



# Spa Menu

# Welcome

Valley Lodge's Spa and Hydra Therapy Centre offers "the ultimate in a luxurious Spa environment." Pamper your body and senses with an impressive array of therapeutic treatments. These include relaxing hot stone massages and a hedonistic poolside pedicure.

Our Magaliesburg hotel has a professional team of therapists on hand to recommend the best therapy for you.

We make good use of sensational design, generous space, gentle light, and soothing music for our award-winning Spa. We aim to culminate a blissfully soothing experience.

Valley Lodge Spa has an indoor heated mineral pool, Jacuzzi, steam rooms, Swedish saunas, and nail care station.



# ELEMIS

DEFINED BY NATURE, LED BY SCIENCE

## ELEMIS EXPERT TOUCH FACIALS

### ELEMIS EXPERT TOUCH NOURISH FACIAL

#### **Cleanse, Rebalance & Revive**

Boost skin radiance with our triple cleanse facial infused with a blend of antioxidant-rich facial oils, leaving your skin feeling nourished, rebalanced and revived.

60min

R1 180

R1 265

### ELEMIS EXPERT TOUCH REVEAL FACIAL

#### **Resurface, Smooth & Glow**

Powered by our patented Tri-Enzyme technology this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

60min

R1 180

R1 265

### ELEMIS EXPERT TOUCH RENEW FACIAL

#### **Hydrate, Lift & Firm**

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

60min

R1 180

R1 265

## ELEMIS MEN'S FACIAL

### ELEMIS HIGH PERFORMANCE SKIN ENERGISER FOR MEN

The hard-working facial for aging, dehydrated skin and tired eyes. It maximises cell regeneration, as steam and extraction decongests. Multi-dynamic facial massage sequences boost circulation, whilst scalp and foot massage deeply relax.

60min

R1 180

R1 265

Mon-Fri

Sat- Sun

## ELEMIS SPA BODY THERAPIES

### ELEMIS FREESTYLE DEEP TISSUE MASSAGE

This is a vigorous workout for the body, perfect to alleviate high stress levels. Tailored entirely to your needs, it leaves you feeling grounded and focused. Skin is prepped to release toxins and the flowing massage works deeper and deep into the tension, encouraging optimum circulation. As effective as an hour's stretching, but so much more nurturing.

60min

Mon-Fri  
R1 070

Sat- Sun  
R1 150

90min

R1 308

R1 580

### ELEMIS PEACEFUL PREGNANCY MASSAGE

Prenatal massage is therapeutic bodywork that focuses on the special needs of the mother-to-be as her body goes through the dramatic changes of pregnancy. It enhances the function of muscles and joints, improves circulation and general body tone, and relieves mental and physical fatigue.

60min

R1 030

R1 090

### ELEMIS EXOTIC SALT SCRUB AND WRAP - LIME AND GINGER OR FRANGIPANI

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. After the scrub we drizzle the warm oil and wrap the body to absorb the products.

60min

R1 020

R1 140

## SPA TASTERS

### INVIGORATING SCALP MASSAGE

30min

R323

R343

### RELAXING FOOT RITUAL

30min

R350

R410

### RELAXING HAND RITUAL

30min

R350

R410



## SIX SKINCARE FACIALS

|                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |       | Mon-Fri | Sat- Sun |
|---------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|---------|----------|
| SIX ENERGISING SKIN TREATMENT         | An efficient express treatment that will be tailored to your specific needs. This is a great booster treatment or mini deep cleanse to add with other treatments and will rejuvenate, revitalise and refresh the skin.                                                                                                                                                                                                                                                                                           | 30min | R560    | R670     |
| SIX DOUBLE EXFOLIATING SKIN TREATMENT | This treatment will couple an Energising express skin treatment with a choice of 3 spa rituals to provide a truly indulgent experience. Choose from a back, foot or Indian head massage ritual.                                                                                                                                                                                                                                                                                                                  | 45min | R670    | R790     |
| SIX REJUVENATING SKIN TREATMENT       | This classic facial treatment will provide you with a unique sensorial experience as well as a thorough anti-ageing treatment. It restores the natural luminosity to your complexion and revitalizes tired, dull skin whilst smoothing out expression lines and wrinkles using professional massage and extraction techniques coupled with the advanced firming and rejuvenating ingredients to aid in nourishment, protection and maintenance of your skin and to stimulate production of collagen and elastin. | 60min | R850    | R969     |
| SIX INTELLIGENT SKIN TREATMENT        | For the ultimate in relaxation and pampering experience this treatment combines an indulgent hot oil back massage and herbal compress treatment with a rejuvenating, revitalising facial that includes a double exfoliation, hand treatment and a heavenly signature facial massage.                                                                                                                                                                                                                             | 90min | R880    | R979     |
| SIX REVEAL SPA FACIAL PEEL            | This is a super intensive Alpha hydroxyl acid peel facial that delivers the unique SIX sensorial experience with our relaxing warming and lifting massage. Instant results with refined pores, smoothed lines, clearer and more even complexion and super glowing and radiant skin. This treatment is best suited for any skin type with turbo charged cell turnover.                                                                                                                                            | 60min | R1 180  | R1 265   |

