

# WELLNESS QUARTER @ PEZULA HOTEL

CONSULTATIONS | TREATMENTS | HOT ZONE WITH INDOOR HEATED POOL, SAUNA, STEAM ROOM AND RAIN FOREST SHOWER  
HEALTH BAR | WOOD-FIRED HOT TUB | WELLNESS SUITES | MEMBERSHIPS

## THALGO FACIALS

**Illuminating Radiance Express Facial All Skin Types**.....R440 / €25 / 30 min

The ultimate Hydra Marine Ritual which magnifies radiance and reveals the beauty of dull, tired complexions. The secret of its effectiveness lies in the mask and professional concentrates, combined with energising digital pressure.

**Men's Facial**.....R880 / €52 / 1h

Uniquely designed for men, the key Algae Bleue Vitale extract is infused with anti-fatigue and anti-ageing properties. This energising facial provides immediate results which leaves the complexion rested, radiant and rejuvenated.

**Purite Marine Ritual Oily/Combination**.....R960 / €55 / 1hr

Visibly reduces imperfections, redefines pores and controls shine to restore the beauty of healthy skin with marine power.

**Source Marine Ritual Dehydrated**.....R960 / €55 / 1hr

Hydration levels are lastingly corrected to deeply replenish and restore the skin's velvety-smooth feel and original radiance.

## WAXING

Lip, Chin or Brow (each) ..... R115 / € 7 / 10 min

Underarms ..... R135 / € 8 / 15 min

Arms – Half ..... R120 / € 7 / 20 min

Arms – Full ..... R230 / €13 / 40 min

Chest or Back ..... R290 / €17 / 30 min

Bikini ..... R195 / €12 / 30 min

Brazilian ..... R305 / €18 / 30 min

Hollywood ..... R360 / €21 / 45 min

Legs – Half ..... R280 / €16 / 30 min

Legs – Full ..... R360 / €21 / 60 min

## TINTING

Brows.....R90 / € 5 / 10 min

Lashes.....R105 / € 7 / 30 min

Brows and Lashes.....R160 / €10 / 30 min

## MASSAGES

Scalp and Neck .....R360 / €21 / 30 min

Soothed Soles (Feet).....R400 / €24 / 45 min

Back, Neck and Shoulder .....R440 / €25 / 45 min

Cooling Leg Treatment .....R520 / €30 / 45 min

Swedish .....R880 / €52 / 60 min

Aromatherapy ..... R1000 / €58 / 60 min

Deep Tissue .....R1080 / €64 / 60 min

Hot Stone ..... R1120 / €65 / 90 min

Mint Signature ..... R1360 / €80 / 90 min

**Our signature massage incorporates a combination of aromatherapy and hot stones with invigorating mint massage oil to relieve and prevent tense muscles, pain and sinusitis.**

Additional Time .....R175 / €10 / 15 min

## HANDS AND FEET

Luxury Manicure ..... R360 / €21 / 60 min

Express Manicure ..... R240 / €15 / 30 min

Gelish Manicure ..... R480 / €28 / 75 min

Gelish Soak-Off and Nail Buff ..... R200 / €12 / 45 min

Men's Manicure ..... R280 / €16 / 45 min

Luxury Pedicure ..... R425 / €25 / 75 min

Callus Peel Pedicure.....R480 / €28 / 30 min

Express Pedicure ..... R265 / €15 / 30 min

Gelish Pedicure ..... R520 / €30 / 75 min

Men's Pedicure ..... R360 / €21 / 60 min

## FOR THE KIDS

*Includes 1 hour access to the Kids HotZone hour*

Funky Fingers ..... R200 / €12 / 30 min

Twinkle Toes ..... R215 / €13 / 45 min

## Follow us on Instagram - @pezula\_wellness\_quarter

### BODY

**Body Exfoliation** .....R440 / €25 / 30 min

This luxurious, natural salt and coconut oil exfoliating body treatment improves the skin's texture and renews a rejuvenating glow to the skin. The invigorating journey is paired with a cup of uplifting Jasmine Fairy Flower Tea.

**Body Wrap (Includes Exfoliation and Massage)** .....R1440 / €85 / 2 hrs

Your choice between a relaxing Neroli and Vanilla hydrating body wrap or an invigorating Peppermint and Rosemary detox wrap.

