



UMNGAZI SPA

HOTEL & SPA | WILD COAST | SOUTH AFRICA



UMNGAZI *Spa*

COMPLETE SERENITY

Rejuvenation of spirit is something all our guests receive in one way or another at Umngazi, but when you visit our internationally acclaimed spa you'll revive your mind, body and soul. Set high on the Umngazi hillside, with breathtaking views of the coast below, guests are treated to a secluded, tranquil experience, which is difficult to beat.

Our dedicated team of professional therapists look forward to treating you to a relaxing Umngazi experience to the soundtrack of nothing but breakers and birdcalls.

Late arrivals for treatments may result in a reduction of time of treatment whilst the full treatment fee will apply. 12 hour notice is required to reschedule or cancel bookings. Cancellation (without rebooking) after this time will result in a 50% fee being charged.

ARRIVE AT LEAST 30 MIN BEFORE YOUR TREATMENT TO
MAKE TIME FOR THE COMPLIMENTARY WELCOME TOUCH
FOOT RITUAL AND TO ENJOY THE RELAXATION DECK



FACE *Therapy*

AFRICOLOGY FACIALS

ROSE FACIAL | 60 MIN R540

Africology's beautiful blend of Rose Absolute is known to balance the skin, the heart and soul in times of change or upset, reducing fine lines and redness. This rejuvenating facial has a high Vitamin C content leaving you physically and emotionally balanced. Great for sensitive skin types.

AFRICOLOGY ALOE FEROX FIRING FACIAL

60 MIN | R600

For youthful resilience & buoyant skin, Aloe Ferox helps to calm, lift and firm naturally to encourage fibroblast growth and repair. Africology have blended healing honey, tripeptides and retinal palmitate to stimulate collagen and elastin growth, creating a rejuvenated, youthful appearance.

AFRICOLOGY REPAIR FACIAL 75 MIN | R675

Using Africology's renewing facial therapy serum containing Padinami® extract which restores the skins elasticity and moisture content as well as defends your skin against external elements. This facial will leave your skin feeling plumper, firmer and revitalized. This treatment includes a luxurious neck, arm and facial massage.

VITAMIN BOOSTER FACIAL | 60 MIN R540

This uplifting facial uses a rich vitamin and mineral cocktail to replenish the skin, boost your immune system and energise the skin. Vitamin C, A, E and B are great for tired, stressed or rundown skin, leaving your skin revitalised.

BALANCING + REFINING FACIAL | 60 MIN R540

This facial helps to brighten your complexion with a combination of alpha hydroxyl acids and vitamin C and B complexes. You will recognise fresh lemon and rosemary with the promise of a clearer brighter result, working in concert to clear clogged pores and encourage the production of elastin to refine and retexture uneven skin.

ANTI-OXIDANT + REJUVENATING FACIAL

60 MIN R600

An anti-ageing treatment designed to combat the effects and signs of ageing. By combating free-radicals and boosting collagen, it has an immediate toning and smoothing effect on the skin, plumping fine lines and reducing pigmentation and inflammation with Vitamin C. Combat ageing naturally.

DERMALOGICA FACIALS

AGE SMART™ TREATMENT | 75 MIN R720

Dermalogica's Age Smart system was designed to specifically treat and control the structural skin changes associated with skin ageing and the biochemical triggers that lead to these changes. Recommended for mature or pre-maturely aging skin.

ULTRA CALMING™ TREATMENT | 60 MIN R540

The Dermalogica Ultra Calming™ treatment is serious relief for sensitised skin that calms, soothes and replenishes the most inflamed skin by targeting the triggers behind redness, itching and stinging.

DERMALOGICA CORE TREATMENT | 60 MIN R540

For first time Dermalogica users, a customized Dermalogica treatment to address all your current skin concerns.

EXPRESS TREATMENT | 30 MIN R320

Or Breakout Freakout treatment for problem skin. An instant "pick-me-up" for your face - targeting your skin concerns and giving you personalised skin care advice. This will leave your skin looking and feeling refreshed.

FACE MAPPING ANALYSIS

Included in all Dermalogica facials. All facials are suitable for women and men.



FACE & BODY *Therapy*

BODY THERAPY

BODY BEAUTIFUL | 120 MIN R850

Indulge in a full body exfoliation and a full body massage. This treatment includes a half hour delicious spa bath and your partner can join you in the spa bath for free (Bubbly can be ordered at your own cost)

FACE AND BODY SENSATION | 75 MIN R700

The ultimate experience combining body relaxation and facial rejuvenation. Allow the tender warmth of oils and hot stones to alleviate the tension on the back of the body, putting your mind into a state of pure bliss. This treatment ends with a prescribed anti-ageing express booster facial.

