

# Spa

## Our Contact Details

Website: [www.hooglandspa.co.za](http://www.hooglandspa.co.za)

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*A holiday is a time to rest and unwind and forget about the world you've left behind.  
Make your holiday even more perfect with some much need Hoogland Spa Treatments.*

## Massages

*Rolling Sands Full Body Massage 60 min • R 450*

*Rolling Sands Full Body Massage 90 min • R 595*

*Khoi-Khoi Back, Neck & Shoulder 30 min • R 260*

*Khoi-Khoi Back, Neck & Shoulder 45 min • R 385*

*Hot stone top up R 60*

*Indian head massage 25 minutes • R 250*

## Hands and Feet

*Foot Massage • 30 min • R 200*

*Hand treatment • 30 min • R 180*

*Kalahari foot treatment • 40 min • R 240*

*Spa manicure • 40 min • R 220*

*Spa pedicure • 40 min • R 250*

## Facial Therapy & Waxing

*Basic Facial • 30 minutes • R 150*

*Honey bush facial • 45 min • R 280*

*Revitalizing facial • 60 min • R 400*

*Baobab firming facial • 60 min • R 350*

*Phyto correcting facial • 60 min • R 400*

*Eyebrow shape • 15 min • R 60*

*½ Leg wax • 30 min • R 120*

*Underarm wax • 20 min • R 100*

*Lip or chin wax • 10 min • R 60*

*Brow tint • 10 min • R 50*

## Couples Treatment Packages

*Blissful (90min) R1200 per couple*

*Full body exfoliation with indian head massage followed by an express full body massage.*

*Rejuvenated Retreat (80min) R980 per couple*

*Facial, Indian head massage ending off with a back, neck and shoulder massage.*

*Escape the world (95min) R1100 per couple*

*Full body massage and pedicure.*

## Body Therapy

*Kalahari Cocoon Wrap*

*Botanical clay mask used to detoxify, decongest & deep cleanse the body inside & out. Complete the journey with a full body massage.*

*90 min • R 690*

*Desert Glow*

*Buff away dry dull skin to reveal your unique desert glow.*

*45 min • R 280*

## Spa experience packages

*Breath-taking • 120 min • R 780*

*Welcome drink, relaxing full body massage, hydrating facial and Indian head massage.*

*Body Bliss • 120 min • R 900*

*Welcome drink, body exfoliation, body wrap, and ended off with a full body massage.*

*Spiritual awakening • 120 min • R 650*

*Hydrating pedicure, hydrating facial and Indian head massage.*

## Signature Treatments

*Absolute body pause*

*Relaxing body massage with a basic facial and scrub 90 min • R 600*

*Back to Basics*

*Relaxing back massage, basic facial and scalp massage 70 min • R 400*

*Calabash Massage*

*An ancient African massage using various sizes of calabashes working your back, neck and shoulders. 30 min • R 280*

## Kiddies Menu

*Fairy Tale (45 min) R300*

*Back, neck and shoulder massage with a pedicure.*

*Awesome colors (40 min) R360*

*Manicure and pedicure*

*Cutest Face (25 min) R150*

*Facial*

