

African Air Massage

Enjoy a traditional African Rhythmic Massage, incorporating African Rain Sticks in one of our outside treatment tents, experience the natural sounds of nature while experiencing this African treatment under the African sky, enjoy the benefits of African Marula oil which will be yours to take home to continue your African experience

1hr - R850

Caring For Your Skin The Seasons Way

Express Skin Treatment

Express treatment tailored to your needs - Booster treatment to rejuvenate your skin
30 Min - R320

Classic Skin Treatment

Basic facial that will boost your facial routine
60 Min - R520

Specialized Skin Treatment

A Classic facial with added extra's (peel off mask and boosters)
90 Min - R650

• Man On The Move

An express facial ended off with a relaxing scalp massage
40 min - R390

• Energizing Men's Facial

A classic facial to focus on your specific skin concerns and conditions
60 Min - R700

Facial Enhancers:

- Spa Facial Peel : 20 Min - R250
- Eyes like Diamonds Eye Treatment: 20 Min - R200
- Specialised Mask : 15 Min - R180

Tinting

- Eyelash tint: 30 Min - R100
- Brow Tint: 20 Min - R100
- Lash & Brow Tint : 30 Min - R180
- Brow Shaping : 30 Min - R100

Treatment Enhancers

- Specialised oil R80
- Hot Stones R100
- 30 Min Massage Add On R200
- 10 Min Scalp Massage Add On R100
- 10 Min Foot Massage Add On R100
- 10 Min Hand Massage Add On R100
- 15 Min Back Exfoliation Add On R100
- Foot Peel Add On R200
- Paraffin Wax Add On R100

Hands & Feet Treats

- Mini Manicure 45 Min - R200
- Classic Manicure 60 Min - R250
- Spa Manicure 90 Min - R350
- Mini Pedicure 45 Min - R250
- Classic Pedicure 60 Min - R300
- Deluxe Silky Soft Pedicure 90 Min - R450
- Gel Polish Application 60 Min - R250
- Gel Fill 45 Min - R200

Soak Off

- Gel - Soak off time: 45 Min R150
- Acrylic - Soak off time: 60 Min R200
- File & Paint: 30 Min R100

Final Touches

Waxing

- Brow Wax R80
- Lip Wax R70
- Chin Wax R70
- Cheek Wax R80
- Underarm Wax R100
- Half Arm wax R150
- Full Arm Wax R180
- Chest Wax R200
- Back Wax R200
- Standard Bikini Wax R150
- Brazilian Wax R200
- Full bikini Wax R250
- Half leg wax R160
- Three quarter leg wax R200
- Full leg wax R250

Spa Etiquette

- **Age Restriction:** No children under the age of 16
- **Dress Code:** Swimming costumes must be worn at all times when using the hydro facilities
- **Reservations:** Advance bookings are recommended
- **Arrival:** We recommend that you arrive 30 Min prior to your treatment time. Late arrivals will result in shortened treatment time to accommodate other guests. Full treatment price will be charged
- **Cancellation Policy:** We require that you notify the Spa a minimum of 4 hours prior to your appointment in order to avoid a 100% cancellation fee.
- **Disclaimer:** Guests are asked to take care of their personal belongings. Seasons Spa does not accept responsibility for any loss or damage. Prices are subject to change without prior notification. To ensure that all guests benefit from the quiet environment we request all areas to be shared respectfully.

Contact Details

- Bookings: 087 150 1888 • spabookings@seasonssa.co.za
- Seasons Spa 116 Old Rustenburg Road, Brits
- S25 41.730 E027 51.411

Your Relaxation Destination



seasons

golf • leisure • spa

Welcome to Seasons Golf, Leisure and Spa

Spa time is all about finding your inner peace and tranquility. Step into Touch Spa to inhale relaxation and exhale tension. Touch Spa at Seasons offers a wide variety of treatments, so you can tailor make your spa experience to meet all your needs.