AFRICOLOGY BODY GLOW | 45 MIN R400

An exotic exfoliation ritual to invigorate and revitalise the body. This treatment cleanses, polishes and softens to perfection, while walnut & marula shell scrub leaves the skin glowing and vibrant, replenished and flawless. Includes a mini facial.

AFRICAN GODDESS ANTI-AGEING SKIN CARE FACIAL | 90 MIN R720

This Africology therapeutic journey starts with a luxurious back exfoliation followed by a warm neck and shoulder massage using traditional oils blended to de-stress. This velvety textured treatment lubricates the skin through anti-ageing cell renewal restoring elasticity and softness. A healthy glow making you feel like an African Goddess.

FOOT THERAPY

SOLE DELIGHT FOOT TREATMENT | 45 MIN R380

A sensory experience for your feet, which promises to leave you walking on cloud nine! This treatment includes a foot file, scrub which nourishes feet & nails and includes a luxurious foot massage.

PAMPERING FOOT MASSAGE | 30 MIN R300

Deeply relaxing foot massage which includes a lower leg massage to promote a total relaxation to the whole body. Excellent for circulation.

AFRICOLOGY WRAPS

Skin is prepared with an Africology Body Scrub of walnut and marula shells to eliminate toxins, exfoliate lifeless skin and enhance the skins absorption of the wrap used. All wraps end with a complimentary Hydro Spa bath to cleanse and indulge! 60 minute wrap time and 30 minute bath time. **Choose from one of the following wraps:**

AFRICAN SLIMMING DETOX MUD WRAP | R600

Rooibos, Aloe Vera, Juniper, Clary Sage and Lemon Grass stimulate working on the circulation and lymph. Recommended for bodies in need of detox, acidic conditions, arthritis and oedema.

IMMUNE BOOSTER WRAP | R600

This wonderful wrap is rich in minerals, vitamins and active enzymes that assist the body in building up the immune system. Topically applied to enhance absorption in the body through the blood stream, it stimulates lymph circulation and thereby more efficient waste-handling and improvement of cell nutrients. It draws toxins, superfluous fat from the skin, stimulates blood circulation and tones the skin.

SOMETHING EXTRA | R900

To end any of these wonderful wraps with a little extra - add on a quick shower (instead of the bath) and return to the treatment room for a Full Body Massage.

BATHING & WATER RITUALS

SPA BATHS | 45 MIN R350

Enjoy a wonderful bathing ritual while you watch dolphins and whales in the ocean. If you wish to order bubbly or other refreshments please speak to our spa team who would be happy to assist!

Should you wish to add a spa bath to any of your treatments you may do so at a cost of R200 per couple. Please advise the therapist if you are pregnant and wish to book a bathing ritual.



BODY *Therapy*

ADVANCED BODY MASSAGE THERAPIES

FULL BODY MASSAGE | 60 MIN R500

Using traditional Swedish massage techniques to alleviate tension and relax your mind body and spirit.

BACK OR LEG MASSAGE | 30 MIN R320 45 MIN R420

Specifically targeting the back, shoulders and neck areas, or tired, strained or exercised legs with a powerful massage that is focused where you need it most.

AROMA STONE THERAPY | 60 MIN R550

Harnessing ancient healing powers for the complete new body experience. Hot Pondo stones are placed on key energy points, while signature massage techniques are combined with luxurious warmed oils.

KAHUNA MASSAGE | 60 MIN R550

Originating in Polynesia, this is a complete healing system aimed at restoring balance and harmony within the body, mind and spirit.

INTONGA AMASATCHI STICK MASSAGE | 60 MIN R550

Deep tissue and stress relief, through skilful movement performed with the hands and different sized wooden sticks. These are used to stretch tight muscles and ease toxic overload from daily stress.

DEEP MUSCLE MASSAGE | 60 MIN R580

Submit your body to a vigorous workout of a deep rhythmic pressure massage.

SCALP RITUAL | 30 MIN R320

Using specific pressure points and techniques let the therapeutic benefits of this conditioning scalp treatment allow your thoughts to drift away. This ritual includes neck and shoulders.

FULL BODY EXFOLIATION | 30 MIN R300

Full body exfoliation including shower time.

POST & PRE NATAL TREATMENTS

MUM-TO-BE PACKAGE | 80 MIN R800

Full Body Pregnancy Massage - 45 min
Mini Facial - 30 min • Scalp Treatment - 15 min

A completely relaxing and restoring pregnancy massage using tried and tested techniques to ensure absolute comfort during the treatment. Includes a mini facial to revitalize and renew your skins health as well as a scalp treatment while the facial masque is on.

