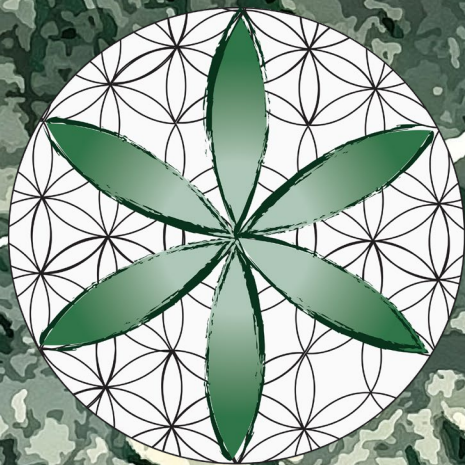




TSHUKUDU

SPA

TREATMENT
MENU

OUR BRAND PARTNERS

BABOR

BABOR brings scientific precision and uncompromising performance — delivering clinical excellence for the globally travelled guest who expects visible, transformative results. Rooted in a devotion to innovation and efficacy, it represents refinement.

ESSE

ESSE anchors us to Africa, honouring sustainability, microbiome harmony, and the sacred relationship between skin and environment. Speaking in the language of the earth through probiotic intelligence and living formulations, it is Africa — awakened, balanced, and conscious.

THALGO

Where ocean minerals meet the wild African soul, each gesture, scent, and texture invites guests to return to a place of inner harmony. The cool breath of the sea softens into the warm savanna breeze, and in that meeting, a deeper kind of wellness is born — one that is grounding, expansive, and profoundly restorative.



BABOR



THALGO
LA BEAUTÉ MARINE

TREATMENT SANCTUARIES

Tshisibalo Sanctuary – The Sanctuary of Stillness

Created for individual experiences, The Sanctuary offers a private and nurturing environment where guests can fully focus on their own wellbeing. Designed to encourage quiet reflection and uninterrupted relaxation, it is a space where restoration unfolds at a gentle and intentional pace.

Letlana Sanctuary – The Sanctuary of Connection

The Couples Sanctuary has been thoughtfully designed for shared experiences. Whether celebrating a special occasion or simply spending meaningful time together, this intimate space allows guests to reconnect, unwind and create lasting memories in the heart of the African bush.

ARTISTS ATTRIBUTION



Marcus Neustetter (b. 1976, Johannesburg) is an artist working across disciplines, site-specific practice, and socially engaged interventions. Holding a Fine Arts Masters from the University of the Witwatersrand, his projects across Africa, Europe, America, and Asia balance poetic form with critical inquiry, with drawing central to his process. Fascinated by aerial perspectives on our world, he uses satellite imagery to trace lines of connection and territories of the unknown. Tracing the Shifting Horizon Part of Marcus Neustetter's ongoing engagement with Earth and space-related perspectives, these works emerge from a process of drawing with and from experience.

Created at Tschukudu Lodge, high within the Pilanesberg's encircling ridges, they respond to the crater-like horizon that surrounds the

viewer and reveals the enduring footprint of an ancient volcano. A large panoramic drawing traces an imagined presence of the volcano through soil gathered from the site and layered marks that respond to movements, gestures, and observations made while exploring the landscape. The work attempts to capture something of the forces, rhythms, and energies that once shaped this terrain and continue to resonate through it.

Alongside this, a series of works begins with aerial images of the terrain, where the concentric geology of the Pilanesberg becomes visible from above. These digital prints are torn apart, reassembled and overdrawn on site with graphite, ink, and soil. Through this process of disruption and tracing, drawing becomes a way of listening to the landscape—following its contours, shifts, and resonances across deep time.

The Pilanesberg is the eroded remnant of a vast volcanic complex formed more than a billion years ago, its circular structure still etched into the land and visible from space. Together, these works seek to connect with the movements that shaped this terrain while acknowledging the ancestral, spiritual, and imagined histories that continue to inhabit it. The drawn mark becomes both a record of presence and an attempt to trace what remains unseen.



SIGNATURE JOURNEYS

Letlana

An invitation to reconnect with yourself and find balance once more.

Deep therapeutic techniques release accumulated tension while restorative rituals replenish the skin and awaken the senses. As physical strain gives way to comfort, a feeling of balance begins to emerge. Leave feeling lighter, clearer and more connected to yourself, with a renewed sense of ease and inner equilibrium.

Full body Massage, Full Body Exfoliation, Facial.

