



A SANCTUARY OF CALM,
BALANCE & REJUVENATION





WELCOME TO ZENIA SPA AND WELLNESS

Zenia is built on the idea of warmth and genuine care. Our name reflects the way we welcome every guest with kindness, respect and personal attention. The image of gentle hands supporting a relaxed figure mirrors what we aim to offer you the moment you arrive: a space where you can let go, breathe and feel completely at ease.

Here, balance, calm and rejuvenation are more than goals. They guide every treatment, every touch and every detail of your experience. Our therapists are committed to creating a nurturing environment where your wellbeing comes first.

Thank you for choosing Zenia Spa and Wellness. We hope your time with us restores your energy and brings you a deep sense of comfort and renewal.





FACIAL CARE COLLECTION

BABOR FACIALS

BABOR Express Facial

An introductory facial focussing on the essentials for skin health with a cleanse, exfoliation and moisturiser.
30min | R565

BABOR CLASSIC FACIAL OPTIONS

Moisturising - for normal to dry skin | 60min | R1 100

Purifying- for oily and problematic skin | 60min | R1 100

Vitalising - for first signs of aging | 60min | R1 100

BABOR Age Control Facial

This luxurious BABOR facial treatment is specially designed to prevent cellular skin damage and provide a more youthful glow. An ageless experience combining stem cell extracts with individualised active ingredients to target the needs of skin that has been exposed to environmental damage. A tailor-made luxurious facial experience that will restore radiance, hydration and reverse the signs of ageing. Delicate textures will melt into the skin as we nourish and restore beauty to your complexion, leaving your skin looking and feeling fresh and rosy.

Cleansing | Peeling | Ampoule Application | Lifting Massage | Individual Finishing Treatment
60min | R1 250

BABOR Signature Treatment

This antioxidant facial packed with vitamin C targets dull and tired skin. Evens out irregular pigmentation, stimulates collagen synthesis and minimises fine lines and wrinkles.

60min | R1 650



FACIAL CARE COLLECTION

BABOR FACIALS

BABOR Lifting Facial

Inflamm-aging is a growing concern in the aging process. This treatment is the latest innovation in non-invasive skin resurfacing. A unique blend of AHA's and controlled PH value of the TheraPRO peels work from the inside out without inflammation. Suitable for all skin types and targeting conditions of rough, dry, oily skin, enlarged pores, hyperpigmentation, tired or dull complexion. Signs of aging are diminished immediately, and skin is more youthful over time.

60min | R1 500

BABOR Microneedling

A safe, minimally invasive treatment to stimulate collagen and elastin production for optimal skin rejuvenation absorption.

90min | R1 990

BABOR ADD-ON TREATMENTS

Hydra Boost Ampoule - Replenish moisture levels in the skin | R200

Algae Vitaliser Ampoule - Revitalise dull and dry skin | R200

Detox Clay Mask - Purify, refresh and clarify complexion | R200





ESSE FACIALS

ESSE Express Facial

An introductory results-focused treatment for those who are looking for optimal results with limited time.
30min | R450

ESSE Experience Facial

A bespoke skincare experience, tailored to address your specific skin concerns based on a detailed skin analysis, harnessing the power of advanced pre and probiotics to improve and protect your skin health.
60min | R825

ESSE Live Probiotic Experience Facial

A skin treatment designed to address the signs of aging by restoring microbial balance and rewinding the skin, ensuring long-term skin health. The ESSE™ Lifting Massage further enhances the treatment outcome and promotes complete relaxation.
75min | R1 050

ESSE ADD-ON TREATMENTS

Brightening Ampoule - Skin brightening booster | R200

Hyaluronic Ampoule - Deeply hydrates and plumps fine lines | R200

Hydroboost Ampoule - Moisturises and rebalances the skin | R200

Intensify Ampoule - Reduces the appearance of expression lines | R200

Clarifying Ampoule - Treats breakouts, inflammation and redness | R200





NAIL CARE

Zenia Manicure Or Pedicure

Spoil yourself with a 60-minute Spa Manicure or Pedicure: file, cuticle care, exfoliation, massage and a splash of nail polish.
Manicure | R350 | Pedicure | R400

Zenia Express Manicure Or Pedicure

In a hurry? Take 30 minutes out of your busy schedule for Zenia Express Manicure or Pedicure. You get nail work, cuticle work, file and buff
Manicure or Pedicure | R200

Zenia Executive Men's Grooming

60 minutes Manicure or Pedicure. You get nail work, cuticle care, buff, shine, scrub and massage.
Manicure R250 | Pedicure R320

