

2

SOUTHERN DRAKENSBERG

Goodersons Leisure

Gooderson Leisure's Drakensberg Gardens Golf & Spa Resort is nestled in the tranquil Southern Drakensberg and has a therapeutic Wellness Centre. Slow down, soak up the healthy relaxation and enjoy the sauna and plunge pool, two jacuzzis, two steam rooms, a heated 24 jet hydrotherapy bath, as well as a fully equipped gym with cardiovascular circuit, weight training and juice bar. Alongside the centre is the Body and Soul Spa which offers 5

treatment centres. Similarly, the Natal Spa Hot Springs & Leisure Resort on the serene outskirts of Paulpietersburg has a Wellness Centre that will be fully refurbished by the end of October 2008. Bring yourself back to your effervescent best by revitalising at a Gooderson Leisure Wellness Centre and return home to enjoy life so much more.

■ Tel: 031-337 4222, Email: marketing@goodersons.co.za
www.goodersonleisure.co.za

3

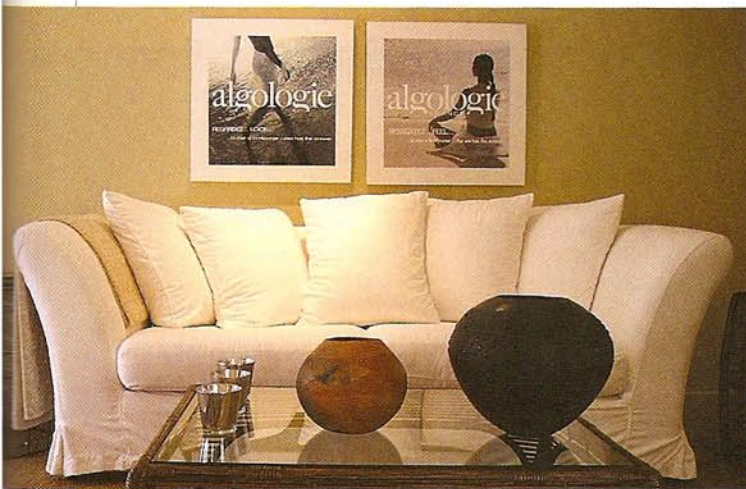
WILD COAST

Umngazi River Bungalows

The Wild Coast may be South Africa's most spectacular and yet least touristy region. Rocky coastline, indigenous forests, secluded coves and many river mouths...it's a place where man & nature exist in complete harmony. You are constantly inundated with the sights, sounds and smells of the sea. **Umngazi** is an award winning family resort ... a perfect escape from the hustle and bustle and noise of the far away cities. The Spa at Umngazi is a relatively new addition and

is devoted to enhancing our guest's stay and their overall well-being. The architectural style of the spa is a fusion of Cape Cod Style with a African touch and blends in effortlessly with the surroundings. Guests are treated to a secluded, tranquil experience to a soundtrack of nothing but breakers, bird calls and the odd glimpse of a whale or two.

■ Tel: 047 564 1115/6/8/9
Info: 031 701 6881/2
www.umngazi.co.za



4

ELEPHANT COAST

Ghost Mountain Inn

At the foot of Ghost Mountain in Mkuze, northern KwaZulu-Natal lies the 4 Star **Ghost Mountain Inn** - a perfect setting for a spa. This beautiful hotel is the ideal location from which to explore the nearby wildlife and coastal reserves.

The spa offers a secluded haven to be pampered and to unwind. A variety of treatments are available while facilities include relaxation

areas, a steam room and gym. Natural marine and botanical ingredients of Algologie products are used. Listen to the birdsong and enjoy the warmth of the African sun at the poolside within the glorious gardens.

■ Tel: 035 573-1025
Fax: 035 573-1359
E-mail: gmi@ghostmountaininn.co.za
www.ghostmountaininn.co.za

5

HILLCREST

Moi Day Spa

Pamper your senses at the **Moi Day Spa** in a sanctuary of tranquility as you unwind into a World of relaxation and rejuvenation we strive for perfection, whether you spend an entire day with us or just meet friends for a light meal or a coffee, our passion is to make your experience a memorable one. Our holistic approach to wellness, where technology

meets tradition in a warm and homely environment, ensures that balance, harmony, and the vitality of life are restored.

■ Telephone: 031 767 4076
Email: info@amoi.co.za
www.amoi.co.za