



[centre for intergrative medicine **holistic spa** & community living]

[let go relax heal]

[welcome]

Dear Guest,

Welcome to our world of well being and a new way of spa-ing!
Dr Ela and I feel privileged to assist you in attaining a conscious, vibrant life.

LET GO. RELAX. HEAL – is our mantra for well being.

Located on the banks of the Crocodile River - our landmark centre is a living breathing space which has been designed to achieve a healthy vital environment which is conscious of nature whilst promoting a balanced approach to caring for your body, mind and soul.

Drop in for a yoga class, learn meditation, nurture yourself with our range of natural and organic spa treatments, explore your soul with a mind body medical consultation or sign up for our life changing 3 – 7 day retreat programmes, whilst taking refuge at Ramekta Guesthouse.

A unique eating experience awaits you at Cafe´ del Soul at Woodlands, offering a subliminal eating experience, foods infused with aromatherapy oils and organic ingredients – this space has been created for you to retreat, or meet friends, to read your book or sip an organic cappuccino whilst sitting on the wooden deck overlooking the river. This space will not rush you, as you restore your energy for the crazy world out there!

We are also in the business of pursuing self empowerment, stimulating creativity and providing a space for business meetings and events with a conscience.

The philosophy of our centre is based upon the principles and practices of holistic alternative medicine integrated with western medicine and natural healing traditions. Brought to you by a team of professionals, we offer a service extended with dedication, care and guidance.

Woodlands has been designed as the ultimate urban escape, a comfortable space which will welcome you at any time.

We look forward to embracing a path of well being with you!

Marisa Farinha Lloyd
Managing Director

Dr Ela Manga
Medical Director

[let go relax heal]



[well being]

Medicine is moving away from treating just the symptoms and starting to look at the underlying factors that lead to illness.

At Woodlands Centre for Integrative Medicine, we understand that for healing to occur on a deep and lasting level, we need to address not just the physical body, but the entire being which comprises of our emotional, mental and energy world and also take into consideration the impact of our immediate and greater environment on our lives.

Our specialized treatment programmes uses an individualized approach, integrating modern medicine with safe complementary practices and holistic spa therapies and are designed and overseen by our resident Medical Doctor, Dr Ela Manga, who works closely with her team to facilitate a truly transformative and life changing healing experience.

We can help you if you are experiencing symptoms such as:

Headaches	Constipation	Menopause
Chronic fatigue	Spastic colon	Addiction
Joint pain	Panic disorders	Stress disorders
Skin conditions	Hair loss	Weight Loss
Allergies	Endometriosis	Adrenal Fatigue
Menstrual difficulties	Gastro-intestinal disorders	Trauma
Fertility Problems	Depression	Chronic Illness
Insomnia	Anxiety	Low immune systems

The process begins with a comprehensive and thorough health assessment with Dr Ela who will then design a programme best suited to your individual needs which may range from a 1- 10 day retreat to an ongoing 12 week process.

Gut Recovery Programme

Best for the following conditions: Chronic fatigue, spastic colon, chronic pain, fibromyalgia, acne, psoriasis. A gentle but effective detox programme that is needed as the foundation for healing.

Whole Person fertility Programme

This programme has been structured especially for couples who would like to prepare themselves for parenting or who are struggling to conceive. It involves both partners and deals with the health and psychological aspects of the parenting journey.

Lunar Rhythm Programme

This programme is designed to re establish and re set the natural feminine rhythms and cycles and works on the entire endocrine system. Best for the following conditions: polycystic ovaries, endometriosis, PMS, menopause and other hormonal imbalances such as hyper/ hypothyroidism and adrenal fatigue.

Pregnancy programme

Works to prepare the body and mind for the miracle of pregnancy and birth with massage, energy healing , yoga and meditation.

Journey into Healing

Illness is your bodies way of bringing your attention to your spirit . This programme allows you to bring meaning to your illness, helping you to improve your quality of life , whilst supporting the bodymind through the illness and strengthening the immune system. Best for chronic medical conditions, terminal illnesses, cardiac conditions and immune and auto immune conditions.

