



*come pamper your*  
**Soul**



**Earth Spa**

TZANEEN COUNTRY LODGE  
hotel | conference | spa

[www.tznlodge.co.za](http://www.tznlodge.co.za) | Tel: +27 15 304 3079

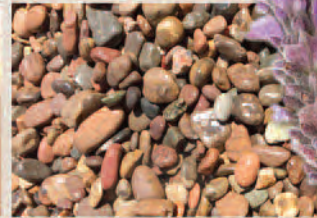


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## *A transformational wellness journey*

There is no single path at Earth Spa at Tzaneen Country Lodge. Your unique journey is tailored specifically to enhance your personal wellbeing.

We take a holistic approach through integrative and regionalized treatments to guide you to a fuller and healthier lifestyle. Elements converge. Spirits reawaken. Bodies and minds are endlessly rejuvenated. There is something so unique at play, so blissfully exquisite, it has to be experienced to be believed.



## Facial treatments

|                                                                                                                                                                                      |       |         |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|---------|
| <b>TheraVine Appetizer</b><br>Experience a Vine Therapy facial customised to your specific skin.                                                                                     | 30min | R280.00 |
| <b>TheraVine Balancing</b><br>A deep cleansing facial followed by a personalised mask to restore balance.<br>Leaving your skin soft, radiant and restored.                           | 60min | R450.00 |
| <b>TheraVine Deluxe Anti-Ageing</b><br>An infinite replenishing treatment, reducing fine lines and wrinkles.                                                                         | 90min | R750.00 |
| <b>HydraVine Hydrating</b><br>The perfect treatment for dry, sensitive skin - intense hydration and vitamin boost.                                                                   | 60min | R550.00 |
| <b>NutriVine Therapack</b><br>An anti-oxidant, nutrient rich facial that nourishes and revitalises.                                                                                  | 75min | R750.00 |
| <b>TheraVine Timecare Eye Treatment</b><br>An intensive eye treatment.                                                                                                               | 30min | R250.00 |
| <b>Vitaderm Express</b><br>This revitalising mini facial perfect for all skin types.                                                                                                 | 30min | R250.00 |
| <b>Vitaderm Basic Aromatic</b><br>This facial offers you a rejuvenating aromatic experience, which leaves the skin feeling revitalised.                                              | 60min | R380.00 |
| <b>Vitaderm Mask</b><br>This specialised skin care treatment combines essential oils and plant extracts to offer the ultimate in skin conditioning during period of extreme dryness. | 90min | R580.00 |
| <b>Anti-Stress</b><br>This treatment offers the ultimate in relaxation, with blissfully relaxing aromatic extracts to calm the nerves and sooth the skin.                            | 74min | R550.00 |

## Tint & Brow care

|                     |       |        |
|---------------------|-------|--------|
| <b>Eyebrow Tint</b> | 15min | R80.00 |
| <b>Eyelash Tint</b> | 20min | R80.00 |

# Massage therapy

|                                                                                                                                                                                                              |       |         |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|---------|
| <b>Hot Stone</b><br>A speciality treatment with smooth, heated stones offers unbeatable relaxation with therapeutic benefits.                                                                                | 90min | R750.00 |
| <b>Hot Stone – Full Body</b><br>A speciality treatment with smooth, heated stones offers unbeatable relaxation with therapeutic benefits.                                                                    | 60min | R550.00 |
| <b>Hot Stone – Neck and Back</b><br>Deep healing relaxation for the neck and back.                                                                                                                           | 30min | R350.00 |
| <b>Sports Massage</b><br>Increase flexibility and relieve muscle tension.                                                                                                                                    | 60min | R550.00 |
| <b>Lymph Drainage</b><br>This massage is a form of very light massage that encourages lymph flow in the body.                                                                                                | 60min | R500.00 |
| <b>African Rungu</b><br>An African-inspired tool massage where alternative stimulating and soothing techniques are combined for physiological and psychological benefits, ultimately reducing stress levels. | 60min | R550.00 |
| <b>Indian Head Massage</b>                                                                                                                                                                                   | 30min | R250.00 |
| <b>TheraNaka Detox</b><br>A lymphatic drainage massage performed to aid water retention and eliminating toxins by decongesting the tissues.                                                                  | 60min | R450.00 |
| <b>Swedish Full Body</b><br>This massage works wonders for stress and tension.                                                                                                                               | 60min | R450.00 |
| <b>Back and Neck Massage</b><br>Relieves tension and stress in the upper back, neck and shoulder area.                                                                                                       | 30min | R300.00 |
| <b>Calabash Massage</b><br>Relaxation is increased as the seeds in the calabash plant resonates unique, soothing sounds bringing about a heightened sense of relaxation and peacefulness.                    | 60min | R500.00 |
| <b>Mom-to-be Massage</b><br>A completely relaxing full body massage using safe but effective pre-natal techniques to relax those lower back muscles.                                                         | 75min | R550.00 |

