



STANFORD VALLEY

COUNTRY LODGE



THE POPLAR SPA



Come and enjoy relaxing, luxury treatments at The Poplar Spa:
an authentic Overberg Spa at Stanford Country Lodge.

Included in each treatment is the use of the wood-fired sauna,
steam-room & cold plunge pool, with uninterrupted mountain views.

OPEN HOURS

Wednesday – Saturdays from 08:30 – 7pm

Sundays from 8.30am – 3pm

(closed on Monday & Tuesday)

...no excuse not to spoil yourself and a loved one!



TheraNaka[™]
SOUTH AFRICA

SPA TREATMENTS

Please consult your therapist if you have any of the following conditions:

- On any medication
- High blood pressure
- Any heart condition
- Recent surgery
- Sinusitis
- Sunburn
- Pregnancy
- Epilepsy
- Diabetes
- Eczema or Psoriasis
- Muscle or joint injuries
- Any Allergies

POPLAR SPA CANCELATION/RESCHEDULING POLICY

Your spa treatments are reserved especially for you. We value your business and ask that you respect the spa's scheduling policies. Should you need to cancel or reschedule, please notify us at least 24 hours in advance. Any cancellation requested less than 24 hours prior to your appointment are subject to a cancellation fee amounting to 50% of the cost of the scheduled service. We recognize the time of our clients and therapists is valuable and have implemented this policy for this reason.

SIGNATURE EXPERIENCES

TheraNaka™ Ginger and Lavender Poultice Massage

90MIN – R 1200.00

A tranquil experience designed to enhance deep relaxation, muscle recovery and increased lymphatic flow from the tips of your toes to the intricate muscles of your face. Inspired by ancient de-stressing heat therapies, your senses are calmed as the Himalayan Salt poultice bags infused with Keffir Lime and African Potato Extract release tension and restore vitality. A sensorial journey of therapeutic warmth awaits as the lingering fragrances of Lavender and Ginger invite you to escape from your busy life and restore harmonious flow, leaving your skin nourished and your soul deeply relaxed.

TheraNaka™ Couples' Retreat

60 MIN – R1 265

An African couples' journey for a memorable unifying experience. Melt away the stresses with this complete head to toe treatment, using natural botanical mood enhancing essential oils to relax and restore your weary body.

TheraNaka™ Cyclist Spa Package

45 min – R630 [BNS, foot and leg and scalp]

30 min – R445 (BNS ONLY)

Experience a deep massage therapy facilitated by an invigorating infused Fusion body oil to address aches and pains, whilst restoring vitality, realigning muscles and tissues. The back massage is followed by a refreshing foot and leg massage to restore tired feet. Your treatment will be concluded by a relaxing scalp massage leaving you feeling refreshed and energized.

Poplar's Heavenly Massage

90 min – R 1 550

Get your body back after this rejuvenating and unwinding experience. This is a divine combination of stones, deep tissue, bamboo and finishing off with a herbal poultice stimulating the lymphatic flow.

BODY INDULGENCE

TheraNaka™ Tension Release Vigour Massage

60MIN – R690

90MIN – R950

A warm aroma blend infused with circulatory-boosting essential oils is coupled with a deep tissue massage designed to relieve pain and muscle tension throughout the body. A refreshing gel is applied, leaving your body feeling refreshed and invigorated. The ideal massage for active individuals and frequent travellers in need of a circulation boost.

TheraNaka™ Luxury Fusion Body Massage

60 MIN – R635

Relaxing Swedish massage to calm the soul, rebalance, and uplift the mind.

TheraNaka™ Deluxe Shea Butter Massage

60 MIN – R690

90MIN – R805

Experience the soothing warmth as the butter melts under your therapist's hands, leaving you utterly relaxed and your skin nourished and hydrated.

Deeper Than Deep – Hot Stone Massage

60MINS – R690

90MIN – R1010

Experience a therapeutic massage using heated lava stones that melt away the muscle tension, relieves muscle pain and reduces stress and promotes sleep. Ideal for active individuals and frequent travellers in need of a circulation boost.

Mom To Be Massage (from 12 -36 weeks)

60MINS – R760

Using a variety of massage techniques that are safe for both mom and baby, we customise the massage to address your individual needs. Assisting with better sleep, reducing leg and back tension and raising natural immunity for you both.

BODY INDULGENCE

Scalp and Neck Massage

20 MIN – R320

Ease your mind and calm your senses with this relaxing, invigorating treatment.

