

WELLNESS DAY PACKAGE ————— R1720

Package includes:

- Aromatherapy massage | 60 min
- Floatation session | 30 min
- Sauna | Plunge
- Light spa lunch (*excludes drinks*)

HALF DAY PACKAGE ————— R2530

Package includes:

- Floatation session | 30 min
- Express manicure | 30 min
- Massage | 60 min
- Hydration facial | 30 min
- Light spa lunch (*excludes drinks*)

FULL DAY PACKAGE ————— R3220

Package includes:

- Floatation session | 30 min
- Spa pedicure | 60 min
- Massage | 90 min
- Algae facial | 60 min
- Light spa lunch (*excludes drinks*)

PREGNANCY DAY PACKAGE ————— R2660

Package includes:

- Hydration facial | 30 min
- Massage | 60 min
- Express pedicure | 30 min
- Express manicure | 30 min
- Light spa lunch (*excludes drinks*)

REIKI —————

A non-intrusive treatment using universal energy to improve energy flow in the body, enabling healing to take place naturally. 60 min R830

FLOATATION POOL —————

A tranquil saline soak for detox, muscle aches, relaxation, injury recovery and wellness. 30 min R220

BIO ENERGY —————

A gentle treatment activating and balancing all aspects of the energy system leaving one feeling relaxed and in harmony. 60 min R830
90 min R1060

TERMS AND CONDITIONS

- Local discount available weekdays only
- A deposit of 50% is required for group bookings
- Fordoun Hotel and Spa is not responsible for any theft, damage, loss, or misfortune that may occur whilst on our premises.

GUIDELINES

- Booking in advance is essential.
- Kindly arrive 15 mins before your appointment.
- Ensure mobile devices are on silent.
- Please bring your bathing suit.
- All day packages include use of the spa pools, sauna, and steam room.

Please alert your therapist should you have any contra-indications, allergies, medical conditions, or if you are pregnant.

CANCELLATIONS

- We require 24 hours' notice to avoid the full amount being charged.
- Late arrivals will result in a reduction of treatment time and the full treatment fee will apply.
- Coupled rooms are subject to availability and not guaranteed.

OPERATING HOURS

The spa is open to day guests during the week and subject to availability on weekends to prioritise hotel guests.

SUN - THURS | 08h00 - 18h00

FRI & SAT | 08h00 - 19h00

Open public holidays

Closed Christmas Day



FORDOUN

SPA TREATMENT MENU

CONTACT

Call: +27 (0)33 266 6217

Whatsapp: +27(0)78 165 5087

Email: spa@fordoun.com

www.fordoun.com

NDLOVU ROYAL ZULU BATH

NDLOVU ROYAL ZULU BATH	30 min	
A soothing salt soak with aromatic notes, a touch of nourishing oils and locally found African Mcako clay		
SINGLE R370 COUPLE R500		

RASUL HYDRA STEAM EXPERIENCE

NDLOVU RASUL, AFRICAN CLAY & ARTEMESIA	45 min	
A self application of natural Mcako clay locally harvested and blended with FORDOUN'S uplifting plant based artemesia oil blend		
1 PERSON R320 2 PAX R520 4 PAX R650		
THALGO RASUL, MINERAL MARINE	45 min	
A self application of oceanic clay, deeply detoxing and invigorating for the skin, bringing the healing powers of the ocean		
1 PERSON R320 2 PAX R520 4 PAX R650		

MASSAGES

Expertly blended natural oils combined with hands on healing power, pressure points and energetic techniques to ease muscle tension and enhance well-being.		
NDLOVU SIGNATURE FULL BODY	60 min	R980
NDLOVU SIGNATURE FULL BODY	90 min	R1200
NDUKU NDUKU, ZULU WOOD STICKS	45 min	R650
BACK OF BODY	45 min	R600
BACK, NECK, SHOULDER	30 min	R490
BACK, NECK, SHOULDER	45 min	R600
AROMATHERAPY	60 min	R1100
AROMATHERAPY	90 min	R1350
DEEP TISSUE	60 min	R1100
DEEP TISSUE	90 min	R1350
HOT STONE	60 min	R1000
HOT STONE	90 min	R1250
SWEDISH	60 min	R1000
SWEDISH	90 min	R1200
HEAD MASSAGE	30 min	R400
FOOT MASSAGE	30 min	R400

