

Umoya Spa

"Umoya" — Zulu for Spirit or Breath • Wellness Treatments & Packages

Umoya Spa is a sanctuary of stillness nestled within the bush at Koppiesveld. Drawing on indigenous South African botanicals, ancient African healing traditions, and contemporary wellness techniques, our therapists create deeply restorative experiences tailored to each guest. Open daily 09:00–19:00. Advance booking strongly recommended.

MASSAGE THERAPIES

Treatment	Duration	Description	Price
African Earth Massage	90 min	Signature full-body massage using warm red clay and indigenous marula oil. Melts tension, deeply nourishes the skin, and grounds the senses.	R 1 250
Hot Stone Ritual	75 min	Basalt stones heated and worked along meridian lines, combined with deep tissue pressure to release chronic muscle tension.	R 1 150
Swedish Full Body	60 min	Classic relaxation massage using long, flowing strokes to improve circulation and induce a state of deep calm.	R 850
Deep Tissue & Sports	60 min	Targeted deep-tissue work focusing on areas of muscular tension. Ideal post-activity recovery treatment.	R 900
Couples Bush Retreat	90 min	Side-by-side massages for two, followed by a private plunge pool soak and complimentary sparkling wine.	R 2 600
Back, Neck & Shoulder	45 min	Focused treatment for the most common areas of tension. Ideal as a top-up or for guests with limited time.	R 650
Reflexology	45 min	Pressure-point therapy applied to the feet and lower legs, targeting reflex zones linked to all body systems.	R 650

BODY TREATMENTS

Treatment	Duration	Description	Price
Rooibos & Honey Body Wrap	75 min	A South African antioxidant body wrap using rooibos extract and raw honey, followed by a light exfoliation and moisturising finish.	R 1 100
Marula Glow Scrub	60 min	Full-body sugar and marula oil exfoliation to slough away dead skin cells, leaving a luminous finish. Includes a short scalp massage.	R 950
Detox Mud Wrap	75 min	Limpopo volcanic clay mask applied to the full body to draw out impurities, followed by a warm towel removal and hydration treatment.	R 1 050
After-Sun Soother	45 min	A gentle aloe and rooibos treatment for sun-exposed skin. Cooling, calming, and intensely hydrating.	R 720

FACIAL TREATMENTS

Treatment	Duration	Description	Price
Bush Botanica Facial	75 min	Signature facial using indigenous plant extracts — kigelia, baobab, and marula — customised for your skin type. Includes eye and lip treatment.	R 1 150
Gentleman's Rescue Facial	60 min	Deep cleanse, exfoliation, and targeted serum treatment for men. Addresses razor irritation and sun damage.	R 950
Express Glow Facial	30 min	A quick-turnaround brightening treatment. Cleanse, tone, vitamin C serum, and moisturise.	R 580
Anti-Ageing Lift	90 min	Advanced facial using peptide-rich serums and a lymphatic drainage massage to firm, lift, and deeply hydrate.	R 1 350

SPA PACKAGES

Package	Includes	Duration	Price
Bush Bride Package	African Earth Massage + Bush Botanica Facial + Rooibos Body Wrap + Manicure + Pedicure	Full Day ~5.5 hrs	R 3 800
Total Escape	Hot Stone Ritual + Marula Glow Scrub + Express Facial + Champagne & snacks	3.5 hrs	R 2 900
Couples Retreat	Two Couples Bush Retreat Massages + private plunge pool + sparkling wine & cheese board	3 hrs	R 5 200
Bush Recovery	Deep Tissue Sports Massage + Reflexology + After-Sun Soother + herbal tea	2.5 hrs	R 2 100
Mini Day Spa	Swedish Massage + Express Facial + Rooibos Tea Ceremony	2 hrs	R 1 600

NAIL CARE & ADD-ONS

Service	Duration	Price
Classic Manicure	45 min	R 380
Gel Manicure	60 min	R 480
Classic Pedicure	60 min	R 420
Gel Pedicure	75 min	R 520
Scalp & Hair Massage (add-on)	20 min	R 280
Eye Treatment (add-on)	15 min	R 180
Lip Treatment (add-on)	15 min	R 150

Booking & Spa Guidelines

- Appointments are essential — book through reception or at umoya@koppiesveld.co.za at least 24 hours in advance.
- Please arrive 15 minutes before your treatment to complete your consultation form and prepare.
- Cancellations made less than 4 hours before the appointment will be charged at 50% of the treatment price.
- All prices include 15% VAT. Gratuity is at the guest's discretion and greatly appreciated by our therapists.
- Spa robes, slippers, and lockers are provided. Personal valuables should be secured in your room safe.
- Umoya Spa uses certified cruelty-free and sustainably sourced South African botanicals wherever possible.