TheraNaka™ Body Wraps

R890

Ease your mind and calm your senses with this relaxing, invigorating treatment. To commence this sensory journey you will receive a full body exfoliation, followed by a foot massage. Let your mind drift off whilst you are cocooned in a comforting envelope of fragrant oils and african wraps from our therapeutic range. Choose the wrap that will treat, renew or invigorate the skin and drift away during a relaxing scalp massage. Bringing this journey to a close is the healing touch of your therapist applying nourishing Baobab lotion. An experience out of Africa!

TheraNaka™ DETOXIFYING MUD WRAP – 60 MIN

TheraNaka™ MUSCLE RELEASE MUD WRAP – 60 MIN

Bamboo massage

60 MIN – R690

90MIN – R805

Known for its healing properties, this rather unusual holistic therapy works to calm and energise you from head to toe. Like the techniques found in a Hot Stone massage, warm bamboo is used to roll and knead the tissue to help alleviate muscle tension and general aches and pains. Talk about no cane, no gain!

Aroma Cupping Massage

60 MIN – R720

90MIN – R1200

One of the most effective techniques of releasing tension from the body.. Cupping therapy along with dry body brushing and a lymphatic drainage massage helps to remove stagnation, eliminate toxins ,increase blood flow ,help with pain relief and many more leaving you feeling strong and energised

ESSEL INNOVATIVE SKIN CARE FOR A BEAUTIFUL FUTURE

Hyaluronic acid Boosting facial

60 MIN – R790

Hyaluronic acid is present in our skin and is responsible for our hydration and moisture. It's essential to boost our skin with Hyaluronic acid. This treatment will boost your skin with Hyaluronic acid and boost your moisture and hydration and Plump the skin

Amazon deep cleansing facial

90 MIN – R1200

This treatment is ideal for clients that require a deep cleansing facial to eliminate any congestion and breakouts. This treatment will nourish and smooth the skin ensuring a brighter complexion

DNA epinew anti aging treatment

60 MIN – R760

Known for its healing properties, this rather unusual holistic therapy works to calm and energise you from head to toe. Like the techniques found in a Hot Stone massage, warm bamboo is used to roll and knead the tissue to help alleviate muscle tension and general aches and pains. Talk about no cane, no gain!

Aesthet xpert peel

45 MIN – R690

This is an advanced peel resulting in a smoother, radiant skin. This treatment can be successfully used for acne treatment, photo-damage, pigmentation and scarring and other skin conditions

TheraNaka™ Deluxe Manicure

45 MIN – R350

Indulge in an African inspired spa manicure treating your hands and forearms to a gentle exfoliation followed by an African Earth fusion hand massage, whilst including nail and cuticle attention, followed by a nail colour of your choice for your rejuvenated younger looking hands.

ESSEL INNOVATIVE SKIN CARE FOR A BEAUTIFUL FUTURE

TheraNaka™ Fire and Ice Foot Ritual

45 MIN – R 440

This “soulful” journey will take your feet through a geranium and pine sugar exfoliation whilst soaking in a herbal salt foot bath. Allowing your feet and legs to relax completely, a muscle soothing foot and leg massage with hot stones will commence followed by a cool, revitalising gel. Nourishing Baobab infused lotion will be applied to prepare your feet for their journey ahead.

TheraNaka™ Express Pedicure

30 MIN – R315

Premium Elim Pedicure

60 MIN – R440

Ensure heels are left smooth with the Elim chemical peel. Includes an enzymatic exfoliation, anti-bacterial soak, massage with Elim Foot Perfector that includes vitamins and minerals and finished off with the Gold Spritz which leaves a golden shimmer on the skin.

Poplar Signature Mediheel Pedicure

75 MIN – R570

Remove hard, callused skin and neutralise the heel to its optimum PH level with a Chemical Peel for cracked heels. Followed by an AHA Exfoliant which is an enzymatic peel and an anti-fungal and anti-bacterial foot soak. The Ultramud is a bentonite clay detox mask and the Foot Perfector is the perfect finish to the pedicure. As a final touch the Gold Spritz will leave a golden shimmer on the skin.

French paint add on

SOAK OFF / REVANISH – **R 115**

BROW AND LASH TINT – **R 175**

SPA PACKAGES

A.) Unwind.Relax.Rejuvenate - 90 MIN

R 950 PER PERSON

- Deep tissue Back Neck and Shoulder
- Hydraboost mini facial
- Express manicure Or pedi

B)THE POPLAR SPA RITUAL - 3HRS

R 2120 PER PERSON

- Full body exfoliation
- Body wrap
- Full-body massage including scalp massage
- DNA .anti-aging facial.

C) LOVER'SPA-RADISE - 2 HR 30MIN

R3450 PER COUPLE

- Shea Butter Massage
- Ultra hydrating facial with hot and cold stones