

SPA MENU

Essential Journeys

RARE EARTH SPLENDOUR 120 MINS / R1,500

This ultimate hydration journey; an escape to total tranquility. Rich in fatty acids and antioxidants, and having been used for centuries by local African communities, Kalahari Melon offers hydration and protection to the skin. The treatment begins with a full body scrub to help soften and smooth, followed by a warm shower and a 90-minute full body massage to ease away tension and soothe tired muscles.

AFRICAN SPICE CELEBRATION 120 MINS / R1,600

A calming and comforting wilderness exploration inspired by traditional spices and healing therapy. An exfoliating scrub infused with coffee, cinnamon and orange helps to buff and give radiance to the skin, while a sculpting body wrap works to define body contours. The treatment culminates with a luxurious and nourishing full-body massage.

MAKULEKE ESCAPE 90 MINS / R1,350

An African escape unlike any other. Surrender to a full body polish of antioxidant-rich pinotage grapes which gently polishes and softens. Next, indulge in a tailored full body massage with African Potato Balm to nourish and revive while treating sun damage, eczema, psoriasis and other skin concerns.

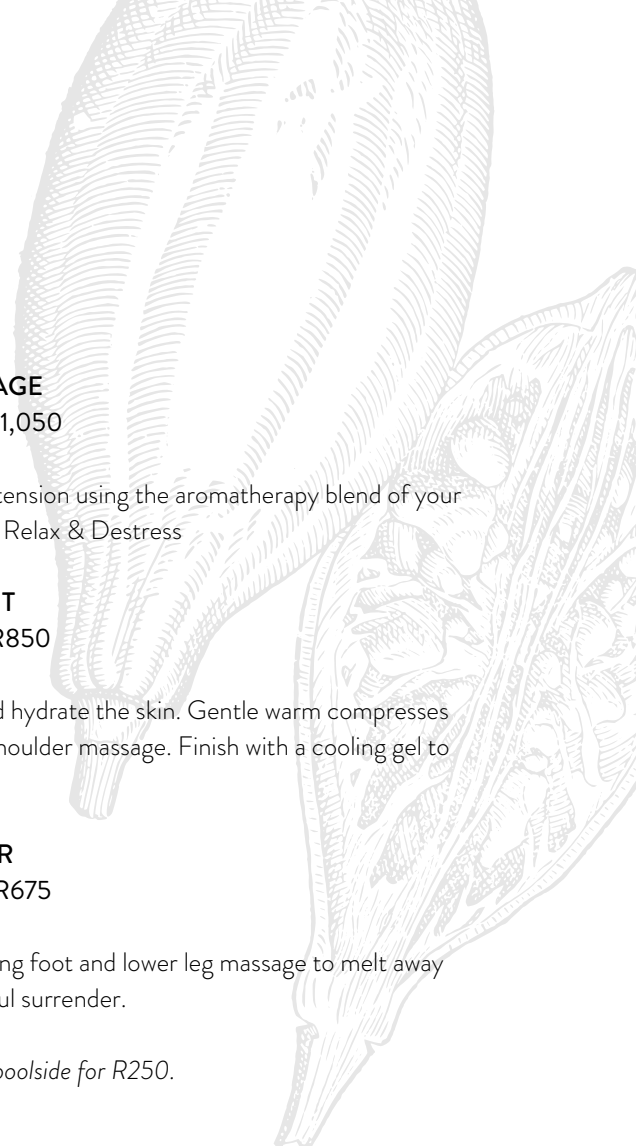
Massages & Body Scrubs

SOUL SERENITY MASSAGE 60 MINS / R925 OR 90 MINS / R1,250

Relieve dry and dehydrated skin with a massage using our selection of nourishing body butters. The range is formulated using traditional African ingredients – each with their own unique benefits – and specially blended according to ancient healing traditions and techniques.

LUVUVHU STRESS RELEASE MASSAGE 60 MINS / R925 OR 90 MINS / R1,250

Target stiff and sore muscles with medium to deep pressure on areas of lactic acid build up and the application of a cooling gel to refresh, calm and soothe the areas of tension.



BAOBAB RELAXATION MASSAGE
60 MINS / R850 OR 90 MINS / R1,050

A relaxing, light-to-medium pressure full-body massage to help melt away tension using the aromatherapy blend of your choice: Condition & Hydrate, Detox & Uplift or Relax & Destress

MOPANE BACK TREATMENT
45 MINS / R675 OR 60 MINS / R850

Start with a back exfoliation using Kalahari Melon body polish to soften and hydrate the skin. Gentle warm compresses remove the polish, before flowing into a tension-relieving back, neck and shoulder massage. Finish with a cooling gel to leave you feeling refreshed.

FEVER TREE FOOT REVIVER
30 MINS / R450 OR 45 MINS / R675

A cleansing ritual that gently exfoliates and softens the feet. Enjoy a relaxing foot and lower leg massage to melt away tension and soothe your muscles into blissful surrender.

A 15-minute version of this treatment is available poolside for R250.

MUTALE HEAD MASSAGE
30 MINS / R450

A heavenly cranial-sacral massage that promotes relaxation and helps reduce stress. Focused on alleviating tension and pressure, there are other great benefits such as improved hair growth, lower blood pressure, headache relief and increased circulation.

A 15-minute version of this treatment is available poolside for R250.