The Awakening

A personal crisis can be a gift on the path to emotional and spiritual maturity. We will support you in the process of awakening your spirit through your challenge. For depression and anxiety, trauma , toxic relationships and post addiction recovery.



[holistic spa menu]

Beyond the senses to the soul

At Woodlands we believe that the human body has an inner pharmacy capable of naturally generating the chemistry of happiness and health.

We can enliven this inner pharmacy through nurturing sounds, sensations, sights, tastes and smells. Each holistic therapy has been selected due to its ability to eliminate stress and maximise comfort in the body, mind and soul – helping you discover your intrinsic balance and creativity.

Five core areas of well being have been identified for you to select your path of well being - restore, detox, calm, energise & balance. Each path of well being recommends the most suitable massage, skin treatment, body and healing treatment, and we can assist you create a custom made package, or select from our day escapes.

90% of the products we use are locally grown and manufactured.

Illuminate your inner landscape, dispel tension, awaken joy and inspire yourself to new way of being!

[living water therapies]

One of the most therapeutic and highly experiential areas of our spa are the water treatment spaces, which consist of a steam room, sensation showers, flotation room, and hot and cold Roman baths.

Each room expresses its own character based on the treatment offered, and as a sequence, the rooms offer varying degrees of connectivity to the self and nature. The flotation room is the darkest and quietest space in the spa. Through flotation therapy, the senses are limited to only that of the dense feel of the salty water and faint glimmer of light in the distance. Sounds and smells are attenuated, and thus the deepest connection to the inner self is experienced. The steam room offers a slightly more open, sensory experience, allowing the olfactory senses to awaken as the steam mixes with fresh herbal aromatherapies. Warm lights glimmer in the space, and the iridescence of the crystals and opalescent walls is perceived. The sensation showers transition the senses with diffuse natural light reflected off calming mosaics. Here, the skin is revived with encouragement from the massaging jets of water. Finally, the bodily connection to the natural surroundings is completed when we experience the Roman bath therapy. Here, all our senses are stimulated, with a full view of nature, as we relax our muscles in the hot bath, or fuel our energy with a dip into cold. Here, one can sit adjacent to the oversized glass windows, and experience an almost complete connection to the outdoors.

_ Sensation showers and rosemary exfoliation 60.00

_ Roman Hot & Cold Jetted baths 60.00

_ Crystal Steamroom 60.00

_ Hydrotherapy Bath 120.00

_ Flotation Therapy 120.00

Flotation therapy is essentially a process of placing the body into a state of total relaxation.

The water has salts and minerals dissolved into the bath to enable the body to float.

[let go relax heal]



[**restore**] our path to restoring your strongest self

Restore is for those who are recovering from a serious illness, life trauma or experiencing a life changing event, acute stress and hormonal imbalances.

_ The Woodlands Wander signature massage **_620.00**

Inspired by our the passion for well being the Woodlands Wonder signature treatment is a combination of long flowing synchronized movements performed by two therapists that will indulge your senses and allow your entire being to enter into a deep state of relaxation and exhilaration, allowing your body to restore vitality and peace of mind.

_AromaSoul Massage back,neck & shoulder [45min] **_300.00**
full body massage [60min] **_390.00**

Accessing your memory of smell our aromasoul massage is a gentle blend of aromepathy. Unique to the aromasoul experience is sunset & sunrise blends. Sunset is a blend for women and sunrise for men.

_Crystal Massage [60min] **_390.00**
[90min] **_450.00**

As crystals emanate from the earth they serve as natural and profound source of healing. Their resonance or energy field is known to create deep relaxation whilst also assisting the body to heal & cleanse that which is no longer needed. A gentle massage with the rotation of carefully selected crystal applied to the entire body.

_Traditional Swedish Massage back,neck & shoulder [45min] **_290.00**
full body massage [60min] **_360.00**

The classic of massage therapy with a variety of pressure, speed and stimulation to encourage muscle relaxation and renew the sense of well being.

