



## STANFORD VALLEY COUNTRY LODGE

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# 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.

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

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### - 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!*



TheraNKA<sup>®</sup>  
SOUTH AFRICA

**BABOR**

## SIGNATURE EXPERIENCES

### **TheraNaka™ Ginger and Lavender Poultice Massage**

90 min · R 1 518

Himalayan Salt poultice bags infused with Keffir Lime and African Potato Extract release tension and restore vitality. Fragrances of Lavender and Ginger invite you to escape and restore harmonious flow.

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### **TheraNaka™ Couples' Retreat** (Saturdays only / by arrangement)

60 min · R 1 601 per couple

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.

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### **TheraNaka™ Cyclist Spa Package**

45 min (BNS, Foot & Leg, Scalp) · R 798 | 30 min (BNS only) · R 563

Deep massage therapy with invigorating infused Fusion body oil addressing aches and pains, restoring vitality and realigning muscles and tissues.

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### **Poplar's Heavenly Massage**

90 min · R 1,960.00

A divine combination of stones, deep tissue, bamboo and herbal poultice stimulating the lymphatic flow.

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## BODY INDULGENCE

### **TheraNaka™ Tension Release Vigour Massage**

60 min · R 872.00 | 90 min · R 1,200.00

Warm aroma blend infused with circulatory-boosting essential oils coupled with a deep tissue massage designed to relieve pain and muscle tension. Ideal for active individuals and frequent travellers.

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### **TheraNaka™ Luxury Fusion Body Massage**

60 min · R 803

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

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### **TheraNaka™ Deluxe Shea Butter Massage**

60 min · R 872 | 90 min · R 1 019

Warm aroma blend infused with circulatory-boosting essential oils coupled with a deep tissue massage designed to relieve pain and muscle tension. Ideal for active individuals and frequent travellers.

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### **Deeper Than Deep – Hot Stone Massage**

60 min · R 872 | 90 min · R 1 276

Heated lava stones melt away muscle tension, relieve pain and reduce stress. Ideal for active individuals and frequent travellers.

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### **Mom To Be Massage (12–36 weeks)**

60 min · R 961

Safe massage techniques customised for mom and baby. Assists with better sleep, reduces leg and back tension and raises natural immunity.

### Scalp and Neck Massage

20 min · R 405

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

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### TheraNaka™ Body Wraps (Detoxifying Mud or Muscle Release Mud)

60 min · R 1125

Full body exfoliation, foot massage, cocooned in fragrant oils and African wraps. Concludes with a relaxing scalp massage and nourishing Baobab lotion.

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### Bamboo Massage

60 min · R 872 | 90 min · R 1020

Warm bamboo rolls and kneads tissue to alleviate muscle tension and general aches and pains.

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### Aroma Cupping Massage

60 min · R 911 | 90 min · R 1518

Cupping therapy with dry body brushing and lymphatic drainage to remove stagnation, eliminate toxins and increase blood flow.

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## FACIALS & SKIN CARE

### DNA Ultra Hydration Treatment

60 min · R 872 | 90 min · R 1822

Ultra-hydrating facial with a leave-on mask, stimulating cell renewal for a more radiant and youthful glow.

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### Poplar Signature Facial with Hot Stone

60 min · R 1360

Dual effects of hot stones and product help to firm and tone your skin, leaving it wonderfully moisturised and revitalised.

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### ESSEL Destress Cooling Treatment

60 min · R 872

Deeply purifying treatment to soothe and calm inflammation, strengthening the skin barrier. Recommended for oily/combination skin.

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### Hyaluronic Acid Boosting Facial

60 min · R 1000

Boosts skin with Hyaluronic acid to restore moisture, hydration and plump the skin.

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### Amazon Deep Cleansing Facial

90 min · R 1518

Deep cleansing facial to eliminate congestion and breakouts, nourishing and smoothing the skin for a

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### DNA Epinew Anti-Ageing Treatment

60 min · R 960

Patented DNA structure ingredient repairs and rejuvenates skin, reducing wrinkle depth for smoother, more radiant and intensely moisturised skin.

### **Aesthet Xpert Peel**

**45 min · R 872**

Advanced peel for smoother, radiant skin. Suitable for acne, photo-damage, pigmentation, scarring and other skin conditions.

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### **Babor Signature Facial Experience**

**60 min · R 935**

Iconic Babor hero products deeply hydrate the skin and impart a radiant glow. Suitable for all skin types

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### **Doctor Babor Facial Journey**

**60 min · R 1 485**

Expertly resurfaces and smooths imperfections. Targets: Anti-ageing | Pigmentation | Barrier Impaired | Acne Prone.

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### **Poplar Firm & Lift Facial**

**75 min · R 1 705**

Includes dermaplane, galvanic and microcurrent for improving skin elasticity.

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## **HANDS & FEET**

### **TheraNaka™ Deluxe Manicure**

**45 min · R 442**

African inspired spa manicure with exfoliation, African Earth fusion hand massage, nail and cuticle care, plus nail colour of your choice.

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### **TheraNaka™ Fire and Ice Foot Ritual**

**45 min · R 557**

Geranium and pine sugar exfoliation, herbal salt foot bath, hot stone foot and leg massage, finishing with nourishing Baobab lotion.

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### **TheraNaka™ Express Pedicure**

**30 min · R 398.**

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### **Premium Elim Pedicure**

**60 min · R 557**

Enzymatic exfoliation, anti-bacterial soak, Elim Foot Perfector with vitamins and minerals, finished with Gold Spritz.

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### **Poplar Signature Mediheel Pedicure**

**75 min · R 720 | Add-on Gel Polish · R 145**

Chemical peel for cracked heels, AHA exfoliant, anti-fungal foot soak, Ultramud bentonite clay detox mask, Foot Perfector and Gold Spritz.

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### **French Paint / Soak Off / Revanish R 145**

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### **Brow and Lash Tint R 221**

## SPA PACKAGES

### **A • Unwind. Relax. Rejuvenate**

**90 min • R 1 200 per person**

- Deep Tissue Back, Neck & Shoulder
  - Hydraboost Mini Facial
  - Express Manicure or Pedicure
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### **B • The Poplar Spa Ritual**

**3 hrs • R 2 684 per person**

- Full Body Exfoliation
  - Body Wrap
  - Full-Body Massage including Scalp Massage
  - DNA Anti-Ageing Facial
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### **C • Lover'Spa-Radise**

**2 hrs 30 min • R 4 367 per couple**

- Shea Butter Massage
  - Ultra Hydrating Facial with Hot & Cold Stones
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### **CANCELLATION & RESCHEDULING POLICY**

Please notify us at least 24 hours in advance.

Cancellations less than 24 hours prior are subject to a cancellation fee of 50% of the scheduled service cost. All prices in South African Rand (ZAR)

- Inclusive of 10% price adjustment

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