We believe that, to be truly revived, you need to stimulate all of your senses. Be swept away to a world of Rejuvenation when you step into our tranquil spa. From the variety of our beautiful pools with cascading gardens and all the beautiful sounds that nature has to offer to the enchanting scent of the products that the therapists will use in your treatment followed by a deep relaxing sleep on our Day Beds, we will make sure you are ready to face life outside of this heavenly Spa.

Exclusively Seasons

Absolute face and body

Discover the best of both worlds with this one of a kind treatment. Skin improvement and optimal relaxation in the combined treatment for face and body. Full body exfoliation followed by a back, neck and shoulder massage finished off with a customised skin treatment. Ultimate in stress relieve!!

2hrs – R1000

Seasons Signature Massage

An ultra-relaxing treatment that combines light strokes, pressure and stretching. We combine the sound of Rain and warm aroma Pouches to eliminate tension knots one by one.

1hr – R750

Water-Therapy

Hydro Facilities Access

Lap Pool, Kneipp Pools, Steam Rooms, Roman Pool, Outside Rock Pool

Full Day – R250

Per Hour – R80

Rasul

The rasul is a traditional Arabian cleansing ritual which will leave spa lovers feeling pure and calm and their skin beautifully exfoliated. The pampering experience takes place in a private temple under the light of a thousand stars.

45 min – R300

Floatation Therapy

An isolation tank, originally called a sensory deprivation tank, is a lightless, soundproof tank with high epsom salt content filled with salt water at skin temperature, in which individuals float : **30 min – R200**

Spa Packages

Blissful

Back, neck & Shoulder massage, Classic Pedicure

1.5hrs – R600

Stress Relief

Back, neck & shoulder massage, Classic Facial, Floatation therapy, mini pedicure, mini manicure

3hrs – R1080

Half Day Package

Includes: Rasul Treatments, 60min Swedish Massage, Lunch, Smoothies, 60min Facials, Full day spa access. This also gives you exclusive use of the pods and your own therapists for the duration of this package, your lunch will also be served on the balcony of the pods.

4hrs – R1450 (per person)

Full Day Package

Includes: Full Body Exfoliations, Full body Wraps, 90min Facials, Lunch, Smoothies, 60min Massage of choice, Manicures, Pedicure and Full day spa access. This also gives exclusive use of the Treatment pod and your own therapists for the duration of this package, your lunch will also be served on the balcony of the pods.

7hrs – R2500 (Per Person)

Create your own Package

Pick any combination of three treatments from the list below to build your ideal package

1.5hrs – R1000

30 Minute Options

- Stress Relief Foot Massage
- Scalp Massage
- Mini Manicure
- Mini Pedicure
- Back, neck & shoulder massage
- Express Skin Treatment

All About Body

Body Envelopments – Anti-stress, Firming, Detox

A Full body scrub followed by a full body wrap and ending this fantastic treatment with a back, neck and shoulder massage.

1.5hrs – R550

Lifesaving Back Treatment

The Ideal treatment – A self-heating exfoliation on the back, followed by a creamy back mask and finished off with a 45 min back, neck & shoulder massage

1hrs – R500

Back, Neck & Shoulder Massage

A classic treatment focusing on the back & shoulder areas to work out specific tension in those areas

30 min – R400 | 45 min – R450

Swedish Massage

The original massage that will stimulate the blood circulation, purifies & releases muscle tension

1hrs – R600 | 90 min – R650

Deep Tissue Massage

Using the power of arnica and peppermint oil to reduce the pain felt in the muscles.

60 min – R670 | 90 min – R710

Hot Stone Massage

A relaxing massage is combined with hot basalt stone treatment to stimulate blood flow & leave you with a long lasting sensation of warmth & calm

60 min – R670 | 90 min – R710

Aromatherapy Massage

Choose one of our therapeutic oils to work on a specific condition : **1hr – R650**

• Stress Relief Foot Massage: **30 min – R350**

• Scalp Massage: **30min – R310**

Sleep Therapy Treatment

Sleep is a key part of a healthy lifestyle and can benefit your heart, weight, mind and more.

Therapeutic sounds are used to balance and restore the body's natural energy centres during the treatment.

30min – R150 | 60min – R200