GELISH

Gelish Application Manicure - File, cuticle care, exfoliation and massage | R500

Gelish Application Pedicure - Nail shaping, cuticle care, exfoliation, foot file and massage | R500

ACRYLIC

NEW SET

Sculptured Acrylic Nails 1 - 4
Sculptured Acrylic Nails 5 - 7
Acrylic Overlay on Natural Nails
Tips with Acrylic Overlay

ACRYLIC SET

90min | R550
150min | R650
90min | R400
75min | R500

ACRYLIC SET HYBRID SET

120min | R650
150min | R750
90min | R480



NAIL CARE

MAINTAIN YOUR SET

Acrylic Fill - 2 Week

60min | R270

70min | R270

Acrylic Fill - 3 Week

60min | R370

70min | R370

Acrylic Fill - 4 Week

60min | R470

90min | R470

Acrylic Soak Off/File Off

60min | R100

60min | R100

One Acrylic Nail Repair

30min | R55 - R85

30min | R55 - R85

Add Gel Polish

30min | R250

Add Gel Polish

20min | R150

ADD NAIL ART

Marble Nail Art per nail

15min | R25

Chrome per nail

15min | R25

Full Set Chrome

45min | R200

LITTLE PRINCESS NAIL CARE

Princess Manicure

30min | R150

Princess Pedicure

30min | R150

Gel

30min | R180





LASH EXTENSIONS

Full Set	R500
2 Week Fill	R250
Removal	R150

TINTING & WAXING

TINTING

Eyelash	R170
Eyebrows	R120
Lash & Brows	R250

WAXING

Face	R355	Bikini	R225
Eyebrows	R165	G-String	R280
Lip	R165	Brazilian	R400
Chin	R165	Hollywood	R450
Underarm	R225	Full Leg	R525
Half Arm	R235	Half Leg	R350
Full Arm	R330	Chest	R345
Abdomen	R225	Half Back / Full Back	R290 R440



ZENIA MASSAGE COLLECTIONS

Head, Neck & Shoulder Massage

A revitalising back, neck and shoulder massage that relieves stiffness and leaves you feeling clear and refreshed.
30min | R600

Zenia Pressure Point Massage

A tension relieving massage curated to give you well-deserved soothing effect.
30min | R600

Zenia Hot Stone Massage

A deeply relaxing full body treatment using hot stones to bring comfort with flowing massage movements to release stress, relax muscles, and calm the mind.
60min | R1 100 90min | R1 400

Zenia Full Back Massage

A soothing treatment designed to reduce fatigue, improve circulation, and relax overworked back muscles.
45min | R750 60min | R900

Zenia Classic Swedish Massage

Stimulate, relax, and revitalise with this traditional massage.
60min | R900 90min | R1 200



ZENIA MASSAGE COLLECTIONS

Zenia Aroma Therapy Massage

Options: Sleep Well | Joint & Muscles | Detox & Slimming

Get a sensory activation that promotes better sleep, muscle recovery and optimal system reset.

60min | R1 100 90min | R1 350

Zenia Deep Tissue Massage

Aims to relieve chronic muscle tension and pain by targeting deeper muscle layers and connective tissues using slow, firm strokes and deep pressure to break down adhesions (knots) and improve postural problems, sports injuries, and conditions like sciatica, offering both physical relief and mental relaxation.

60min | R1 100 90min | R1 400

Zenia Himalayan Salt Stone Ritual (JHB Branch Only)

A restorative ritual incorporating therapeutic benefits with immune boosting properties of Himalayan Salt Stones, and the overall intention of promoting well-being.

60min | R1 100 90min | R1 550





ZENIA SIGNATURE MASSAGE COLLECTION

Soul Of Africa Journey

Relaxation from the soles up. Starting with a mineral-rich foot soak, a Himalayan Salt and Crystal Polish followed by a luxurious foot and leg massage, concluded with a tension-releasing back or full body massage using shea butter, for a well-rounded experience.

60min | R1 100 90min | R1 550

CBD Massage

The combination of various massage techniques and CBD oil aims to promote a more profound sense of relaxation together with enhancing the therapeutic effects and objectives. Choose your focus:

Sports & Recovery - For sore and stiff muscles, pain and injury

Revive & Rejuvenate - Revitalise and invigorate the body and mind

Relax & Unwind - Relieve tension, stress and anxiety

60min | R975 90min | R1 350

Body Scrub

A vigorous and rejuvenating Full Body Exfoliation Scrub that combines modern knowledge with ancient African wisdom to cleanse the body of dead and aging skin cells. For younger, more radiant and rejuvenated skin.