_Vitality Body Wrap **_350.00**

This intensive clay body wrap has been developed to bring both physical & emotional benefits, boosting immunity, hormone function and circulation and general vitality. A naturally sun dried red clay enriched with Magnesium, potassium, iron and copper, as well as the essential oils of lavender, geranium & grapefruit.

_Vitaderm Phyto- essential gel Therapy Facial **_360.00**

This custom blended treatment is outstanding for all skin types. With 17 herbal and aromatic extracts to choose from, we will create the facial for your exact needs.

_Vitaderm Firming Sauna Mask Facial **_380.00**

With an infusion of Turkish Rose and frankincense – this facial offers a natural approach to anti-aging – creating superior hydration for the skin as well as plumping out fine lines.

[**let go relax heal**]



[detox] our path to vitality

Detox is for those experiencing a sluggish metabolism, fatigue, poor circulation, acne and the accumulation of toxicity due to poor lifestyle habits and environmental pollution.

_ Lymphatic Massage _ 390.00
With hotstone _ 420.00

This therapy travels along the lymphatic pathways of the body, reducing swelling & water retention, and strengthening the immune system. The massage is further enhanced with Lillian Terry's fluidless lymph drainage massage oil.

_ Holistic Massage

back,neck & shoulder [45min]	_ 300.00
full body massage [60min]	_ 390.00
full body massage [90min]	_ 450.00

Our holistic massage focuses on the techniques of deep tissue massage and the expertise of our therapist. This type of massage therapy focuses on realigning deeper layers of muscles and connective tissue helpful for chronically tense and contracted areas such as stiff neck, low back tightness and sore shoulders.

_ Reflexology _ 320.00

Reflexology regards the feet as a map of the body and will therefore stimulate the body's natural healing response as the various points in the feet correspond to vital organs and areas within the body. We take the experience one step further as our reflexologist is able to interpret the language of the feet - gaining a full understanding of your physical, emotional, mental and spiritual well being.

_ Detox Body Wrap _ 350.00

A sun dried naturally pigmented yellow clay rich in copper, sulphur and iron – this wrap supports the bodies ability to accelerate the excretion of toxic waste. This wrap is excellent for people who are expose to high levels of environmental pollution, who suffer from a lack of energy and those on a detoxification programme.

_ Cellulite Body Wrap _ 350.00

This wrap has been designed to reduce stubborn fatty deposits, improve circulation and lymphatic drainage, and support a weight loss programme.

_ Esse Organic Nutrients Facial _ 380.00

Our ESSE facial incorporates the use of certified organic omega-3, 6 and 9 oils, and other natural ingredients. We have taken the experience one step further and incorporated the exceptional healing benefits of barley life.

So now you have facial that is natural and utterly nutritious. This facial is free of parabens and synthetic ingredients. A must for our eco-warriors, and those in need of a natural, down to earth experience.



[calm] our path to inner sureness

Calm is for those who live a frenetic urban lifestyle, who are anxious, hypersensitive, and have an overactive, busy mind. Physical conditions also include eczema, psoriasis, hypertension and heartburn.

_Bamboo Massage [60min] **_390.00**
[90min] **_450.00**

Bamboo massage promotes circulation, sensory nerve perception and lymphatic drainage, as well as a deep sense of relaxation and well being. The gentle stretching movements alternated with light touches bring about a heightened sense of bliss.

_Shiatsu [60min] **_450.00**

Shiatsu, also known as acupressure, is a finger pressure massage technique which works on the bodies meridians to unblock energy blockages and reintroduce the optimal flow of ki creating muscle & tissue relaxation, stress reduction and calmness to mention a few.

_Reiki [60 min] **_320.00**
With crystals _390.00

Reiki connects with the life force within and is a powerful yet gentle mode of healing and balancing. With this natural technique the body's own natural healing abilities are activated and accelerated. A calming yet powerful, healing experience.

_Serenity Body Wrap **_350.00**

This clay body wrap has been designed to free up the mind and ease stresses and strains of an emotionally demanding lifestyle. A naturally pigmented pink clay rich in potassium, copper and manganese, the minerals treat high levels of stress and balancing energy levels.