SINGLE

R2 965

3.5hrs

DOUBLE

R5 930

3.5hrs

Tshisibalo

A journey into stillness, where tension fades and calm takes its place

Flowing massage techniques calm the body, soothing scalp therapies quiet the mind and grounding foot rituals create a profound sense of relaxation. With every moment, tension softens, breathing deepens and the outside world gently fades away. Leave feeling peaceful, centred and deeply restored, carrying the calm of the experience with you long after you return to the rhythm of daily life.

Full Body Massage, Sculp Tension Massage, Luxury Foot Ritual.

SINGLE

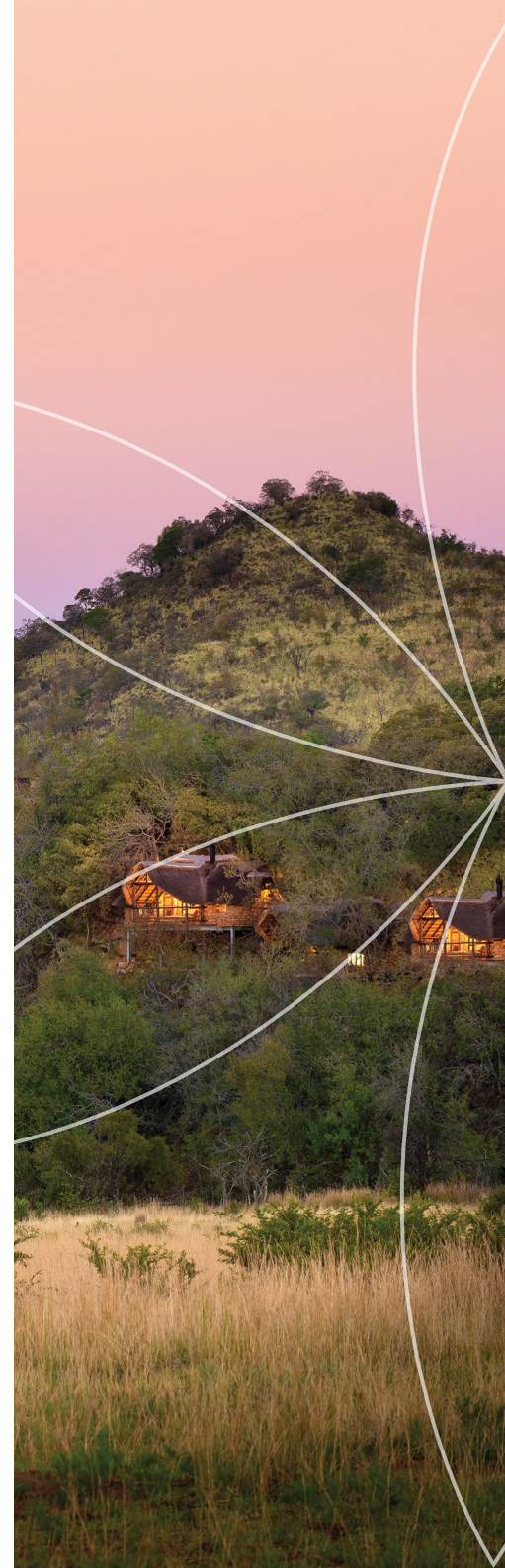
R2 365

3hrs

DOUBLE

R4 730

3hrs



SIGNATURE JOURNEYS

Boikanyo

Where vitality is restored and quiet strength returns.

Warm stones release deeply held tension while therapeutic rituals restore comfort to tired muscles and overworked bodies. As the experience unfolds, stress begins to dissolve, movement feels lighter and a renewed sense of vitality emerges. Leave feeling grounded, restored and re-energised, with a quiet strength that lingers long after the journey has ended.

Full body Massage, Full body Exfoliation, Pedicure.

SINGLE

R2 515

3.5hrs

DOUBLE

R5 030

3.5hrs

Tsosoloso

The art of restoration, thoughtfully curated from head to toe.

This immersive journey combines restorative touch with skin-nourishing therapies and meticulous grooming rituals, creating a sense of total wellbeing from head to toe. The body relaxes, the skin regains its natural radiance and the mind settles into a state of calm. Leave feeling refreshed, polished and beautifully restored, carrying an effortless sense of confidence and wellbeing.

Full Body Massage, Facial, Manicure, Pedicure.

