



FORDOUN

SPA TREATMENT MENU

NOTTINGHAM ROAD · KWAZULU-NATAL MIDLANDS · SOUTH AFRICA

WWW.FORDOUN.COM

FACIALS

DEEP CLEANSE | 30 min R410 | 60 min R850

A supreme beauty ritual, resulting in smooth and radiant skin designed to take you on the ultimate journey to healthy looking skin.

FACIAL PEEL | 30 min R750 | 60 min R950

This treatment features highly active ingredients, targeting signs of acne, pigmentation or ageing for a completely customized experience.

AFRIGOLD MASSAGE AND FACIAL (BODY AND FACE) | 90 min R1300

Begin your journey with a botanical facial, followed by a relaxing shea butter body massage to soften your skin and revitalise your body from head to toe.

DERMAPLANING FACIAL | 60 min R1200

Experience the exfoliating benefits of our advanced dermaplaning facial, designed to remove dead skin cells for a flawless, rejuvenated appearance.

BODY TREATMENTS

NDLOVU BODY SCRUB | 30 min R350

An exotic blend of African essences rich with hydrating and anti-ageing properties. Leaving the skin exfoliated and silky smooth.

SPA BODY WRAP | 60 minutes R1300

A deeply relaxing full body journey that will leave your skin velvety soft - select your choice of relaxing and calming or uplifting and detoxing with gentle aroma notes. Includes a relaxing head massage whilst your skin absorbs the mask.

INKOMFE BODY GLOW | 60 min R990

Our exotic Ndlovu blend with African potato extracts, sugar and Shea butter; this all in one offers exfoliation and intense moisture resulting in smooth and soft skin. Includes a head massage.

FEATHER LIGHT LEGS | 30 min R560

A foot soak, exfoliation, wrap and drainage massage of the lower legs and feet to encourage circulation, with a cooling effect to ease tired legs.

MASSAGES

PHUMUZA IKHANDA MASSAGE

(NECK, HEAD AND SCALP) | 30 min R330

Concentrating on particular pressure points aiding in the relief of stress and tension.

NDUKU NDUKU MASSAGE

(BACK OF BODY) | 45 min R600

A unique experience making use of the traditional Zulu Knobkerrie sticks and our Ndlovu blended oils.

IZINYAWO MASSAGE

(FOOT) | 30 min R330

A relaxing foot massage using our Ndlovu plant butters and natural oils..

SIGNATURE NDLOVU MASSAGE

(FULL BODY) | 60 min R880 | 90 min R1100

(BACK AND NECK MASSAGE) | 30 min R450 | 60 min R880

(BACK OF BODY) | 45 min R550

A relaxing massage to release tension in the body using our Ndlovu blended oils.

HOTSTONE MASSAGE

(FULL BODY) | 60 min R900 | 90 min R1200

Basalt hot rocks are incorporated in this gentle massage to warm the muscles, increase circulation and assist the body and mind to ease into pure relaxation.

AROMATHERAPY MASSAGE

(FULL BODY) | 60 min R900 | 90min R1200

A light pressure massage with a choice of expertly blended essential oils to harmonize the mind and body. Select from our blends for tired muscles, full relaxation or revitalizing your senses.

BATHS

THERAPEUTIC MILK BATH | 30 min

Individual R310 | Couple R400

Therapeutic aroma notes to calm and relax the body and mind, an incredible experience inspired by Cleopatra will leave your body feeling soft and revitalized. Filled with natures healing properties, plant milk extracts and mineral salts.

ROYAL ZULU MUD BATH | 30 min

Individual R310 | Couple R400

A soothing bath soak experience filled with healing properties of herbal extracts blended with salts and African mud. Rich in anti-oxidants and soothing for the mind, body and soul.

TRADITIONAL HEALING CONSULTATIONS —————

TR DR ELLIOT NDLOVU | R600

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) R690

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 R890

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) R690

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

SPECIALISED TREATMENTS —————

MCAKO LUNGISA RASUL CLAY AND STEAM TREATMENT | 40 min

Individual R290 | Couple R470 | 3-4 People R590

A stimulating ceremony of traditional African beauty. A self - application of natural clay blended with Artemesia extracts and the invigorating effects of hydro steam.