OZONE MACHINE

Ozone therapy is a medical treatment that uses ozone (O ₃) — a special form of oxygen — to help improve oxygen levels in the body, support healing, and reduce harmful microorganisms like bacteria, viruses, and fungi.		
OZONE	30 min	R350

REFLEXOLOGY

REFLEXOLOGY	60 min	R850
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NATURAL BODY TREATMENTS & FACIALS

We capture the unique healing powers of pure African botanicals, a ceremony to balance the senses and gently nourish the skin

NDLOVU HIMALAYAN SALT, COCONUT, WILD DAGGA		
30 min Body Scrub Polish		R550

NDLOVU INKOMFE SHEA BUTTER, WILD DAGGA		
60 min Body Wrap and Salt Scrub		R1150

TERRES D'AFRIQUE ORGANIC BODY WRAP		
90 min Baobab Wrap and Myrrh Scrub		R1250

TERRES D'AFRIQUE AFRIGOLD		
90 min Shea Butter Massage and Facial		R1400

TERRES D'AFRIQUE ORGANIC FACIAL		
60 min Marula, Rooibos and Aloe		R1000

HANDS & FEET CEREMONY

SPA MANICURE	45 min	R450
EXP MANICURE	30 min	R300
GEL SPA MANICURE	60 min	R550
GEL EXP MANICURE	30 min	R350
SPA PEDICURE	60 min	R500
EXP PEDICURE	30 min	R350
ELIM PEDICURE	60 min	R600
GEL SPA PEDICURE	60 min	R600
GEL EXP PEDICURE	30 min	R360

ADD ON		
PARAFFIN WAX		R120
SOFT GEL SOAK OFF		R130
ELIM ADVANCED FOOT PEEL		R110
FRENCH PAINT		R55

SPECIALIZED PREGNANCY TREATMENTS

FULL BODY MASSAGE	60 min	R1000
BODY SCRUB & MASSAGE	90 min	R1320
LEG MASSAGE	30 min	R450
BACK, NECK, SHOULDER MASSAGE	30 min	R550

SPA HYDRA JET BATHS

THALGO PRECIOUS MILK BATH	30 min	
Therapeutic and aromatic to calm the mind		
SINGLE R350 COUPLE R450		

THALGO BODY TREATMENTS & FACIALS

Sustainable and luxurious beauty. Gentle, marine based, high in minerals, trace elements and amino acids, leaving your skin feeling fresh and naturally glowing

HYDRATION FACIAL	30 min	R730
ALGAE FACIAL	60 min	R1000
MINERAL MARINE BODY WRAP	45 min	R650
ARM LIFT & FIRM TREATMENT	30 min	R570
FEATHER LIGHT LEG TREATMENT	30 min	R620

DERMALOGICA FACIALS & PEELS

Achieve and maintain healthy skin with high performance treatments, deep exfoliation and peels that are aimed at effectively targeting specific skin types

PRO FACIAL	30 min	R800
PRO FACIAL	60 min	R1100
PRO POWER PEEL	30 min	R800
PRO POWER PEEL	60 min	R1000
DERMAPLANING	30 min	R890
DERMAPLANING	60 min	R1200

WAXING, THREADING & TINTING

FULL LEG WAX		R370
¾ LEG WAX		R310
½ LEG WAX		R260
BIKINI WAX		R210
BRAZILIAN WAX		R410
HOLLYWOOD WAX		R450
CHEST WAX		R280
BACK WAX		R320
UNDER ARM WAX		R180
LIP OR BROW WAX		R120
CHIN OR SIDE BURN WAX		R130
FULL ARM WAX		R280
FULL FACE WAX		R320
LASH OR BROW TINT		R120
LASH AND BROW TINT		R210
LIP OR BROW THREADING		R150