_Esse SHANTI SHIRO Facial **_420.00**

Our exquisite facial is so special that it is truly for those who wish to experience another dimension of relaxation. We have uniquely integrated Esse as a core part of the treatment, which is blend of omegas 3, 6 & 9 which penetrate the skin deeply allowing for superb nourishment of the skin tissue. In preparation we stimulate circulation of the skin with steaming and exfoliation. Finally, Shanti shiro is ended with the sublime relaxation of a shirodhara which is the pouring of warm oil onto the forehead and scalp. A deeply meditative facial and a true medicine for skin, scalp and hair.

_Victoria Garden Healing Facial **_290.00**

Victoria Garden facials are created for your skin type. Harnessing natural ingredients of lavender, juniper, honey, chamomile, wild yarrow and more. Each facial begins with a healing foot soak and aromatherapy welcome touch. Your skin is deeply cleansed and exfoliated, followed by plant mask as well as an aromatherapy oil blend facial massage, ending with a treat for your eyes and a soothing balm for your lips.

[let go relax heal]



[energise] our path to empowerment

Energise is for those experiencing extreme tiredness and lethargy, depression and burn out. If you are feeling stuck and immobilized by life then energise is for you.

_Hotstone back,neck & shoulder [45min] **_320.00**
full body massage [60min] **_390.00**

Harmonious, rhythmic, uplifting for the spirit, our hot stone massage is the incorporation of unique touches and the warmth of hot stones.

_Shiatsu [60min] **_450.00**

Shiatsu, also known as acupressure, is a finger pressure massage technique which works on the bodies meridians to unblock energy blockages and reintroduce the optimal flow of ki creating muscle & tissue relaxation, stress reduction and calmness to mention a few.

_The Woodlands Wander signature massage **_620.00**

Inspired by our the passion for well being the Woodlands Wonder signature treatment is a combination of long flowing synchronized movements performed by two therapists that will indulge your senses and allow your entire being to enter into a deep state of relaxation and exhilaration, allowing your body to restore vitality and peace of mind.

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_Vitality Body Wrap **_350.00**

This intensive clay body wrap has been developed to bring both physical & emotional benefits, boosting immunity, hormone function and circulation and general vitality. A naturally sun dried red clay enriched with Magnesium, potassium, iron and copper, as well as the essential oils of lavender, geranium & grapefruit.

_Vitaderm Phyto- essential gel Therapy Facial **_360.00**

This custom blended treatment is outstanding for all skin types. With 17 herbal and aromatic extracts to choose from, we will create the facial for your exact needs.



[**balance**] our path to inner harmony

Balance is for those who give so much and receive too little! Those who need to care for and nurture themselves. Its also for those experiencing hormonal imbalances, headaches and muscle tension.

_AromaSoul Massage

back,neck & shoulder [45min] _300.00

full body massage [60min] _390.00

Accessing your memory of smell our aromasoul massage are a gentle blend of aromeopathy. Unique to the aromasoul experience is sunset & sunrise blends. Sunset is a blend for women and sunrise for men.

_Holistic Massage

back,neck & shoulder [45min] _300.00

full body massage [60min] _390.00

full body massage [90min] _450.00

Our holistic massage focuses on the techniques of deep tissue massage and the expertise of our therapist. This type of massage therapy focuses on realigning deeper layers of muscles and connective tissue helpful for chronically tense and contracted areas such as stiff neck, low back tightness and sore shoulders.

_Reiki

[60 min] _320.00

With crystals _390.00

Reiki connects with the life force within and is a powerful yet gentle mode of healing and balancing. With this natural technique the body's own natural healing abilities are activated and accelerated. A calming yet powerful, healing experience.

_Muscle Ease Wrap

full body _350.00

Back _220.00

This body clay wrap is particularly recommended for aching muscles an joint discomfort.

_Esse Organic Nutrients Facial

_380.00

Our ESSE facial incorporates the use of certified organic omega-3, 6 and 9 oils, and other natural ingredients. We have taken the experience one step further and incorporated the exceptional healing benefits of barley life.