SINGLE

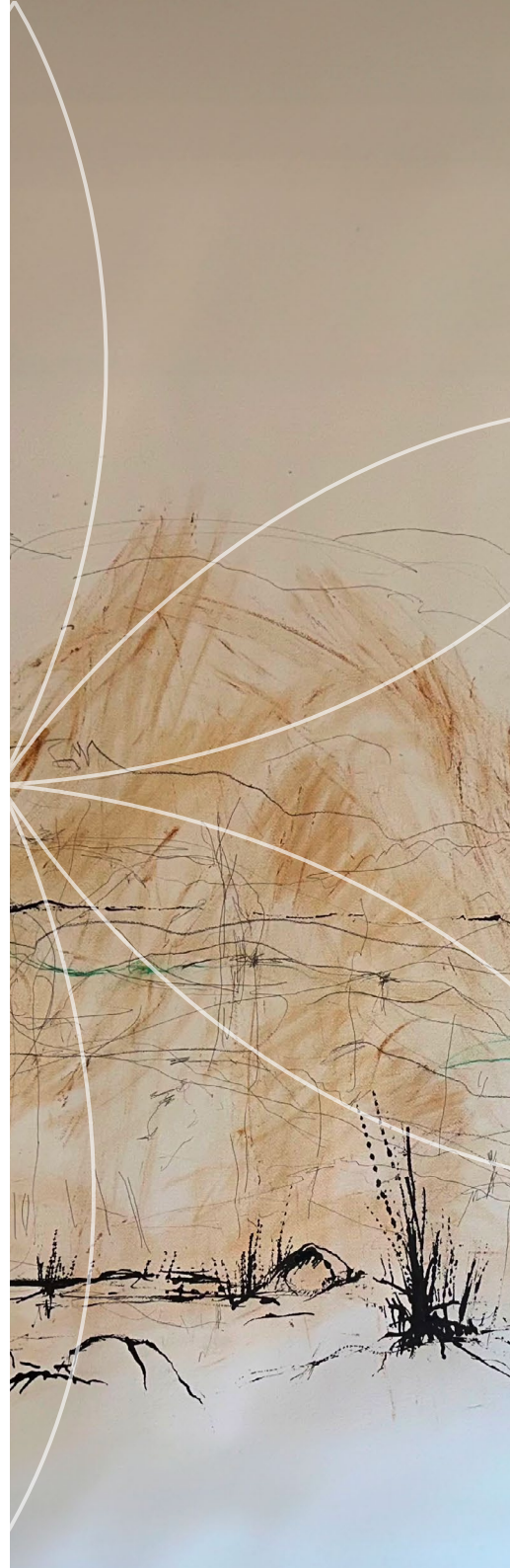
R3 535

5hrs

DOUBLE

R7 070

5hrs



CLASSIC TREATMENTS

MASSAGE THERAPIES

Swedish Massage

A deeply relaxing full-body massage using flowing techniques and gentle to medium pressure to ease tension, improve circulation, and restore overall well-being.

SINGLE	DOUBLE
R1 155	R2 160
60min	60min
R1 485	R2 820
90min	90min

Aromatherapy Massage

A soothing massage inspired by traditional Swedish techniques, enhanced with a bespoke blend of aromatic essential oils to calm the mind, relax the body, and uplift the senses.

SINGLE	DOUBLE
R1 265	R2 380
60min	60min
R1 595	R3 040
90min	90min

Deep Tissue Massage

A firmer massage using slow, focused movements and firm pressure to target deep-seated tension and stubborn knots. Ideal for guests who prefer a more intensive treatment.

SINGLE	DOUBLE
R1 265	R2 380
60min	60min
R1 595	R3 040
90min	90min

Hot Stone Massage

A relaxing massage enhanced by the use of heated stones that encourage blood flow throughout the body .

SINGLE	DOUBLE
R1 265	R2 380
75min	75min

Ilse Pacifique Massage

A relaxing massage ritual with warm sand pouches inspired by the rocking movement of the waves for deep relaxation and tension release.

SINGLE	DOUBLE
R2 250	R4 300
90min	90min

Journey To Motherhood Massage

A nurturing prenatal massage thoughtfully designed to support and comfort expectant mothers. Gentle techniques help relieve muscular tension, reduce swelling, and promote relaxation throughout the journey of pregnancy.

SINGLE
R1 150
75min



CLASSIC TREATMENTS

Back Neck & Shoulder Massage

A targeted massage designed to relieve tension and discomfort in areas most affected by stress and daily strain. Focused techniques ease tight muscles, improve circulation and restore a sense of comfort and ease.

SINGLE
R 850
45min

DOUBLE
R1 5 50
45min

Pressure Point Foot Massage

A restorative foot treatment that applies focused pressure to key reflex points, helping to release tension, improve circulation and promote a feeling of balance and relaxation throughout the body.

SINGLE
R 500
30min

Scalp Tension Release Massage

A firmer massage using slow, focused movements and firm pressure to target deep-seated tension and stubborn knots. Ideal for guests who prefer a more intensive treatment.