CEREMONY OF THE SUN

Body Brush Exfoliation | R300

Spray Tan | R500

FLOATATION SESSION | 30 min R150

Complimentary to hotel guests.

Drift away in our tranquil saline pool, relax your body and mind.

JACCUZZI | R120

Complimentary to hotel guests, we suggest adding a bottle of bubbles!

STEAM OR SAUNA | R60

Complimentary to hotel guests.

PREGNANCY TREATMENTS

PREGNANCY FACIAL | 60 min R850

Skincare that visibly restores vitality, delivering exceptional results.

PREGNANCY MASSAGE AND SCRUB | 90 min R1200

Enjoy a complete body spa experience to gently exfoliate the skin, combined with a relaxing full body massage using safe pre-natal massage techniques.

PREGNANCY MASSAGE | 60 min R900

A completely relaxing full body massage using pre-natal techniques and massage to relax lower back muscles carrying that beautiful bump.

HAND AND FEET TREATMENTS

NDLOVU SPA MANICURE | 45 min R390

A relaxing hand ritual performed to ensure the hands appear super nourished, renewed and well groomed. This treatment includes nail and cuticle prep, soak, exfoliation, massage and nail paint.

NDLOVU SPA PEDICURE | 60 min R450

A nourishing relaxation treatment for your feet leaving them exfoliated and highly nourished. This treatment includes nail and cuticle prep, soak, exfoliation, massage and nail paint.

ADVANCED PEDICURE AND PEEL | 60 min R480

Restore dry and damaged heels. An advanced treatment that includes nail and cuticle prep, soak, AHA exfoliation or heel peel, mask, massage, gold dust spritz and nail paint.

PARAFFIN WAX MASK	15 min	R130
GEL SPA MANICURE	60 min	R490
GEL SPA PEDICURE	60 min	R550
GEL PEDICURE AND PEEL	60 min	R580
EXPRESS MANICURE	30 min	R260
EXPRESS PEDICURE	30 min	R260
EXPRESS GEL MANICURE	30 min	R290
EXPRESS GEL PEDICURE	30 min	R290
EXPRESS PEDICURE AND PEEL	45 min	R330
SOAK OFF	30 min	R100

WAXING AND TINTING

FULL LEG WAX	R330
¾ LEG WAX	R280
HALF LEG WAX	R220
BIKINI WAX	R170
BRAZILIAN WAX	R330
HOLLYWOOD WAX	R390
CHEST WAX	R220
BACK WAX	R270
UNDERARM WAX	R120
LIP WAX	R100
CHIN WAX	R100
FACIAL WAX	R270
FULL ARM WAX	R220
LASH TINT	R100
BROW TINT	R100
LASH AND BROW TINT	R130
BROW SHAPING/ THREADING	R110



SPA DAY PACKAGES

“NGOKUKHULELWA” PREGNANCY DAY PACKAGE | R2280

Radiating with beauty and splendour celebrate your journey to motherhood.

Package Includes:

- Pregnancy Facial
- Pregnancy Massage
- Express Pedicure
- Light Spa Lunch (*Drinks not included*)

“NKOSAZANEYANAMHLANJE” (QUEEN FOR TODAY) | R3320

Take time for yourselves enjoy tranquil surroundings, timeless moments and royal treatments.

Package Includes:

- Ndlovu Royal Zulu Mud Bath
- Back and Neck Massage (*30 min*)
- Deep Cleanse Facial (*60 min*)
- Spa Pedicure
- Inkomfe Body Glow
- Light Spa Lunch (*Drinks not included*)

“INKOSIYANAMHLANJE” (KING FOR TODAY) | R2760

Indulge, relax and be spoilt with treatments that are fit for a King.

Package Includes:

- Rasul
- Deep Cleanse Facial (*60 min*)
- Spa Pedicure
- Hot Stone Massage
- Light Spa Lunch (*Drinks not included*)

HALF-DAY PACKAGE | R1970

Package Includes:

- Floatation Session
- Express Manicure or Pedicure
- Full Body Massage
- Deep Cleanse Facial (*30 min*)
- Light Spa Lunch (*Drinks not included*)

Access to our spa facilities - indoor heated and outdoor pools, sauna, steam room and gym, access to our juice 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

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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