45min | R600

Zenia Body Wrap

Options: Hydrating | Detox & Slimming | Muscle Ease

Enjoy the feeling of complete tranquillity, alleviate common aches, growing body pains and enhance relaxation allowing you to embrace your gift of life.

75min | R1 200



ZENIA SIGNATURE MASSAGE COLLECTION

Zenia Customised Treatment

Your treatment - Your Way. This fully customised spa experience lets you choose the areas your body needs care most.

Choose your combo: Hands, feet, head & neck

60min | R975

Choose your combo: Back, head, foot pressure point & hands

90min | R1 350

Facilities Day Pass

Looking for a serene space to unwind and enjoy a lazy moment by yourself, with a loved one or group of friends?

Time in a steam room, sauna and floating moments in an indoor heated pool sounds like heaven.

60min | R300 180min | R750

Zenia Young Adults (Age 11 - 15) Chill Out Massage

Express Facial

Back Scrub & Massage

Zenia Tiny Tots (Age 6 - 10) Mini Back Massage

Happy Feet Massage

30min | R500

30min | R400

30min | R515

30min | R270

30min | R245





ZENIA SIGNATURE SPA PACKAGES

All packages include spa breakfast or lunch (1 hour included in package time)

Zenia Top-To-Toe Half Day Spa Tranquility

Indulge in tranquillity and enjoy a half day breakfast or lunch spa with bubbly on arrival and three rejuvenating 60-minute treatments:

Full Body Massage with Hot Stones and your choice of our three 100% natural aromatic oils

Enchanting Express Facial

A therapeutic facial treatment to keep your skin glowing and well-nourished against harsh weather conditions

Prepare yourself for a morning or afternoon of pure bliss for the ultimate tranquillity.

4 hrs | R1 900 per person

8am - 12pm (Breakfast) or 1pm - 5pm (Lunch) Options *(excluding additional beverages)*

Zenia Himalayan Salt Half Day Escape

Escape every day demands and treat yourself to a half day of relaxation, reset and wellness designed to help you unwind and feel renewed and rejuvenated from three our best treatments:

Stimulating Classic Swedish massage

Results-focused ESSE Express Facial for those looking for optimal skin results

A relaxing foot massage with salt room therapy

4 hrs | R1 900 per person



ZENIA SIGNATURE SPA PACKAGES

All packages include spa breakfast or lunch (1 hour included in package time)

Wellness Night Spa Treatment

Relax into the evening with our Wellness Night Spa Treatment as you allow the healing hands of our therapists to rejuvenate your mind and body. This package includes bubbly on arrival, dinner and three rejuvenating 60-minute treatments:

Full Body Massage with Hot Stones and your choice of our three 100% natural aromatic oils

An enchanting Head, Neck & Shoulder Massage

A therapeutic Foot Pressure Point Massage with a warm Rose Petal Soak and Sugar Exfoliation

4 hrs | R2 000 per person

4pm - 8pm (excluding additional beverages)

Just The Two Of Us

Savour this special time together with a session in our steam room, followed by signature 90-minute Full Body Hot Stone Massage. Finish off with a bottle of bubbly.

3.5 hrs | R4 000 per couple

Zenia Travellers Revive

A classic escape from your daily stress. Unwind and recharge with a 60-minute Swedish Massage, a nourishing BABOR Moisturising Facial and a picture-perfect Classic Pedicure.

4 hrs | R2 400 per person

Zenia Signature Journey

Experience the balancing and mineral-rich benefits of this treatment with a smooth 30-minute Himalayan Salt and Crystal Polish followed by a restorative and energising 60-minute Hot Stone Massage, a revitalising 75-minute ESSE Ampoule Probiotic Live Facial and a 15-minute Royal African Foot Massage.

4 hrs | R2 725 per person



OUR PROMISE TO YOU

Zenia Wellness Spa is created as a space where wellness begins and balance is restored.

We believe true beauty comes from feeling well and balanced. Every treatment is designed to support health, awaken your natural glow, and guide you into deep, lasting relaxation. From calming rituals to restorative therapies, Zenia is a place to pause, breathe, and reconnect with yourself.

Our promise is simple. To care for you with intention, expertise, and warmth, so every visit leaves you refreshed, radiant, and renewed.

TRADING HOURS

Mon - Sat: 8 am - 9pm

Sun: 8am - 6pm

OUR BRANCHES

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