So now you have facial that is natural and utterly nutritious. This facial is free of parabens and synthetic ingredients. A must for our eco-warriors, and those in need of a natural, down to earth experience.

_Vitaderm Phytogel Therapy Facial

_360.00

This custom blended treatment is outstanding for all skin types. With 17 herbal and aromatic extracts to choose from, we will create the facial for your exact needs.

[let go relax heal]



[nurture] our path of miracles

Nurture is for those wishing to fall pregnant, mothers to be, and post birth recovery and children.

_ Specialised Pregnancy Massage **_390.00**

Our specialized pregnancy massage is for all stages of pregnancy, as it assists with maintaining suppleness and tone for the body, whilst also alleviating pressure on joints and stress in muscles.

_ Our nurturing new mother massage **_390.00**

A unique synergy of products and massage to restore body tissue, elasticity and firmness.

_ Reiki **[60 min] _320.00**
With crystals _390.00

Reiki connects with the life force within and is a powerful yet gentle mode of healing and balancing. With this natural technique the body's own natural healing abilities are activated and accelerated. A calming yet powerful, healing experience.

_ Gentle Body Exfoliation **_190.00**

Choose from Mango and Vanilla, Rosehip or lavender a body exfoliation is hydrating, boosts circulation and promotes overall well being.

_ Nurturing Massage for Children **_280.00**

Massage for children is exceptionally beneficial for children who are anxious, hyperactive, suffering from bad dreams and spastic colons. Massage is a very nurturing experience for children – we recommend this massage for children of 8 and up, specifically formulated oils for children are used.

_ Esse Organic Nutrients Facial **_380.00**

Our ESSE facial incorporates the use of certified organic omega-3, 6 and 9 oils, and other natural ingredients. We've taken the experience one step further and incorporated the exceptional healing benefits of barley life.

So now you have a facial that is natural and utterly nutritious. This facial is free of parabens and synthetic ingredients. A must for our eco-warriors, and those in need of a natural, down to earth experience.

_ Vitaderm Deep Cleansing Facial **_300.00**

Our vitaderm deep cleansing facial, exfoliates, tones and hydrates the skin, restoring pH and clarity.

[let go relax heal]



[spa]

additional spa services

_ Massage:

Indian Head Massage	30 min	_250.00
Back, neck and shoulder massage	30 min	_250.00
Shiatsu Hand & foot Massag	30 min	_150.00

_ Exfoliation

Mango & Vanilla	_190.00
Rosemary & Rosehip	_190.00
Lavendar & Sea Salt	_190.00

_ Manicures & Pedicures

30 min manicure (nail shape & revarnish)	_90.00
30 min pedicure (nail shape & revarnish)	_110.00
60 min Paraffin Manicure	_180.00
60 min Paraffin Pedicure	_230.00
60 min Organic Manicure	_170.00
60 min Organic Pedicure	_220.00

_ Waxing:

½ Leg	_120.00
Full Leg	_160.00
Bikini	_80.00
Brazilian	_150.00
Underarm	_70.00
Lip, Chin, face & brow (price each)	_45.00
Back & Chest Wax	_140.00
Arm Wax	_130.00

_ Tinting

Eyelash	_40.00
Eyebrow	_40.00



[day escapes]

Five unparalleled spa journeys, each designed to enhance a certain element of mental, physical, and spiritual balance. Choose any element that draws you and join us for a few hours or a whole day for complete renewal.

Breakfast / Lunch & Snacks to be either ordered on the day or pre booked through Cafe del Soul – and are for a separate account.

[air]

An aromatic journey to open the mind and calm the senses

_half day **_690.00**

Sensation Showers
Bamboo Massage
Victoria Garden Healing Facial

_full day **_1360.00**

Yoga / Tai Chi
Hydrotherapy
Serenity Body Wrap
Reflexology
Indian Head Massage
Victoria Garden Healing Facial



Sweet Solitude **_960.00**

Yoga
Life Purpose Counselling
Deep Tissue Massage
Hydrotherapy
Purchase High Five Vit B &
Rhodiola Supplements with this package.

