

# amani spas

## amani signature spa treatments

- ◆ **kurhula ritual** 90 min R1200  
discover your kurhula, "your inner peace" as you indulge in our signature holistic body ritual, pampering not only the body but the face and scalp too, a unique full body massage using our signature organic coconut oil, flows into a revitalising mini facial bringing balance to your body, mind and soul.
- ◆ **jewel of africa massage** 90 min R1200  
experience the restorative and energising quality of the crystals, warm oils and flowing movements, which work together to rapidly reduce muscle tension in the body. this deluxe treatment balances your energies, releases emotional stress and leaves you with a feeling of complete relaxation and wellbeing.

## hand and foot rituals

- ◆ **amani hand ritual** 30 min R380  
a luxurious soak, scrub, cuticle care, nail shaping and hand massage to leave them beautifully conditioned.
- ◆ **amani foot ritual** 30 min R380  
a soak and scrub, followed by a foot massage, soothing sore and tired feet, softening and nourishing dry skin.
- ◆ **polish application - additional** 20 min R120

## massage collection

- ◆ **classic swedish massage** 60 min R620 90 min R995  
a full body massage using an array of techniques, provides immediate relief for aching muscles, improves circulation and reduces stress.
- ◆ **deep tissue massage** 60 min R640 90 min R1020  
a deep massage designed to alleviate tension of overstressed muscles, stimulating the lymphatic and circulatory systems.
- ◆ **aromatherapy massage** 60 min R680 90 min R1060  
a therapeutic full body massage using a blend of aromatic plant oils to induce relaxation and equilibrium in the body.
- ◆ **lefika hot stone massage** 60 min R680 90 min R1060  
a sensory massage using heated natural river stones and organic coconut oils to relieve muscle aches and tension.
- ◆ **african rungu massage** 60 min R680 90 min R1060  
using a traditional african wooden baton, this unique massage reduces muscle tension, providing instant relaxation.
- ◆ **ikêlla massage** 30 min R420 60 min R620  
focuses on relieving tension in the back, neck & shoulder areas.
- ◆ **the jetsetter** 60 min R795 90 min R1190  
a foot ritual and a relaxing back, neck & shoulder massage.
- ◆ **mom-to-be massage** 30 min R420 60 min R620  
this relaxing full body massage relieves and soothes tired and aching muscles. (not recommended in the 1<sup>st</sup> trimester).

## luxurious body conditioning

- ◆ **the pango** 45 min R580  
discover a little african magic in our uniquely designed pango cave and experience a ritual with therapeutic body mud, which leaves you feeling cleansed, renewed and relaxed.
- ◆ **amani body polish** 60 min R695  
enjoy the exfoliating and cleansing experience of amani's body polish specially formulated to slough away rough dry skin and assist in the cell renewal process, leaving the skin radiant and soft to the touch. this luxurious treatment is completed with a pressure point foot massage.
- ◆ **pure organic slimming & detox journey** 90 min R990  
this highly effective slimming treatment is designed to reduce bloating, cellulite and water retention. the exfoliating mud wrap followed by a full body slimming massage assists with the detoxification and releases muscle tension while rehydrating and toning the skin.
- ◆ **sensational bush bath and massage** 60 min R695  
unwind in the bush bath, and soak your stressed away, followed by an ikêlla back neck and shoulder massage.

## terres d'afrique organic experience

- ◆ upgrade any treatment to a unique and sensational 100% pure organic experience - additional R200

## pamper journeys

♦ **romancing the bush** 2,5hrs 2people R2995  
your romantic retreat begins with a rejuvenating body polish and relaxation in the bush bath, followed by our signature kurhula ritual, pampering the body with an indulgent full body massage, and then flowing into a revitalising mini facial.

♦ **the feast for the soul & senses** 3 hrs R1850  
discover a little african magic and experience amani's signature jewel of africa massage using unique crystals, warm oils and flowing movements, to balance energies, releasing emotional stress and leaving you feeling totally relaxed and rejuvenated. proceed with a luxurious regenerating facial and scalp massage, followed by a relaxing pressure point foot massage.

