

About us:

The story of Ubuhle starts with a young girl who grew up in a village where the spirit of Ubuntu ran deep.

The little girl was surrounded by caring family members. One of her favorite family members was her beloved grandmother, whom she was infatuated with.

Her grandmother held a place of honour in her community because everyone knew that her grandmother had a special healing gift.

She would often gather herbs from the fields around the village, and these herbs she'd use to heal young and old who suffered from all sorts of maladies.

The little girl noticed something special about her grandmother's hands too. These hands, though strong, and used to rough work, had a soothing touch that she employed masterfully to alleviate pain. The little girl noticed that, whenever someone visited grandmother, even if they entered with a frown, they left with a calm demeanor.

The combination of herbs and healing hands brought relief to all. The little girl, full of dreams, grew up and left her village.

She studied at university, then love and life happened, and she ended up having two beautiful children. One of her children, a son whom she loves dearly, was born with epilepsy, although this was only diagnosed much later in his life.

The child suffered greatly from his ailment, and started a course of treatment at a tender age to try to combat headaches and other symptoms. The child's mother, distressed at her son's condition not improving, remembered her grandmother's healing hands, and decided to employ what she learnt from this remarkable woman as part of her son's treatment.

Her son's health improved dramatically, so much so that he stopped taking medicine altogether, and today, with only natural supplements and a weekly massage, he lives a normal life.

She first experienced how it touched her life and the lives of those she grew up with. Then she saw how it changed the life of her son. This led to her decision to offer this miraculous service to one and all.

This is why Linda, owner of Ubuhle Wellness Spa, decided to open her spa. She saw the power of healing hands.

Today, Ubuhle, still a young company, enjoys the custom of many who have come to understand that a massage is far more than a relaxing pastime.

Visitors enter stressed, and leave rejuvenated, refreshed and renewed.

Visit Ubuhle Wellness Spa, but bring your stresses and worries with you. It won't matter.

You'll leave a new person.



SAFE SPACE | INNER PEACE



ESSENTIAL OILS



THE COMBINATION OF HERBS



BALANCE & HARMONY
(Physically & Mentally)



HEALING HANDS

UNITY | AFFECTION

UBUHLE
WELLNESS SPA



UBUHLE
HEALTH & WELLNESS SPA

RELAXATION MASSES | SPORT INJURIES | COUPLE MASSES
BIRTHDAY PAMPER PARTIES | BABY SHOWERS
CORPORATE WELLNESS DAYS | GROUP PAMPERING SESSIONS
MORE



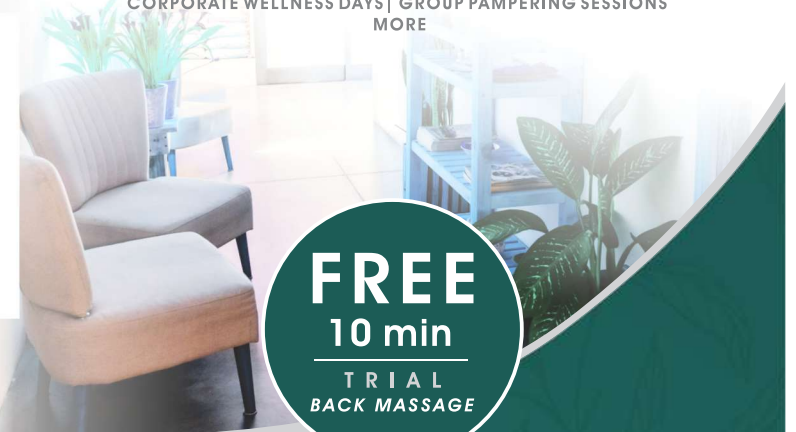
067 906 7928 | 082 391 1360



info@ubuhlespa.co.za



1 Da Gama Road, Surf Village
Jeffreys Bay, 6330



FREE
10 min
TRIAL
BACK MASSAGE

www.ubuhlespa.co.za

Wellbeing for the *Body & Mind*



MASSAGES

Full Body Swedish Massage

FULL BODY

A traditional full-body massage that'll leave you relaxed and refreshed

60 Min	R460
90 Min	R600
120 Min	R800

Hot Coconut Oil | Sports Massage

(Includes deep tissue and head massage)

FULL BODY

All knotted up from surfing, running, gym or cycling? You need a fully body hot oil, deep tissue massage, and Ubuhle is the perfect place to get one.

60 min	R500
90 Min	R650
120 Min	R900

HALF BODY

60 Min	R500
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PRE- & POST- EVENT SPORTS MASSAGE

P.O.R.

Aroma therapy Body Massage

FULL BODY

Inhale...exhale...this full body massage combined with essential oils, candles and incense, stimulates positive emotions and relaxation. Your skin absorbs essential oils maintaining suppleness, it offers pain relief, and the aroma's mental stimulation provides you with the ultimate massage session.

60 Min	R500
90 Min	R650

CBD Body Massage

FULL BODY

Full Body massage using specialised CBD oils to help aid the body into recovery and help with conditions

60 Min	R610
90 Min	R860

Stress-free hot stone massage

FULL BODY

A deep heat hot stone massage to help you relax and release those stresses that's been eating at you.

60 Min	R500
90 Min	R650

Back, Neck and Head Massage

30 Min	R360
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Reflexology Foot Massage

30 Min	R360
60 Min	R460

BODY TREATMENTS

Facials

Give your face something to smile about with an Ubuhle restorative facial.

Ubuhle Express Facial - 30 Min	R250
Ubuhle Deep Cleaning Facial- 60 Min	R405

Exfoliation Massage

FULL BODY

A full-body exfoliation and body massage session that'll leave your skin refreshed and moisturized.

60 Min	R560
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Therapeutic Herbal Manicures & Pedicures

Herbal-Infused Manicures

30 min Express Organic Manicure	R250
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Includes nail trimming, shaping, cuticle grooming and a hand massage

60 min Herbal Spa Manicure	R480
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Enjoy a warm hand soak, nail trim, file, buff and shine, nail and cuticle nourishment, nail polish and relaxing hand massage

Herbal-Infused Pedicures

30 min Herbal foot soak,	R360
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exfoliate with sugar scrub and massage

60 min Herbal foot soak	R480
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nail and cuticle care, nail trim, sugar scrub, callus removal, moisturising hot towel wrap, nail polish and therapeutic foot massage

Remedial Massages

This includes our new therapy that provides you with a drug-free alternative approach to treating pain and inflammation)

Frozen Shoulder - 30 min	R250
Neck and back pain- 30 min	R260
Hip Pain/Sciatica- 30 min	R360
Knee Pain- 30 min	R250
Tennis elbow- 30 min	R200

Training and Performance Programs:

Preparation: This is an excellent protocol to prime the body prior to a training session of physical activity. **P.O.R.**

Recovery: This protocol is used for support post- training or in between multiple same-day training sessions. **P.O.R.**

It is useful prior to an important race or event. It reinvigorated body and mind.

Heavy Stress and Burnout: This protocol is especially useful for heat and cold related stress from outdoor activity. **P.O.R.**

Energy Booster: An excellent pick-me-up and re-energiser that can support in between training sessions or any point when you need to be re-invigorated **P.O.R.**

Muscle Conditioning: This protocol is used for strength and weigh training or body building. **P.O.R.**



GIFT VOUCHERS AVAILABLE