[water]

A refining journey to release excess energy and stress whilst purifying and detoxing.

_half day **_720.00**

Hydrotherapy
Detox Body Wrap
Holistic Back, neck & shoulder massage

_full day **_1280.00**

Yoga / Tai Chi
Hydrotherapy
Detox Wrap
Lymphatic Massage
Esse Organic Nutrients facial



Yogi Bliss **_1140.00**

Rebounding
BodyTalk
Body Exfoliation
Lymph Drainage Massage
Hydrotherapy
Purchase a Detox Box with this package

[metal]

An energizing journey to restore your strongest self.

_half day **_690.00**

Hydrotherapy
Aromasoul Full Body Massage
Paraffin Pedicure

_full day **_1280.00**

Guided Meditation
Hydrotherapy
Vitality Body Wrap
Aromasoul Full Body Massage
Vitaderm Phyto-essential gel therapy facial



Silence **_660.00**

Introduction to meditation
Crystal Massage
Floatation Therapy
Purchase Lillian Terry Sunset/Sunrise oil with this package

[let go relax heal]

[earth]

A grounding journey to empower your sense of well being.

_half day **_590.00**

- Yoga
- Hydrotherapy
- Holistic Massage full body massage

_full day **_1160.00**

- Yoga
- Hydrotherapy
- Bamboo Massage
- Esse Organic Nutrients Facial
- Organic Manicure



OM **_960.00**

- Yoga
- Reiki
- Deep Tissue Massage
- Hydrotherapy
- Purchase Viridian Multivitamin

[fire]

A reawakening experience alerting your senses leaving you energized.

_half day **_800.00**

- Hydrotherapy
- Hotstone Full Body Massage
- Vitality Body Wrap

_full day **_1400.00**

- Yoga
- Hydrotherapy
- Vitality Body Wrap
- Hot stone Back Neck & Shoulder massage
- Victoria Garden Facial
- Paraffin Pedicure
- 30 min mani



Invigorate **_950.00**

- Rebounding
- Reflexology
- Shiatsu
- Steambath
- Purchase an Antioxidant Supplement with this package

[let go relax heal]

And Nurture

Our beautiful and nurturing packages have been created for all our mothers to be.

_half day **_690.00**

Expectant Mother Hydrobath
Pregnancy Full body massage
Paraffin pedicure

_full day **_1240.00**

Gentle Yoga Stretch
Mango & vanilla exfoliation
Pregnancy Massage
Reiki
Vitaderm Deep Cleanse Facial

[ritual for two]

Our unique space for couples has been designed to provide intimacy, luxury and reconnection. Our space offers a double treatment room and hydrotherapy bath.

_half day **_890.00 per couple**

Sensation showers
Couple full body massage
Aromatic hydrobath

_full day **_2100.00 per couple**

Yoga / Tai Chi
Back neck & Shoulder Muscle Ease Wrap
Aromasoul – sunset full body massage for him
Aromasoul – sunrise full body massage for her
Victoria Garden Healing Facial
30 min pedicures
Aromatic Hydrobath



[community living]

At Woodlands we are passionate about creating a community which is conscious, vibrant & pioneering. We live in a time where the meaning of life extends beyond our daily stressors, possessions and careers. We are all in pursuit of life that reflects our values, spirituality and purpose. We are in a time where accountability, contribution and compassion are to our existence.

This is why we have created community living, we are not just a spa, we are more than that, we have created a space for like minded people can gather, share and inspire one another.

Community living is our reflection of living well, it is our commitment to making this world a more connected place to be. Celebrate ubuntu with us at Woodlands.



[yoga at woodlands]

Our Yoga Mantra - Breath, Strength, Integrity and Spirit

Melanie Castleman, our resident yoga teacher at Woodlands has spent 7 years developing her technique as well as a month in India developing her discipline. Melanie uses intense pose sequences, compassionately taught, to develop skills in awakening each aspect of our physical, mental, emotional and spiritual being. Yoga at Woodlands will ignite your passion for living.

