

WHITE FALLS | spa lodges

Honeymoon package

After the emotional experience of your wedding you will be brought back down to earth with a grounding , relaxing and invigorating his 'n' hers treatment. A vigorous scrub will begin the treatment; an effective combination of herbs will start treating all areas of the mind and body – rosemary for rebalancing, lemon balm for calming and sage for energizing. After this is showered off the therapist will treat you to the full body massage of your choice (Scentao of Asia Hot stones, Khanya of Africa, Shadiva of India or the traditionally firm Swedish massage.) Deeply cleansing facials with added pressure points for the men help soothe the skin and revamp it at the same time. Hopi ear candles will then clear the nasal passages of toxins and will relax the nervous system. A truly wonderful treatment that will leave you feeling blissful for the rest of your stay.

Total time: 3 hours 15 mins approx.





[The African Experience](#)

A fruity scrub begins this treatment to rid the skin of dead, dull skin. After a shower and 5-10 minutes in the sauna (to warm your muscles up) a volcanic heat pack will be spread over the body which will be left for 20 minutes to stimulate circulation and detox your system. A deeply relaxing scalp massage will then follow whilst the mud is being worked into the skin. After the mud is washed off a full body massage based on traditional African methods will capture the senses using maracas, marula oil and precious crystals. The sweet marula oil stays on after the treatment to soften the skin and provide moisture. This unique treatment is one that won't be forgotten!



Total time: 2 hours 30 minutes



[Head to Toe Pamper](#)

Every inch of you will be pampered with this girly treatment! A Babor facial will cleanse and leave the skin radiant. This will be followed by a Jessica prescriptive manicure and Jessica mini pedicure (feel free to specify if you would rather the pedicure be your longer nail treatment!) Whilst your nails are drying you will have a make-over to even skin tone and enhance your features – a great idea if you're going out for a special meal.

Total time: 3 hours



Gent's Energy Release Package

One for the boys! A salt scrub will rid the back of a build up of dead skin, followed by a warming paraffin wax coat to heat up muscles to prepare for the massage. A deep tissue Swedish massage will soothe tired muscles on the legs before being applied to the back to work on any tight, knotted muscles. An effective energy release facial with specialised products for men's skin will finish the treatment, with plenty pressure point massage applied to the face and scalp.

Total time: 2 hours

Please enquire/book your treatment(s) as early as possible before your stay to avoid disappointment

For information and bookings please contact Whitefalls Spa Lodges by emailing stay@whitefalls.co.uk

Spa packages are available primarily on Fridays, however, if booked well in advance, Wednesdays may also be arranged.

Cancellations: Please note any cancellations or alterations to treatments require 48 hrs notice.