♦ **jetsetter's indulgence** 2 hrs R1225  
enjoy sole indulgence, which includes a foot soak and massage, inducing relaxation, soothing sore and tired feet and improving circulation. proceed with a back, neck and shoulder massage and complete your rejuvenation with a revitalising express facial, which will cleanse and hydrate the skin. the ultimate revival!

♦ **the pango journey** 2 hrs R1200  
discover a little african magic in our uniquely designed pango steam room and experience a ritual with therapeutic body mud, which leaves you feeling cleansed, renewed and relaxed. continue your journey and indulge in a full body aromatherapy massage to relax the body, calm the mind and connect with your soul.

♦ **amani royale** 4 hrs R2795  
surrender to a day of head-to-toe pampering making you feel like royalty. begin your journey with a hydrating body polish and relaxation in the bush bath followed by an aromatherapy massage, a rhythmic, gentle full body massage using therapeutic aromatic plant oils to relax the body, calm the mind and connect with your soul. enjoy a luxurious facial completed with a conditioning and nourishing hand and foot ritual with polish application.

## deluxe facials

♦ **goddess facial** 60 min R650  
amani's signature facial is an intensive anti-ageing treatment which revitalises and strengthens the skin, supplying the skin with moisture, vitamins and anti-oxidants, which leaves your complexion looking youthful and glowing.

♦ **gentleman's facial** 60 min R650  
a relaxing and luxurious facial designed specifically to combat signs of skin ageing, fine lines, wrinkles and loss of elasticity and assists in soothing daily shaving.

## spa etiquette

**spa facilities:** amani offers all guests the use of its facilities. we are sure you will understand that in keeping with the serene atmosphere within the spa, cell phones must be switched to silent.

**punctuality:** guests are requested to arrive 20 minutes or more prior to your treatment time in order for you to complete a consultation card. a late arrival may result in a shorter treatment, or possibly even a forfeited treatment.

**spa treatments:** all treatments are subject to therapists' availability. prices are subject to change without notice, and are inclusive of vat.

**consultation:** please inform your therapist to any medical condition/s, allergies, intolerances or needs before your treatment. please note, certain spa treatments are regrettably not permitted for women within their first trimester of pregnancy.

**safety regulations:** we recommend that you do not wear any jewellery during your visit, and that you keep all valuables in the safe in your room.

**age restriction:** guests of 16 and over are welcome at amani spas. adult supervision is required for children under 16.

**payment:** spa charges are charged to the guest's room account, and will be settled at the lodge reception as the spa regrettably does not accept cash or credit cards directly. in certain instances, a prepayment may be required to secure a booking.

**dress code:** swimming costumes must be worn when using the hydro and pool facilities. the spa has a no-nudity policy.

## corporate wellness & group packages

amani corporate recognises the requirements of corporations. amani has the facilities and expertise to create experiences with value-adding benefits and is able to facilitate each corporate's objectives of:

- ♦ staff motivation
- ♦ optimising employee performance levels
- ♦ executive and employee wellbeing
- ♦ enhancing your client relationships

for more information, please visit our website.

**cancellation policy:** a booking cancellation fee of 50% will be charged on all bookings that are cancelled within 8 hours or less of the appointment time; in the case of a "no-show", the full cost will be charged. should the booking be confirmed with a gift voucher, a cancellation fee of 50% of the value of the gift voucher will be charged, and in case of a "no show", the full value of the gift voucher will be considered as redeemed. should a group consisting of 5 persons or more wish to cancel their booking, they are requested to provide at least one week's notice or the full value of the group booking will be charged.

**gift vouchers:** gift vouchers are available from the spa and are redeemable at any amani spa nationwide. vouchers can be issued for specific treatments or for a specific value. the original gift vouchers must be presented at an appointment in order to be honoured. gift vouchers may not be redeemed for cash.

**discount vouchers:** may only be used for spa treatments and may not be used for retail purchases.

**special offers and promotions:** may not be used in conjunction with discount vouchers or loyalty programmes.

**disclaimer:** every person entering the spa facilities or utilizing the facilities and equipment on these premises does so entirely at their own risk and agrees that amani, its management or therapists and/or the lodge shall not be held liable or responsible, whether jointly or severally, for any loss, injury, damages, claim and/or compensation of whatsoever nature, such person by their entry to these premises for any reason whatsoever waives any and all claims against the aforementioned.