Our Yoga classes are held in our Glass Studio – BODHI ZONE – which overlooks the river and is a unique setting in Muldersdrift which allows for an easy drive from Fourways / Ruimsig / Randburg. We accommodate no more than 12 people per class allowing for a personal attention between teacher and student. Yoga at Woodlands helps you connect to your core - getting strong and centred. It uses heat, deep breathing and vigorous sequences to sweat out toxins. Our yoga is a fusion of Iyengar, Ashtanga, power yoga & Vinyasa. Yoga does not require strength or flexibility; it only requires that you bring a willingness to learn how to feel authentically and respond honestly. Along with our regular class schedule Yoga at Woodlands we offer:

- Private one on one yoga sessions
- Corporate Yoga Classes, Workshops & Lifestyle Packages
- Therapeutic classes in combination with Counselling/Body Talk sessions
- Breath Work sessions & Body Awareness classes: creative movement & dance
- Guided Visualisation
- Meditation
- Regular Workshops and Retreat Days

No reservations are necessary, come to any class. All classes are between 75 and 90 minutes.

Monday	Wednesday	Friday	saturday
9:00 am	17h30 pm	7:00 am	9:00am
Hatha Yoga	Vinyasa Flow	Ashtanga	meditation
	9:00 am		Hatha yoga
	Rebounding		

Drop in Class - R80.00 • 10 Class Card - R600.00 • 20 Class Card - R990.00 • Private Yoga Session - R250.00
• Private Breath Work Session - R120.00

[let go relax heal]



[cafe del soul at woodlands]

In our oh-so-busy lives, we are all looking

for an oasis...

Somewhere mouth-watering

somewhere that

feeds body and frees soul...

where both heart and mind are inspired

...something new yet soothing

fragrant and colourful

peaceful and energising

melodious and delicious

This is our oasis

Welcome

Make it your own

Café Del Soul

A place to meet, a time to think, a space to be.

We are open 7 days a week for breakfast, lunch & beverages. You need not be booked for a treatment to eat at Cafe del Soul. Regrettably no children as this is a quiet spa & healing environment, and we would hate to ask your child to be quiet!

We are a separate entity to Woodlands and therefore all billing and gratuities will be handled as such.

[let go relax heal]



The view from Bodhi Zone

[bodhi zone]

At the Woodlands we have created a unique glass enclosed space for workshops & business meetings. Offering all the necessary facilities to keep you connected to the programme format whilst inviting in the natural surroundings. Our exquisite setting provides the perfect source of inspiration for business meetings along with power food menus, a range of executive treatment packages, all of which will build your team, support a manifesto of health and provide some much needed respite from the stress of business and daily life.

So whether it's a business strategy meeting, team building experience an life changing workshop or year end function, Woodlands invites you to conduct your business...unusually!

_ Option 1: (per delegate) 350.00 Venue only

_ Option 2: (per delegate) 175.00 ½ day venue ½ day spa

Facilities:

- Business Meeting Space facilities which can accommodate up to 25 delegates
- Power food menus for breakfast or lunch
- Unique tea breaks
- Access to our natural outdoor setting

_ Group Treatment experiences like, Indian head massage for 30 min, Shiatsu hand & foot massage 30 min
Swedish full body massage 60 min, Yoga 60 min, Tai Chi 60 min

Meals to be quoted by Cafe del Soul. Treatment quote to be provided on selection of treatments

Specialized Executive Programmes

Based on her years of experience as a training facilitator, Marisa Farinha Lloyd, a qualified Social Worker, is the facilitator of 'dynamic business for change processes'. Marisa's expertise have led her to work in the areas of emotional intelligence for business units, cultural integration workshops, and accessing the potential you need for a successful team. Marisa's clients have included well known consultancy firms, media companies and the NGO sector. When booking a dynamic workshop for you team, Marisa will design a programme based on a pre-assessment tool and interview process.

_ Opening Hours

Monday – Sunday:
9am – 5pm

_ For bookings:

(telephonic bookings are taken between 8h30 – 16h30)

T: 011 668 1918 011 957 3269

C: 071 6807971

E: bookings@healingatwoodlands.co.za

www.healingatwoodlands.co.za