PREGNANCY BACK MASSAGE | 30 MIN R350 45 MIN R450

Enjoy this tailor made pregnancy specific back massage to help relax and let you float away on cloud nine. Certain pressure points will be avoided during this massage due to them not being safe or recommended during pregnancy.

PREGNANCY FULL BODY MASSAGE | 60 MIN R580

Combines safe, tried and tested pregnancy techniques adapted for each stage of pregnancy. Specialised positioning to ensure ultimate comfort and relaxation.



SPA Packages

3x PLEASURE 60 MINUTE PAMPER | 60 MIN R550

Choose three 20 minute options from the following:

- Express skincare treatment: resure, refresh, revitalise
- Express pedicure (file, buff & paint)
- Scalp massage
- Foot and ankle massage
- Express manicure (file buff & paint)
- Back massage

UMOJA: THE SPIRIT OF TOGETHERNESS | 90 MIN R1600 (PER COUPLE)

Our suggested couples treatment for the absolute romantics! A couples Deep Tissue Muscle Massage, focusing on relieving specific stress and muscle tensions. This powerful, customised massage uses dynamic blends of essential oils to suit each individuals needs. Finish the treatment with a spa bath with a view - a bathing ritual and a bottle of bubbles.

UTHANDO: LOVE | 150 MIN R2600 (PER COUPLE)

Indulge in some quality time in a blissful treat for two. Start with a Deep Tissue Massage to relax and ease aching muscles. Follow this with a specialised facial treatment. Top this with an indulgent spa bath. Sip some bubbly, relax and watch the dolphins frolic in the surf below.

ULTIMATE SPA RITUAL FOR HER | 150 MIN R1300

From the soles of the feet to the crown of her head, this is the ultimate skin therapy. Choose one of the unique specialised facials on offer combined with the powerful effects of a relaxing Full Body Massage. Enjoy the rest of your "me time" sipping on a bottle of bubbly while you relax in the spa bath.

ULTIMATE SPA RITUAL FOR HIM | 150 MIN R1300

Choose one of the specialised facials on offer, combined with the dynamic immediate relief of a relaxing Full Body Muscle Massage you will emerge looking and feeling refreshed and de-stressed. Enjoy the rest of your pamper time sipping on a bottle of bubbly while you contemplate your next fishermen's tale!

IZANDLA EZINE - FOUR HANDS | 90 MIN R1200

Two therapists, our signature treatment includes an Africology walnut and marula shell powder body exfoliation, massage, wrap and an express facial.

TOP TO TOE - HALF DAY PACKAGE | 240 MIN R1800

A perfect morning or afternoon escape at the spa! You may choose from the below two options and this package includes a healthy smoothie and spa lunch on our beautiful relaxation deck.

Option 1:

Full Body Massage / Express Facial / Full Body / Exfoliation and Wrap followed by a spa bath.

Option 2:

Kahuna Massage and full facial or Sole Delight Foot pamper with paraffin wax followed by a spa bath.

FULL DAY UMNGAZI SPA WELLNESS PACKAGE 08H30 - 16H00 R2500

Join us for a spa wellness day! Allow your wellness journey to begin with a health breakfast at the relaxation deck followed by a relaxing Full Body Massage; a facial treating your individual skin concerns and a spa bath soak sipping a glass of bubbly followed by a healthy lunch on the relaxation deck. Completing your Top to Toe spa indulgence with a full manicure and Sole Delight Foot Treatment.



Treatments

GROOMING TREATMENTS

MANICURE, PEDICURE & COLOUR

Manicure	45 Min	R360
Pedicure	60 Min	R350
Gelish Manicure	60 Min	R420
Gelish Pedicure	60 Min	R410
Soak-off Acrylic	45 Min	R150
Soak-off Gelish	30 Min	R100
Express Mani or Pedi <i>Includes file, buff, paint</i>	30 Min	R240
Gelish Express	30 Min	R300
Pedicure for men	45 Min	R270
Manicure for men	30 Min	R240

HAIR REMOVAL

Eyebrow / Lip / Chin	R60
Full Leg	R180
Half Leg	R140
Bikini	R100
Hollywood	R300
Arm	R80
Underarm	R70
Back / Chest	R150

ADD-ON TREATMENTS

A variety of options to add a little “something extra” to your preferred treatment.

Back Exfoliation	5 Min	R120
Foot or Hand Massage	15 Min	R150
Scalp Massage	15 Min	R150
French Paint	15 Min	R100
Paraffin	15 Min	R80
Hot Stones or Intonga Sticks	15 Min	R140
Add Varnish	15 Min	R60
Brow Shape	15 Min	R100
Pressure Point Facial Massage	15 Min	R90
Tint Combo	30 Min	R120
Eyelash Tint	20 Min	R80
Eyebrow Tint	10 Min	R60

RESERVATIONS & ENQUIRIES

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