### PACKAGES

**Traveller's Tension**.....R640 / €38 / 1 hr

Release travel tension with a scalp, neck and shoulder massage followed by a pressurepoint foot and leg massage.

**Love Actually**.....R1280 / €75 (single) – R2520 / €148 (double) 2 hrs

Enjoy an aromatherapy massage followed by an organic bath soak, perfectly paired with a glass of sparkling wine or fruit smoothie and a fresh fruit platter.

Replace bath with Wood-Fire Hot Tub experience..... R400 / C24

**Body By Nature**.....R1640 / €95 / 2h30

Revitalise your body with an exfoliation, body wrap and full body massage, finished off with a luxurious bath soak.

Replace bath with Wood-Fire Hot Tub experience..... R400 / C24

**Man Of The Moment**.....R1640 / €95 / 2h30

Sauna or steam session, deep tissue full body massage, scalp massage and a luxury callus peel pedicure.

**Just Us**.....R1760 / €102 (single) – R3520 / €206 (double) 2 hrs

Unwind with an aromatherapy, scalp and pressure point foot massage, completed with an express facial.

**Mint Favourite**.....R2400 / €140 / 4 hrs

A top-to-toe spoil consisting of a welcoming foot ritual, our Mint Signature massage, a hydrating facial and your choice of a luxury manicure or pedicure.

### WOOD-FIRE HOT TUB EXPERIENCES

**Kolkol Bath**.....R300 / €18 (single) – R400 / €24 (double) 2 hrs

A wood-fire hot tub experience completed with bath robes, towels and bottled water.

**Blissful Relaxation**.....R880 / €52 / 1 hr

A wood-fire hot tub experience for two complete with bath robes, towels, lanterns, local alcoholic or non-alcoholic sparkling wine and a fresh fruit platter.

### THERAPY BY REGISTERED HOMOPATHIC PRACTITIONER DR WAYNE NAUDE

Dr Wayne Naude, Homeopath and Functional Medicine Doctor, integrates bodywork into his practice. He believes that the therapeutic effects of touch, pressure and movement greatly enhance healing, and are largely lacking from medicine. Below are some of the onsite treatments on offer by Dr Wayne.

**Lymph Drainage Massage**

**Functional Medicine Consultations**

**Medically Supervised Detox**

Health supplements and food by Knysna Health - [www.knysnahealth.co.za](http://www.knysnahealth.co.za) - Enquire about coupon code available.

### ORGANISED ACTIVE EXPERIENCES

We have access to a number of spectacular active experiences that we are excited to share with you. Although prior arrangement is needed, we will try our best to accommodate last minute requests.

**Tennis | Yoga | Walks | Mountain Biking**

### HOTEL MEMBERSHIPS AND DAY USE SUITES

Membership includes 10% off restaurant and bar bills, access to Hot Zone and Puzela Pool Club, access to Noetzie Beach Shuttle trips and parking, as well as uncapped Wi-Fi, private dining and meeting space and hot desk access. Village n Life Leisure Club Membership included. [www.villagenlife.travel/membership](http://www.villagenlife.travel/membership)

**Day Membership Pass**.....R300/€18

**Monthly Membership Per Person**.....R400/€24

**Children Day Membership Pass**.....R200/€12

**Day use Suites**.....from R400 / €24 (single) or R600 / €36 (double)

Upgrade your Wellness Quarter treatment experience and spend the day relaxing in one of our suites.

### IN SUITE TREATMENTS

Available on request with a R350 set up fee applicable.

### PRIVILEGES WITH TREATMENTS

Access to the Hot Zone (indoor heated pool, sauna, steamroom and rain forest shower) included with all treatments. A robe, slippers and disposable underwear are available for your use.

### ETIQUETTE AND TERMS AND CONDITIONS

Details to be found on [www.mintwellness.com](http://www.mintwellness.com)

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For further information, operating hours and gift vouchers, please visit [www.pezulahotel.com](http://www.pezulahotel.com) or email [wellness@pezulahotel.com](mailto:wellness@pezulahotel.com)

(Euro guideline R17,24 to €1 as at 5 May 2021)