SINGLE
R 500
30min

FACIAL THERAPIES

BABOR Microbiomic

A lightweight, microbiome-friendly facial designed to strengthen the skin's natural barrier, boost hydration & support long-term skin health. Ideal for guests experiencing dryness, environmental stress or a compromised skin barrier. Skin is left balanced, resilient and beautifully refreshed.

SINGLE
R1 050
60min

ESSE Hydrating

A deeply nourishing facial that restores moisture while reducing sensitivity and visible redness. Using Esse's probiotic & microbiome-supportive formulations, this treatment calms stressed skin and promotes a healthy, balanced complexion. Perfect for sensitive, reactive or dehydrated skin.

SINGLE
R1 200
75min

BABOR Skin Nourishing

A vitamin-rich facial designed to replenish essential nutrients, defend against environmental stressors & restore healthy radiance. This classic BABOR treatment leaves the skin feeling nourished, revitalised and protected, with a natural glow that reflects renewed skin vitality.

SINGLE
R1 450
90min



BODY THERAPIES

Rose Salt and Coconut Exfoliation

A deeply nourishing full-body exfoliation ritual combining mineral-rich pink Himalayan salt with virgin coconut oil. This luxurious polish smooths away dull, dry skin while replenishing moisture, leaving the body soft, radiant, and beautifully conditioned.

SINGLE

R 600

30min

Muscle Ease Body Mask

A restorative body mask created to comfort tired, overworked muscles and support a sense of release. Mineral-rich kaolin clay is blended with shea butter and a targeted aromatic complex of black pepper, marjoram, peppermint, and wintergreen, creating a balancing warming-and-cooling experience that leaves the body feeling refreshed, soothed, and renewed.

SINGLE

R 600

45min

HAND & FEET THERAPIES

Signature Pedicure

R 600

60min

Signature Pedicure with Gel

R 700

75min

Signature Manicure

R 580

60min

Signature Manicure with Gel

R 680

75min

Luxury Foot Ritual

R 550

45min

Gel Application (only)

R 350

30min

Gel Soak Off

R 250

30min



SPA ETIQUETTE

Booking policy and Cancellation policy

A 50% deposit payment upfront is required in order to secure your booking. Please note that full treatment fees will apply in the event of a no-show. Late arrivals may result in a shortened treatment duration or, depending on the extent of the delay, may be considered a no-show.

A 100% upfront payment is required for group bookings, to secure your booking. Please provide the Spa with 7 days notice for the cancellation of group bookings in order not to incur any cancellation charges. If a 7 day cancellation is not provided, 100% of your total treatment value will be charged. Kindly note that we do not provide refunds on retail products purchases.

Arrival

Prepare for your Spa experience by arriving 30 minutes prior to your appointment time to allow for the check-in process. All appointments will end at their scheduled time in order that the next guest is not delayed or inconvenienced. Treatment times include the Spa's welcome ritual.

Attire

Please ensure that you bring along your swimwear should you wish to make use of the Pool. Personal belongings can be kept in the treatment room during your treatment. A gown, slippers and disposable underwear are provided for your comfort.

Consultation

All guests are required to complete a mandatory consultation card before their treatment so that our therapists can prepare and personalise your experience.

Facilities

Guests are more than welcome to help themselves to our complimentary refreshments. Please note that the Pool is located near the Spa which you are more than welcome to make use of before or after your treatment.

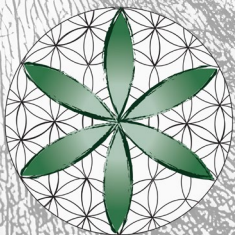
Homecare

To continue your Spa experience at home, products used during your treatment can be purchased at the Spa reception, where your therapist will be delighted to advise you on the most suitable products for your needs.

Disclaimer

Access to and use of Tshukudu Spa's facilities and equipment are undertaken at your own risk. The Tshukudu Spa, its management, therapists, and the lodge owners and staff shall not be held liable for any loss, injury, damage, claims, or compensation. By entering our premises, you acknowledge and accept this policy, waiving any and all claims against these parties.





TSHUKUDU
SPA



SPA CONTACT DETAILS

Address: Bakubung Gate, Pilanesberg
National Park, 2000, Pilanesberg, ZA

Whatsapp: 083 641 9549
Spa Reception Email:
tshukuduspa@legacyhotels.co.za

VOUCHERS SALES
Visit: www.legacybalance.co.za

OPERATING HOURS

Monday – Saturday: 09h00 – 18h00
Sunday: 10h00 – 17h00
Public Holidays: 09h00 – 18h00

MAKE A BOOKING



LEGACY
balance
spas