## ADD ONS - SIX FACIALS

|                                                   |                                                                                                                                                                                                                                                     |      |      |
|---------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|
| WRINKLE SMOOTHING & INSTANT FIRMING EYE TREATMENT | A skin enhancer that adds no additional treatment time to your facial. This luxurious anti-ageing eye treatment firms, smoothes fine lines, reduces puffiness, tones and hydrates the delicate eye area, giving your eyes that shine like diamonds. | R242 | R259 |
|---------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------|

SENSITIVE PEEL OFF MASK  
PURIFYING PEEL OFF MASK

30min  
30min

Mon-Fri

R242  
R242

Sat- Sun

R259  
R259

## BODY MESSAGES

BACK NECK AND  
SHOULDER MASSAGE

30min

R440

R495

BACK NECK AND  
SHOULDER MASSAGE

It is a back massage technique, utilizing a firm or lighter pressure on the muscles. It involves long yet gliding strokes to increase blood flow, easing tension in the body's muscles and improving their flexibility.

45min  
60min

R593  
R660

R714  
R770

CLASSIC SWEDISH  
MASSAGE

A full body massage designed to relax the entire body by rubbing the muscles in long, gliding strokes in the direction of blood returning to the heart. The massage can help increase the level of oxygen in the blood and improve circulation and flexibility.

60min  
90min

R960  
R1 199

R1 050  
R1 580

AROMATHERAPY  
MASSAGE

A full body massage with the use of essential oils for muscular pain management, blood circulation and relaxation

60min  
90min

R1 030  
R1 199

R1 090  
R1 580

HOT MINERAL BODY  
BOOST MASSAGE

This powerful treatment stimulates every cell in the body, helping alleviate muscular pain and remove toxins. The heated minerals are a catalyst to warm and deeply relax the body, perfectly prepping for the nourishing Amber Balm. This is a revolutionary, minerally-charged experience of skin conditioning, metabolic balancing and energising wellness.

60min

R1 065

R1 150

## ADD ONS TO BODY MASSAGE

BACK SCRUB

R164

R164

HOT STONES

R164

R164

## SPA BODY THERAPIES

### SELF HEATING BODY BUFF

This treatment regenerates and remineralizes your skin by boosting circulation and removing of dead skin cells, using Mandarin & Sandalwood Self-Heating Sugar Scrub. You'll experience a relaxing warming sensation, intensified by adding a bit of water for an extra burst of soothing heat. Leaving your skin glowing and nourished.

30min

### FIRMING FIT BODY TREATMENT

Indulge in our full body treatment designed to Enhance Collagen Production, Re-mineralize, and release Rejuvenating Endorphins! Atlantic Kelp provides Firming, Tightening, and Repairing Benefits for your Skin.

60min

### HEAVENLY HYDROTHERAPY

Hydrotherapy is a water massage that improves one's circulation, removes lactic acid from the muscular system and assists the body healing, revitalizing and rejuvenating. It is a relaxing way to alleviate tension and improve the delivery of oxygen to cells.

30min

Mon-Fri

Sat- Sun

R590

R650

R840

R930

R520

R605



## HANDS AND FEET

|                       |                                                                                                                                                                                                                                                                                        |       |                 |                  |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-----------------|------------------|
| REFLEXOLOGY RITUAL    | Reflexology is generally relaxing and may help alleviate stress. The theory behind reflexology is that areas of the foot correspond to organs and systems of the body. Pressure applied to the foot is believed to bring relaxation and healing to the corresponding area of the body. | 45min | Mon-Fri<br>R616 | Sat- Sun<br>R716 |
| CLASSIC MANICURE      | Soak, Exfoliate, Cuticles, Body Butter, Polish                                                                                                                                                                                                                                         | 45min | R424            | R509             |
| CLASSIC PEDICURE      | Soak, Exfoliate, Cuticles, Body Butter, Polish                                                                                                                                                                                                                                         | 45min | R472            | R539             |
| DELUX MANI EXPERIENCE | Soak, Exfoliate, Cuticles, Massage, Mask, Polish                                                                                                                                                                                                                                       | 60min | R530            | R585             |
| DELUX PEDI EXPERIENCE | Soak, Exfoliate, Foot File, Cuticles, Massage, Mask, Polish                                                                                                                                                                                                                            | 60min | R590            | R650             |