## Body therapy

|                                                                                                                                                        |       |         |
|--------------------------------------------------------------------------------------------------------------------------------------------------------|-------|---------|
| <b>TheraNaka Body Buff</b><br>A gentle, all over body exfoliation.                                                                                     | 45min | R450.00 |
| <b>Earth Spa Bath Ceremony</b><br>A hydrotherapy bath with essential oils to promote complete relaxation.                                              | 30min | R350.00 |
| <b>Body Exfoliation – Steam</b>                                                                                                                        | 45min | R350.00 |
| <b>Body Exfoliation – Hydrotherapy</b>                                                                                                                 | 45min | R450.00 |
| <b>TheraNaka Detox Body Wrap</b>                                                                                                                       | 60min | R350.00 |
| <b>TheraNaka Slimming Body Wrap</b>                                                                                                                    | 60min | R550.00 |
| <b>Earth Spa Body Wrap</b><br>A full body exfoliation followed by a scientifically designed therapeutic wrap, whilst being spoiled to a scalp massage. | 60min | R500.00 |



## Hands & feet

|                                                                                                                                                                                                                         |       |         |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|---------|
| <b>Hand &amp; Feet Combo</b><br>Unwind and recharge with this ultra relaxing treat and just a shorter version of our luxurious hand and feet therapies. Hands and feet are exfoliated and massaged with essential oils. | 30min | R350.00 |
| <b>Earth Spa Luxury Manicure</b><br>Indulge your hands with gentle exfoliation followed by a moisturising massage. Includes cuticle attention and a dazzling nail colour.                                               | 60min | R250.00 |
| <b>Earth Spa Luxury Pedicure</b><br>A stimulating exfoliation followed by a relaxing massage to improve circulation. Includes nail and cuticle attention and a dazzling nail colour.                                    | 60min | R250.00 |
| <b>French Manicure</b><br>Indulge your hands with gentle exfoliation followed by a moisturising massage. Includes cuticle attention and french paint.                                                                   | 75min | R300.00 |
| <b>French Pedicure</b><br>A stimulating exfoliation followed by a relaxing foot massage to improve circulation. Includes cuticle attention and french paint.                                                            | 75min | R310.00 |
| <b>Reflex Foot Massage</b><br>An exfoliation of the feet to feel refreshed, after being soaked off, a nice soft flowing massage. Movement will be performed on your feet.                                               | 30min | R350.00 |



## Nail enhancements

|                                   |       |         |
|-----------------------------------|-------|---------|
| Acrylic Full Set                  | 90min | R260.00 |
| Acrylic Full Set with Gel Overlay | 90min | R320.00 |
| Acrylic Fill                      | 60min | R120.00 |
| Gel Full Set                      | 90min | R250.00 |
| Gel Fill                          | 60min | R100.00 |
| Gel Overlay – Hands               | 60min | R160.00 |
| Gel Overlay – Feet                | 60min | R140.00 |
| Nail Repair (per nail)            | 30min | R20.00  |
| Nail Art (per nail)               | 15min | R5.00   |

## Waxing



|                          |       |         |
|--------------------------|-------|---------|
| Full Leg                 | 45min | R200.00 |
| Half Leg                 | 30min | R150.00 |
| Bikini                   | 35min | R150.00 |
| Brazilian                | 60min | R250.00 |
| Hollywood                | 60min | R300.00 |
| Underarm                 | 20min | R80.00  |
| Arm                      | 30min | R100.00 |
| Brow / Lip / Chin (each) | 15min | R60.00  |
| Chest /Torso             | 30min | R150.00 |
| Back                     | 45min | R170.00 |

## Vichy treatments

|                                                                                                                                                                                                                                                                                                                         |       |         |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|---------|
| <b>Vichy Shower Only</b><br>Gentle soothing rain from our 7 suspended, fully adjustable shower heads relaxes the body and mind, while custom blended aromatherapy and steam cleanse the respiratory system. Hydrotherapeutic jets can be intensified for deep tissue massage and improved circulation.                  | 30min | R200.00 |
| <b>Body Buff with Vichy Shower</b><br>A gentler exfoliation treatment designed for all skin types, which removes impurities and promotes healthy skin cell renewal. A blended body cream is applied to rehydrate your beautiful skin.                                                                                   | 45min | R350.00 |
| <b>Vichy Shower Massage</b><br>Warm rain gently falls from this suspended Vichy shower, enveloping you as your therapist gives ultimate massage treatment, including a back scrub. A sensory journey like no other.                                                                                                     | 75min | R600.00 |
| <b>Back Facial with Vichy Shower</b><br>A deep cleansing and exfoliation for the hard to reach back area. This back facial will remove impurities and restore your skin with healing nutrients from the sea. This is one of our most underestimated treatments, a pure delight!                                         | 30min | R300.00 |
| <b>Body Mud Wrap with Vichy Shower</b><br>After a delicate exfoliation of the body, you will be enveloped in a frothy body clay mud. Tension releases as the marine-based mud warms and soothes your tired muscles, rejuvenating your entire being. Included is our Vichy shower making this treatment a spa favourite! | 90min | R720.00 |

