin, leaving your skin feeling silky soft and plumped with hydration. This treatment is combined with a relaxing full body massage using an Omega rich cream and safe pre-natal massage techniques.

PREGNANCY MASSAGE | 60 min R800

A completely relaxing full body massage using our safe but effective pre-natal techniques and our Omega rich massage cream to relax those specific lower back muscles carrying that beautiful bump.

BATHS

LIQUID YOGA | 30 min **Individual R400 | Couple R570**

Liquid Yoga is the perfect milky moisturizing blend of essential oils with an extravagant dose of mineral salts and therapeutic herbs to help with muscle fatigue, relaxing tight, stressed shoulders and soothing tired, achy bodies whilst detoxifying and re-energizing.

ROYAL ZULU BATH | 30 min **Individual R260 | Couple R350**

A soothing bath experience filled with healing properties of rosemary, lemon and eucalyptus blend. Rich with anti-oxidants and soothing for mind, body and soul.

THALGO BATHS 30 MINS

Individual R260 | Couple R350

Micronised Marine Algae Bath - with the use of Thalgo's MMA and specialised full body gel application, this treatment helps to detox and re-mineralize the body, combating general sluggish metabolism and cellulite.

Thalgo Aromaceane Silhouette Bath - with Thalgo's different Aromaceane oils for slimming - means quicker product absorption for instant results. Atlas cedar spearmint stimulates lipolysis. Lime, Grapefruit, Geranium, and Chamomile detoxifies and tones the Body.

Thalgo Aromaceane Relaxing Bath - with Thalgo's different Aromaceane oils for relaxation - means quicker product absorption for instant results. Magnolia, Rose, Chamomile and Neroli regulates the nervous system, calms and relaxes the entire body and mind.

SPECIALISED AND ADD-ON TREATMENTS ———

MCAKO LUNGISA RASUL CLAY AND STEAM TREATMENT | 40 min

Individual R285 | Couple R450 | 3-4 People R590

A stimulating ceremony of traditional beauty care using African clay and the invigorating effects of steam.

SALT GLOW BODY SCRUB | 20 min R300

A vigorous salt polish (produced by Dr Ndlovu) to exfoliate the skin, leaving it feeling silky smooth.

CEREMONY OF THE SUN (Carribean Tan)

Full body self tan spray application | R450

Exfoliation (self application) and full body spray application | R600

FLOATATION SESSION | R120 (Complimentary to hotel guests)

Unwind and relax in our tranquil saline pool



SPA DAY PACKAGES

“NGOKUKHULELWA” PREGNANCY DAY PACKAGE | R2000

Package Includes:

- Pregnancy Facial
- Pregnancy Massage
- Express Pedicure
- Light Spa Lunch

“NKOSAZANEYANAMHLANJE” (QUEEN FOR TODAY) | R3000

Inviting all ladies to become a Queen for the day, radiating with beauty and splendour. Take some time for yourselves and join us at Fordoun Spa, with tranquil surroundings, timeless moments and royal treatments awakening the magic within...

Package Includes:

- Royal Zulu Bath
- Back, Neck and Shoulder Massage
- Terres D’Afrique Hydrating Facial
- Spa Pedicure
- Inkomfe (African Potato) Herbal Wrap
- Light Spa Lunch

“INKOSIYANAMHLANJE” (KING FOR TODAY) | R2160

Have you ever felt like being treated like a King for the day? Fordoun Spa gives you the opportunity to indulge, relax and be spoilt, offering treatments fit for a King...

Package Includes:

- Rasul
- Thalgo or Dermalogica Facial
- Spa Pedicure
- Hot Stone Massage
- Light Spa Lunch

HALF-DAY PACKAGE | R1600

Package Includes:

- Floatation Session
- Express Manicure or Pedicure
- Light Spa Lunch
- Full Body Massage
- Express Dermalogica or Thalgo Facial

Access to our spa facilities (indoor heated and outdoor pools, sauna, steam room and gym), as well as access to our tea and coffee bar including our unique traditional herbal tea selection.

TERMS AND CONDITIONS

- Valid Mondays to Fridays only
- A 50% deposit is required in order to secure your booking at the spa

TRADITIONAL HEALING CONSULTATIONS —————

TR DR ELLIOT NDLOVU | R500

Consult with our African Traditional Healer Dr Elliot Ndlovu. He is an Inyanga (medicinal healer) and Sangoma (spiritual healer) and shares wisdom and healing powers of Africa to any life situations. Bookings for consultations with Dr Ndlovu need to be made 24 hours in advance and all bookings are subject to his availability and confirmation.

