



TEAM DR JOSEPH

BODY | MESSAGES

MOMMY AND ME PACKAGE 75 min R750

Mom can choose one of the following:

- Head & Neck Massage
- Neck & Back Massage
- Manicure or Pedicure

Little Me can choose between the following:

- Mini Facial with a mini manicure
- Mini Facial with a mini pedicure

TDJ DETOX BODY GLOW | 70 min R850

Begin your detox journey with a choice of our natural and organic exfoliating Coffee Toning Body Scrub containing coffee powder, Hops and Macadamia oil, or our gentle Enzyme Firming Body Peel. The perfectly balanced exfoliation is ideal for cellulite and loss of elasticity followed by a refreshing shower. Relax into a decadent body wrap using our Detoxifying Algae Mask, which will hydrate nourish and feed the skin. This treatment will leave you feeling revitalized, and your skin will be silky soft, well-nourished and deeply hydrated.

TDJ PREMIUM BODY DESTRESSING JOURNEY | 60 min R750

Begin your destressing journey with a choice of either our natural and organic exfoliating Coffee Toning body scrub or Enzyme Firming Body Peel which will gently polish the skin. Drift off into deep relaxation as your therapist performs a therapeutic massage using a combination of premium oils that will melt away muscle tension and stress ...tapping into all your senses.



Milkwood Spa

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PACKAGES

BOTANICAL BUFFET JOURNEY | 90 min R950

Create your own unique body experience by combining lingering fragrances from Africa with organic plant extracts, botanical oils and unrefined earth mediums. Choose your distinctive ingredient favourites and fragrances to combine a personal treatment preparation that buffs away all the dull skin, detoxes the body and leaves your skin soft and nourished. A treatment shaped by you- for you.

AFRICAN REJUVENATION RITUAL | 120 min R1,500

This invigorating experience starts with gentle back cleanse, exfoliation and massage before your therapeutic facial. The lifting massage is nature's solution to reactivate your being and bring it into harmony. While you absorb your restorative mask enjoy the scalp, foot and hand massage.

DAY IN THE MILKWOODS | 240 min R2,500

When you need the best of both worlds. Begin with a stress relieving full body massage and signature skin treatment followed by your luxurious Hand and Foot treatments. Complete your experience with a healthy Milkwood Spa lunch.

BODY | MASSAGES

AFRICAN AWAKENING/HEAD AND NECK MASSAGE | 30 min R450

Fragrant botanical oils are gently poured over your scalp and then massaged into your head and neck. This treatment takes you on a journey of deep relaxation while leaving your scalp hydrated, nourished and your mind cleared. The African Head Massage is sheer relaxation.

KHOI-KHOI DECADENCE/NECK AND BACK 45 min R500

Let the stress and worries flow away as we massage your tense neck, shoulders and back. The heated stones will release muscle stiffness and leave you relaxed and refreshed.

MAJESTIC ROLLING SANDS /MASSAGE | 60 min R750

Experience a deeply relaxing massage with rolling, arm movement over your complete body. The invigorating massage will leave your body refreshed while the fragrant massage oil will calm your senses and leave your body nourished, hydrated and deeply relaxed. Choose between our luxurious scented oils or a warm soybean candle.

BALANCING SOUL | 60 min R750

A balancing massage treatment helping to relax, relieve tension in the scalp and feet as well as working on calming and relaxing pressure points to help restore energy balance. Perfect for frequent flyers and to reduce swelling and water retention in the feet.

BODY | SCRUBS & WRAPS

DESERT GLOW BODY BUFF/EXFOLIATION | 45 min R500

A bespoke, stimulating and refreshing full body exfoliation that will stimulate blood circulation while unwanted rough skin will be buffed away with botanicals from the plains of the Kalahari. Your skin will feel smooth and deeply nourished.

AFRICAN BALANCE COCOON WRAP | 60 min R700

After gently exfoliating the whole body you will be wrapped in a bespoke nourishing fragrant oil and botanical clay that improves lymphatic flow, removes toxins from skin and refreshes your whole body. When unveiled after the treatment, your skin will be silky smooth, invigorated and moisturised.



FACE | THERAPEUTIC SKIN TREATMENTS

(These are for men & woman and even for the young ones)

AFRICAN METAMORPHOSIS | 60 min R750

Hydrate even the most dry and dehydrated skin with natural lipids from African Shea butter, Jojoba oil and Rosemary oil this treatment leaves the skin deeply moisturized and repairs the natural skin barrier, bringing life back to dry, dull skin. Suitable for all skin conditions, excluding oily and acne-prone skin.

BAOBAB TREE SKIN TREATMENT | 75 min R900

This is an ultra-firming, anti-ageing treatment, rich in natural, organic Vitamin C and essential antioxidants. Extracted directly from the African Baobab fruit, our Vitamin C boosts collagen and elastin regeneration, making your skin appear visibly firmed, brightened and tightened. Suitable for all skin conditions.

HANDS & FEET | MANICURES & PEDICURES

CALABASH DANCE HANDS OR FEET | 60 min R400

For a beautiful breather from the high-energy nature of everyday life, join us for an experience with a difference. Buff away the dry skin with salt from the saltpans of the Kalahari Desert. Enjoy the soothing experience where your hands and arms/legs and feet will be exfoliated and luxuriously massaged to leave your skin refreshed, smooth and nourished with a subtle bronze glow. Your hands/feet will feel ready for another journey.

Additional:

PAINT | 30MIN - R100

GEL | 60 MIN - R150

GEL OFF SOAK | 45MIN - R80