## ADD ONS - HANDS & FEET

|                         |         |       |      |      |
|-------------------------|---------|-------|------|------|
| GEL APPLICATION         | OPI Gel |       | R121 | R182 |
| GEL SOAK OFF AND BUFF   |         | 45min | R242 | R252 |
| ACRYLIC SOAK OFF        |         | 60min | R290 | R300 |
| MEDI SOLUTION FOOT PEEL |         | 30min | R242 | R252 |

## DAY PACKAGES

All our packages includes complementary relaxation in our heated hydro facilities for 1 hour

### ROMANTIC VALLEY COUPLE'S EXPERIENCE (Two(2) Adults)

Romantic Hydrotherapy (30min)  
Classic Swedish Massage (60min)  
Energising Facial (30min)  
Light Lunch with a Glass of Bubbly.

Half Day

Mon-Fri

R3 960

Sat- Sun

R4 730

### THE LOVER'S DEVINE COUPLE'S THERAPY (Two(2) Adults)

Cleansing Salt Body Scrub (30min)  
Romantic Hydrotherapy (30min)  
Aromatherapy Massage (60min)  
Elemis Facial (60min)  
Pedicure (60min)  
Light Lunch with a Bottle of Bubbly.

Full Day

R7 020

R7 510

### VALLEY LODGE'S TRIO OF MESSAGES (Single Person)

90 min Classic Swedish massage with Hot Stones  
Hot oil scalp massage  
Foot Pamper

R2 080

R2 240

### THE VALLEY GETAWAY PACKAGE (Single Person)

60 min Back, Neck and Shoulder Massage  
30 min Express Facial  
30 min Foot Ritual,  
Light Lunch and Glass of Bubbles

R2 090

R2 118

### BIRTHDAY SPOIL PACKAGE (Single Person)

60 min Classic Swedish Massage  
30 min Express Facial  
60 min Pedicure  
Light Lunch and Glass of Bubbly

R2 090

R2 530

### GIRLFRIEND GETAWAY (Single Person)

30 min Back, Neck & Shoulder Massage  
30 min Hands & Feet Pamper  
30 min Express Facial  
Light Lunch and Glass of Bubbly

R1 880

R2 118

### MOM-TO-BE PACKAGE (Single Person)

30 min Back, Neck & Shoulder Massage  
30 min Nourishing Facial  
60 min Pedicure  
Light Lunch and Mocktail

R1 920

R2 260

## GROUP PACKAGES

### PAMPER PACKAGE (From Minimum Of 4 People)

30 min Back neck and shoulder Massage  
30 min Foot Ritual  
Light lunch and glass of Bubbly

### CONFERENCE PACKAGE (From Minimum Of 10 People)

15 min Scalp Massage  
15 min Shoulder Massage  
15 min Hand Massage  
15 min Foot Massage  
(Choose 2 Options)

Mon-Fri

Sat- Sun

R1 059

Not available

R490

Not available

## OVERNIGHT PACKAGES

### HEAVENLY ESCAPE (Stayover)

Aroma Spa Bath (30min)  
Signature facial with Eye Treatment OR Express Mani & Pedi (60min)  
Hot Stone Full Body Massage (60min)  
Full Body Exfoliation (30min)  
Reflexology (30min)  
Light lunch and Glass of Bubbly  
Luxury Room DBB

R6 799

R9 699

### AFRICAN EXPERIENCE (Stayover)

Swedish full body massage and Back Scrub  
Rejuvenating Facial OR Express Mani and Pedi  
Hydro-therapy (30min)  
Light lunch and Glass Bubbly  
Standard Room BB

R4 999

R7 499

Per Person

Per Couple

## SPA HYDRO FACILITIES

2 HOURS RATE

*Subject to availability*

Relax into wellness and be left feeling grounded with our Sauna's, Jacuzzi, Steam rooms and Hydro pool. These facilities are renowned for Stress relief, detoxing, improving metabolism, improving circulation, improving sleep quality, and helping soothe aches and pains.

Mon-Fri

Sat- Sun

R400

R450



A wide-angle photograph of a modern, indoor swimming pool. The pool is rectangular with blue tiles and a glass safety fence. In the background, there is a lounge area with a dining table, chairs, and a sofa. The room has a high ceiling with recessed lighting and large windows with sheer curtains. The overall atmosphere is warm and sophisticated.

*Contact Us*

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