

# MOOD Spa & WELLNESS



## About us

Welcome to our Medical Spa and Wellness Centre, where luxury body treatments meet holistic and expert mental wellness in an idyllic resort setting.

Our team of experienced masseuses, medical and psychology experts and life coaches are dedicated to providing you with personalised treatments that are designed to clear the clutter in our minds and soothe the muscles on our bodies from the aches and pains caused by our daily life-stressors.

We integrate the latest in health and wellness knowledge with the best in massage techniques

 [@moodhealthresorts.com](https://moodhealthresorts.com)



WE'RE  
OPEN  
*everyday*

08:00 - 19:00



BOOK NOW

060 282 6891

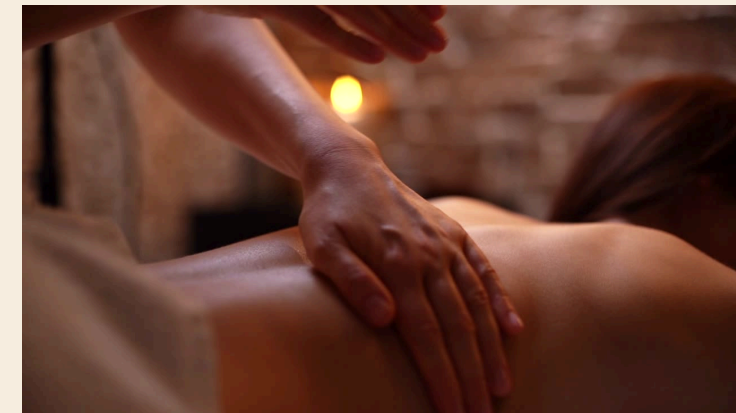
96 Houghton Drive, Houghton Estates  
Joburg

[info@moodhealthresorts.com](mailto:info@moodhealthresorts.com)

Get an in-depth session, debrief  
and declutter your mind



*Nourish Your Body, Mind  
and Soul*



Get the best massage treatment from  
our professional therapists to  
completely relax and revitalise your  
body



[@MOODHEALTHRESORT](https://www.instagram.com/moodhealthresort)

# MOOD



# SPA

RELAXED  
LIVING

*Nourish Your Body and Soul*

96 Houghton Drive,  
Houghton Estates,  
Jhb

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@MOODHEALTHRESORT

## Classic Massage

60min | 90min

- Swedish R850 | R1090
- Deep Tissue R950 | R1150
- Hot stone R950 | 1150
- Prenatal R1250 60min
- Bamboo Rythmic Beats R890 | R1090



- Aromatherapy R1150 | R1350
- Cupping + Swedish  
Combo R1150 | 1350
- Couple's Massage R1550 | R2050
- Pedicure
  - Deluxe R450
  - Signature Medi R550
- Manicure R380
- Manicure with Gelish R480
- Soak off R95





# Half Day Package



Start your day with a welcome drink and a choice of foot, an indian head or a back,neck and shoulder massage.

Enjoy a delectable spa light lunch with complimentary tea/coffee/juice/1 x glass of bubbly

End the day off with a full body aromatic scrub and a full body massage (add R220 for cupping).

|2.5hrs|



Discover a haven of peace and rejuvenation. Welcome to our spa, where rest and renewal converge.



## Full Day Package

Receive a luxurious welcome drink with a Mood Foot Ritual. **30min**

Spend some time in the serene outdoors journaling/meditating with our guided meditation. **30min**

Indulge in a healthy lunch with complimentary beverages. **60min**

Allow our therapists to detox your body with a therapeutic body scrub, a 30min-magnesium milk bath with complimentary bubbles, followed by a full body massage. **2 hours**

End the day with a gourmet 2-course dinner.

|4hrs|



## ARE YOU IN THE MOOD?

**060 282 6891**

**96 Houghton Drive  
Houghton Estates  
2198**



# Spa & Wellness Packages



Our Spa and Wellness Packages offer a luxurious escape designed for ultimate relaxation and healing. Our spa treatments, including massages and aromatherapy, provide a tranquil environment to relieve stress and restore balance.

For deeper rejuvenation, our Wellness Packages combine personalized health consultations, mindfulness practices, and therapeutic treatments, helping you achieve both physical and emotional wellbeing.