## Make-up

|                         |       |         |
|-------------------------|-------|---------|
| Day / Evening           | 60min | R250.00 |
| Matric Farewell & Trail | 60min | R300.00 |
| Bridal Make-up & Trail  | 45min | R500.00 |

## Spa packages

|                                                                                                                                                                                                                                                                                                                                                                                                                   |        |          |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|----------|
| <b>Earth Spa Deluxe</b><br>Back and neck massage, an appetizer facial with a relaxing reflex foot massage.                                                                                                                                                                                                                                                                                                        | 90min  | R540.00  |
| <b>Earth Spa Retreat</b><br>A luxurious treat which includes hydrotherapy, Swedish full body massage with a appetizer facial.                                                                                                                                                                                                                                                                                     | 120min | R750.00  |
| <b>Earth Spa Half Day Delight</b><br>This delicious treat which includes a luxurious Earth Spa hydro bath, a Swedish body massage and conclude this delightful package with a luxurious manicure and pedicure.                                                                                                                                                                                                    | 210min | R1450.00 |
| <b>Earth Spa Executive De-stress</b><br>The ultimate de-stress package with a relaxing head to toe treat. Time in the steam room to detoxify, a hydro bath followed by an ultra relaxing aromatherapy full body massage rounded off with a hand and foot treatment.                                                                                                                                               | 180min | R800.00  |
| <b>Earth Spa Couple Therapy</b><br>This unique experience includes time in the steam room where you gently exfoliate your body followed by a hydrotherapy bath. Relax and enjoy each other's company with a complimentary hot stone full body massage.                                                                                                                                                            | 120min | R900.00  |
| <b>Earth Spa Bridal Package</b><br>For that special glow! Enjoy an Earth Spa body buff followed by our Earth Spa bath ceremony, a Swedish full body massage and a TheraVine balancing facial which leaves you relaxed and pampered, ready for your big day. The package concludes with a luxurious French manicure and pedicure for rejuvenated hands and feet.                                                   | 230min | R1500.00 |
| <b>Earth Spa Full Day Indulgence</b><br>This ultimate indulgence package includes a body buff, relaxing hydrotherapy bath, our signature African shear butter nugget massage for blissful relaxation. A specialised HydraVine facial together with our TheraVine eye treatment will leave you radiant and refreshed. Be spoiled with a manicure and pedicure to complete your full day spa journey of indulgence. | 330min | R1900.00 |



## *Personal touch*

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|                           |       |         |
|---------------------------|-------|---------|
| Classic manicure          | 45min | R200.00 |
| French manicure           | 75min | R250.00 |
| Classic pedicure          | 45min | R230.00 |
| French pedicure           | 75min | R180.00 |
| Paraffin dip treatment    | 15min | R100.00 |
| Paint – additional        | 20min | R100.00 |
| French paint – additional | 30min | R100.00 |
| <hr/>                     |       |         |
| Matric farewell & trail   | 45min |         |
| African make-up           | 30min |         |

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## *Spa policy*

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- Please arrive 15 minutes prior to your treatment. Late arrivals will have their treatment times reduced accordingly, while full treatment prices apply
- Children under 12 years must be accompanied by an adult
- Prices are subject to change without prior notice
- A minimum of 24 hours notice of cancellation for a single appointment
- A minimum of 46 hours notice of cancellation for packages or appointments with two or more guests
- Any cancellation not meeting these criteria is subject to a cancellation fee of 50% for all services reserved, no shows are charged full price.

## *Need to know*

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- Please make a booking at reception. If you are a stay-in guest dial x281 or book directly at the Earth Spa 015 304 3079
- To avoid disappointment, please make bookings well in advance
- Please inform your therapist of any medical conditions prior to treatment
- Bring your bathing suit for use of the hydrotherapy facilities. Disposable underwear will be provided during treatment
- Towels will be provided
- Shower facilities and shampoo available
- Remove all jewellery and lock it away in the locker with key supplied to you. Please note that we cannot take responsibility for the loss of any jewellery and private belongings during treatments
- As a courtesy to our other guests please switch your cell phone off to maintain an atmosphere of relaxation



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