BIO ENERGY REBALANCING | 60 min (45 min + 15 min rest) R600

A gentle hands-on treatment activating and balancing all aspect of the energy system leaving one feeling relaxed and more in harmony with oneself and with life. Very good for stress release.

BIO ENERGY REBALANCING INTENSIVE | 90 min R800

An energy rebalancing, working with specific issues ranging from stress related illnesses, clearing the self energetically, healing wounds, limiting beliefs to relationship issues.

REIKI | 60 min (45 min + 15 min rest) R600

A non intrusive hands-on treatment, using universal energy which creates greater energy flow within the body enabling appropriate healing to take place.

HAND AND FEET TREATMENTS —————

REFLEXOLOGY | 45 min R550

Balancing the body by working on reflex/pressure points on the feet to alleviate stress and to promote detox and enhance balance.

SPA MANICURE | 45 min R360

A relaxing hand ritual performed to ensure the hands appear super nourished, renewed and well groomed. This treatment includes a nail paint.

SPA PEDICURE | 60 min R400

A nourishing relaxation treatment for your feet leaving them exfoliated and highly nourished. This treatment includes a nail paint.

ADVANCE ELIM PEDICURE | 60 min R420

Restore dry areas, cracked heels and nails with a callus peel, neutralization, antibacterial soak, enzymatic exfoliation, detox mask, massage with Elim foot protector and gold dust. *(Treatment includes a cuticle removal and hydration with Elim cuticle MD, a file, clip, buff and paint)*

HAND AND FEET TREATMENTS

ELIM RAPID PEDICURE | 40 min R300

An express treatment with an Elim chemical peel for the heels, neutralizer, foot protector, heel balm and cuticle MD. *(Treatment includes a file, clip, buff and paint. Excludes massage, exfoliation and a mask and soak)*

HERBAL WAX ADD ON FOR MANICURES AND PEDICURES	15 min	R120
GEL MANICURE (GELISH)	60 min	R450
GEL PEDICURE (GELISH)	60 min	R500
EXPRESS MANICURE	30 min	R240
EXPRESS PEDICURE	30 min	R240
EXPRESS MANICURE (GELISH)	30 min	R270
EXPRESS PEDICURE (GELISH)	30 min	R270
SOAK OFF	30 min	R100

WAXING AND TINTING

FULL LEG WAX	R300	LIP WAX	R70
¾ LEG WAX	R260	CHIN WAX	R70
HALF LEG WAX	R200	FACIAL WAX	R250
BIKINI WAX	R160	FULL ARM WAX	R180
BRAZILIAN WAX	R300	LASH TINT	R 80
HOLLYWOOD WAX	R360	BROW TINT	R 60
CHEST WAX	R200	LASH AND BROW TINT	R120
BACK WAX	R250	BROW SHAPING/ THREADING	R100
UNDERARM WAX	R100		

GUIDELINES

- Booking in advance is essential.
- Kindly arrive 20 minutes prior to your scheduled treatment(s).
- Kindly ensure mobile phones are switched off when entering the Spa.
- Please bring bathing suits.
- Due to the nature of the spa environment, children under the age of 12 years old are not permitted in the spa or indoor pool area.
- Fordoun Spa is not responsible for any theft, damage, loss or misfortune that may occur whilst on our premises.

Please alert your therapist for the following contra-indications:

- High blood pressure or heart conditions.
- Muscle or joint injuries.
- Allergy to iodine, or product allergies.
- Pregnancy, Epilepsy and Diabetes.

CANCELLATION POLICY

24 hours advance notice is required for cancellations and rescheduling, otherwise the full amount will be charged. Late arrival will result in a reduction of time whilst the full treatment fee will apply. Prices are subject to change without prior notice.

GIFT VOUCHERS

Gift vouchers only bought for a monetary value amount are available from the Spa Reception. These are valid from date of purchase for 1 year and are not redeemable for cash.

OPERATING HOURS

Kindly note that we operate as a day spa from Monday to Friday and as a hotel spa from Friday to Sunday.

Sunday to Thursday 08h00 – 18h00

Friday to Saturday 08h00 – 19h00

We are open on Public Holidays unless otherwise stated.

CONTACT DETAILS

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www.fordoun.com



FORDOUN

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