

DE ZEVEN

guest lodge

WELLNESS AND BEAUTY MENU

Indulge in a little extra self-care during your stay with us by taking advantage of the wellness and beauty treatments on offer at De Zeven, Enjoy your treatments while overlooking our gardens and the beautiful mountains surrounding from our dedicated treatment room.

Operating hours:
Monday to Saturday: 8.30am-5pm
Sunday: 8.30am-4pm

After hours bookings may be made subject to availability and will be subject to an additional surcharge.

Cancellations will incur a charge.

Please arrive 5 minutes prior to your treatment's start time.

Late arrivals will result in shortened time with full treatment price still charged.

Please notify your therapist of any health conditions, allergies, injuries or special needs which may affect your service.

DE ZEVEN

quest lodge

WELLNESS AND BEAUTY MENU

MASSAGES

BACK, NECK & SHOULDER MASSAGE

45 Mins |
R850

This focused massage is concentrated on the back, neck and shoulder areas to relieve tension build up and release tightness in these often over-stressed areas.

HOT STONE BACK MASSAGE

45 Mins |
R900

Relax and enjoy the warm comfort of the hot stones relaxing your muscles while they increase blood flow to the areas allowing your therapist to gently work through tension and provide relief to tired, sore muscles.

INDIAN HEAD MASSAGE

45 Mins |
R850

The use of traditional Indian massage techniques focusing on the head, neck and shoulders aimed at providing relief to these areas while improving hair and scalp condition.

FULL BODY SWEDISH MASSAGE

60/90 Mins |
R950/R1350

Cleanse from within with this excellent detoxification. Gentle strokes encourage the lymphatic system to eliminate metabolic waste, and toxins.

HOT STONE FULL BODY MASSAGE

60/90 Mins |
R990/R1450

Relax and enjoy the warm comfort of the hot stones relaxing your muscles while they increase blood flow to the areas allowing your therapist to gently work through tension and provide relief to tired, sore muscles.

AROMATHERAPY FULL BODY MASSAGE

60/90 Mins |
R990/R1450

Allow the combination of essential oils and the healing of gentle massage to ease the mind, body & spirit during this relaxing massage.

DEEP TISSUE FULL BODY MASSAGE

60/90 Mins |
R990/R1450

Using applied pressure to reach deeper muscles, this massage technique aims to work out knots, tension, and adhesions in the muscles and connective tissues.

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FACIAL THERAPY

EXPRESS

A gentle reset for your skin - cleanse, exfoliate, refresh and moisturise.

45 Mins |
R950

DELUXE

Looking to revitalise and treat your skin? This facial includes products tailored to your needs, as well as a choice of a moisturising foot wrap or a head massage during the treatment

75 Mins |
R1450

DEEP CLEANSING

Exfoliate, extract, cleanse, and repair. This treatment addresses congested skin with a deep exfoliation to purify and heal skin.

60 Mins |
R1200

ANTI-AGEING BOOSTER

Firm, brighten and rejuvenate - including antioxidants to brighten, firm, hydrate and boost collagen production for a more youthful complexion.

60 Mins |
R1200

We make use of only the purest and premium natural products that stimulate the skin to reveal your personal inner glow. The skincare range, Healing Earth, is an antioxidant range using Africa's nutrient rich and natural ingredients which are sustainably harvested and scientifically tested leading to a sensory, healing and regenerative journey to well-being.

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HAND, FOOT AND NAIL SERVICES

MINI MANICURE OR PEDICURE

45 Mins |
R550

Neaten up those hands or feet with a cut, file, buff, a little cuticle care & varnish of your choice

DELUXE MANICURE OR PEDICURE

75 Mins |
R900

The works - cut, file, buff, cuticle care, a luxurious scrub, a pampering hand or foot massage & finished with a varnish of your choice

GEL REMOVAL, NEATEN AND FILE

45 Mins |
R550

FOOT MASSAGE

45 Mins |
R750

Take the pressure off, relax, balance and improve circulation with a moisturising foot wrap and pressure point focused foot massage.

ADD ONS:

Additional 15 minute foot massage available as a stand alone add on to any treatment

15 Mins |
R250

Gel Overlay (enquire re availability and colours)

30 Mins |
R150

Gel Removal / Soak Off

30 Mins |
R150

Private Sauna Session

60 Mins |
R350

We make use of Bio Sculpture premium quality nail care solutions, gel and nail varnish, focusing on the health and durability of your nails.

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PACKAGES

BESPOKE BODY

A little bit of everything for the body - including a 30 minute back, neck and shoulder massage, a 30 minute lower leg massage and a 30 minute indian head massage

90 Mins |
R1650

BESPOKE BEAUTY

Need a quick pick me up? This 90 minute package includes a 30 minute mini pedicure, a 30 minute mini manicure and a 30 minute express facial

90 Mins |
R1550

HEAD TO TOE

From top to bottom, this package covers it all - including a 60 minute facial, a 60 minute Swedish massage and a mini manicure or mini pedicure.

150 Mins |
R2500

SKIN GLOW

Starting with a full body exfoliation and finishing with a cleansing clay mask to detoxify and tone the body, you are sure to be glowing after this package!

50 Mins |
R1250

GLOW JOURNEY

More than just a glow... this package includes a full body exfoliation, followed by a cleansing clay mask to detoxify and firm the body, and finishes with a 60-minute full body massage using a personal blend of aromatic oils to complete the journey.

110 Mins |
R2200

MINI BREAK

Limited time? An express 30 minute facial followed by a 30 minute back, neck and shoulder massage is sure to tick the box!

60 Mins |
R1300

AYURVEDIC INDIAN OIL TREATMENT

This treatment is designed to restore harmony between mind, body and spirit. Using Indian mustard oil, this treatment is personalised to your needs and is sure to bring about a sense of well-being which exceeds that of standard massages. *Please note sun exposure is not recommended following this treatment so please plan accordingly

60 Mins |
R1300