

THE POPLAR SPA



STANFORD VALLEY COUNTRY LODGE

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.

*Couples treatments are available Saturdays only,
unless prior arrangement has been made*

- OPEN HOURS -

Wednesday - Saturdays from 08:30 - 7pm

Sundays from 8.30am - 3pm (closed on Monday & Tuesday)

OPEN MONDAY TO SUNDAY FROM 14 DEC TO JANUARY

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

TheraNAKA®

BABOR
EXPERT SKINCARE. MADE IN GERMANY

aesthet



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 1380.00

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 – R1455.00

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 – R725.00 (BNS, foot and leg and scalp)

30 min – R512.00 (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 1 782.00

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 – R793.00

90MIN – R1092.00

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 – R730.00

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

TheraNaka™ Deluxe Shea Butter Massage

60 MIN – R793.00

90MIN – R926.00

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 – R793.00

90MIN – R1160.00

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 – R874.00

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 – R368.00

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

TheraNaka™ Body Wraps

R1023.00

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 – R793.00

90MIN – R925.00

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 – R828.00

90MIN – R1380.00

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

DNA Ultra Hydration Treatment

60 MIN – R793.00

90 MIN – R1 656.00

Melt away your lunch break with our ultra-hydrating facial treatment! This quick and easy treatment deeply nourishes your skin with a leave-on mask, while stimulating cell renewal to reveal a more radiant and youthful glow. Say goodbye to dullness and hello to a refreshed, revitalized you!

Poplar Signature Facial with Hot Stone

60 MIN – R1236.00

Imagine melting away all your tension and fatigue, that's exactly what this facial does. The dual effects of the hot stones and product also help to firm and tone your skin. Your skin will ultimately feel wonderfully moisturized and revitalized.

ESSEL Destress Cooling Treatment

60 MIN – R793.00

Create balance in combination skins with an oily T-zone. Recommended for oily/com-bination skin. Deeply purifying treatment This treatment is designed to soothe and calm inflammation resulting in a strengthened skin barrier.

Hyaluronic acid Boosting facial

60 MIN – R908.00

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

ESSEL INNOVATIVE SKIN CARE FOR A BEAUTIFUL FUTURE

Amazon deep cleansing facial

90 MIN – R1380.00

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 – R874.00

Unlock the secret to timeless beauty with the DNA Epinew anti-aging treatment, specifically designed for mature skin. This cutting-edge range harnesses the power of a patented DNA structure ingredient, which works in harmony with your body's natural cellular processes to repair and rejuvenate your skin. By boosting your skin's innate DNA repair mechanisms, this treatment effectively reduces wrinkle depth, leaving your skin looking smoother, more radiant, and intensely moisturized.

Aesthet xpert peel

45 MIN – R793.00

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 – R402.00

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.

TheraNaka™ Deluxe Manicure

45 MIN – R402.00

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.

TheraNaka™ Fire and Ice Foot Ritual

45 MIN – R 506.00

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 – R362.00

Premium Elim Pedicure

60 MIN – R506.00

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 – R655.00 * ADD ON GEL POLISH- R132.00

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 – R402.00

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

French paint add on – SOAK OFF / REVANISH – R 132.00 BROW AND LASH TINT – R 201.00

BABOR TREATMENTS

Babor Signature Facial Experience

60 MIN – R850

A rejuvenating experience curated with our iconic hero products. This luxurious treatment is designed to deeply hydrate your skin and impart a radiant glow, leaving you with a refreshed and luminous complexion.

Target: All Skin Types

Doctor Babour Facial Journey

60 MIN – R1350

A Meticulously crafted facial experience with hero products that expertly resurface, smooth imperfections, and enhance the skin's natural functions. This transformative treatment targets specific concerns, unveiling a revitalized complexion that radiates health. Unleashing the power of curated skincare essentials, designed to refine and renew, leaving the skin with a visibly smoother and further perfected skin texture.

Targets: Anti-ageing | Pigmentation | Barrier Impaired | Acne Prone

Poplar Firm & Lift Facial

75 MIN – R1550

An amazing experience that will take your skin to the next level by giving it what it craves. This facial includes dermaplane, galvanic and microcurrent for improving elasticity.

SPA PACKAGES

PLEASE NOTE: Couples treatments are available Saturdays only, unless prior arrangement has been made

A.) Unwind.Relax.Rejuvenate - 90 MIN

R 1092.00 PER PERSON

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

B)THE POPLAR SPA RITUAL - 3HRS

R 2440.00 PER PERSON

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

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

R3970.00 PER COUPLE

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