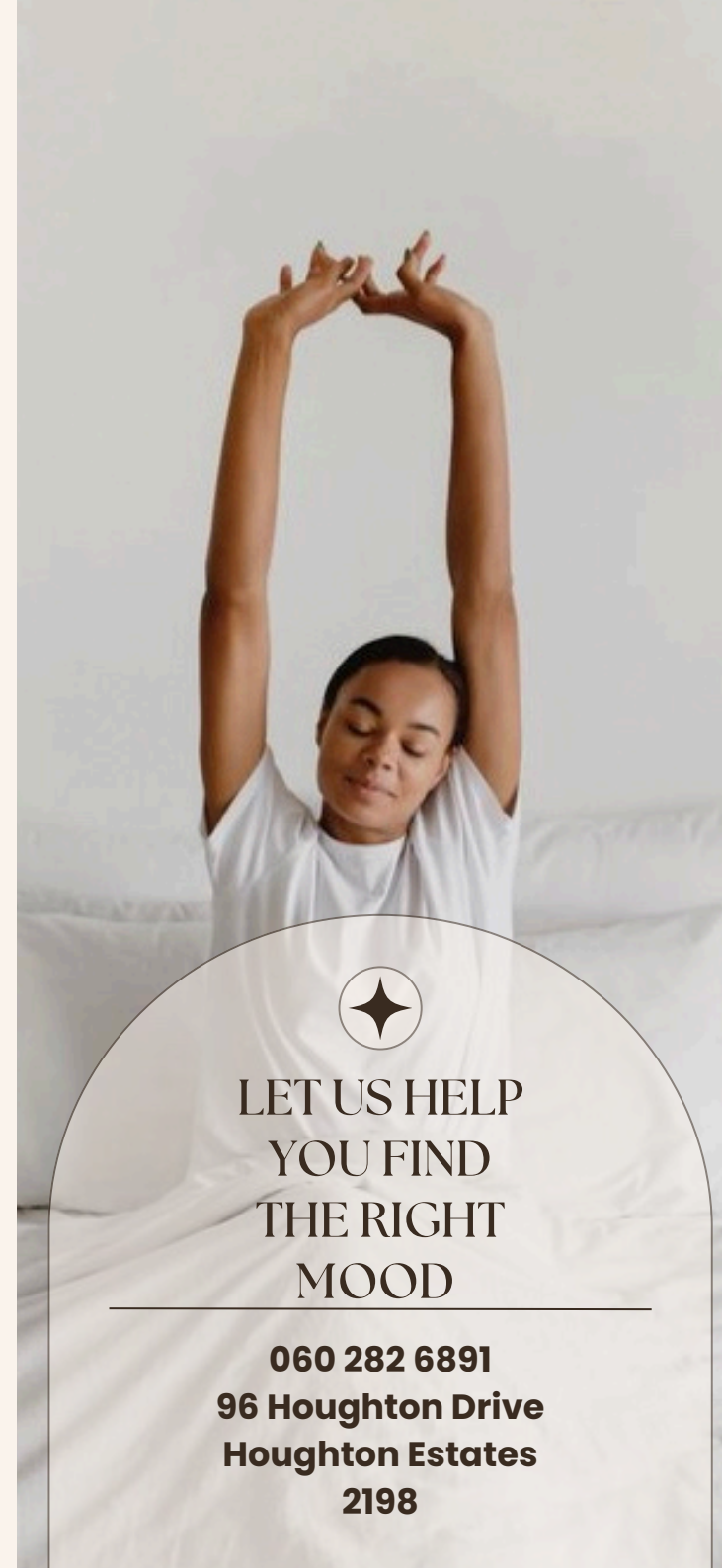


You are now free to allow yourself to go deep into a psychological massage, where both mind and body are sent into a world of optimism and possibility.

## Spa & Overnight stay

- **Welcome Ritual:** Upon arrival, you'll be greeted with a refreshing welcome drink and a calming wellness consultation to personalize your spa experience.
- **Signature Spa Treatments:** Indulge in a selection of signature treatments, including a rejuvenating full-body massage, facial, or body wrap. Our highly trained therapists will tailor each treatment to your specific needs, using premium oils and skincare products to ensure a deeply relaxing experience.
- **Gourmet Dining at Nurture @ MOOD:** Savor a delicious, healthy dinner at our fine dining restaurant, Nurture @ MOOD, where you'll be treated to a meal crafted with locally sourced ingredients and designed to nourish both body and soul.
- **Luxury Overnight Accommodation:** After a day of pampering, retreat to your elegantly designed suite. Enjoy a peaceful night's rest in a spacious room featuring luxurious linens, modern amenities, and stunning views.
- **Breakfast:** Start your morning with a delightful breakfast served at your leisure, either in our dining area or in the comfort of your room.
- **Optional Wellness Activities:** Enhance your stay with access to yoga, meditation, or mindfulness sessions to further restore balance and wellbeing.

**The Spa and Overnight Stay at MOOD offers the perfect combination of relaxation, luxury, and rejuvenation, allowing you to fully unwind and recharge in a serene environment.**



LET US HELP  
YOU FIND  
THE RIGHT  
MOOD

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**060 282 6891**  
**96 Houghton Drive**  
**Houghton Estates**  
**2198**





Indulge in our thoughtfully curated menu of health drinks, root-based teas, and nutritious meals, crafted to heal, rejuvenate and energize you. We believe that true wellness encompasses every aspect of your life, and our offerings reflect that philosophy.

AT OUR SPA RESTAURANT,  
YOU'LL DISCOVER A SERENE  
ENVIRONMENT DESIGNED TO  
NURTURE BOTH BODY AND  
MIND, ENSURING A TRULY  
TRANSFORMATIVE  
EXPERIENCE.



Nurture

@Mood



Join us on a tasty journey  
to well-being, where  
healing and luxury  
intertwine for a revitalizing  
escape.