

THANDELA [t-han-de-la]

The African Wilderness
Exfoliation and Body Wrap

A sensory journey beginning with a revitalising full body exfoliation followed with a calming cocoon of soothing indigenous balms administered in the comfort of a therapeutic mud wrap designed to uplift the senses whilst renewing the skin. An intoxicating scalp massage allows the soul to drift while the wrap takes effect. Finally, bringing this sojourn to a close is the healing touch of nourishing Baobab balm.

60min | 1200

THANDA THANDELA

The Luxury African Wilderness
Exfoliation, Massage and Body Wrap

Add the lavish indulgence of a 60 minute massage between the exfoliation and the body wrap of the Thandela therapy. An indulgent experience out of Africa!

120min | 2200

MATI [ma-t-i]

The African Bath Ritual

Experience a sublime body cleansing ceremony, beginning with a full body exfoliation, thereafter indulge in a full body massage, with its roots originating in African tribal influences of our region. Finally privately immerse your body in the luxuriously prepared bath to soak in the essence of Africa.

120min | 1800

dulini

DULINI MOYA • DULINI LEADWOOD • DULINI RIVER
Sabi Sand Nature Reserve - South Africa



Indulgence

MASSAGE MENU

The selection of lavish treatments is designed to enhance your experience of the African wilderness by heightening your senses through the touch of massage. Our team of masseurs utilizes a bespoke range of TheraNaka products, created from oils and extracts unique to our African setting and inspired by nature's healing power.

All products used are in line with international trends and our green policy of environmental responsibility and use the purest ingredients and formulations that do not cause harm to animals, insects or the planet.

Each Indulgence is offered in your choice between three TheraNaka aromatherapy oils: Recharge (uplifting); Peace (relaxing); and Storm (detoxing); or a non-fragrant avocado oil.

recharge

Uplifting: designed to energize and refresh the body and soul with the euphoric infusion of lime, sweet orange and lavender essential oils. Citrus notes restore mental clarity and encourage creativity whilst nourishing and revitalizing the skin.

peace

Relaxing: A silky-textured synergy of Marula oil, Lavender, Geranium and Jasmine forms the heart of this creation. Drawing on the soothing and traditional healing properties of the oils, this blend is designed to promote harmony, deepen breathing and calm the mind.

storm

Detoxifying: a powerful, purifying blend of fennel, peppermint and ginger stimulates circulation to assist in reducing inflammation, support digestion and have an antispasmodic effect on the muscles. An invigorating fragrance soothes mental fatigue and bolsters energy.

MIRI [mi-ri]

African Fusion Full Body Massage

Tantalize your senses with a full body massage; targeting weary muscles and souls. The treatment is offered in your choice of TheraNaka oils based on your preference of Recharge, Peace or Storm.

60min | 1200

90min | 1650

NHAMU [n-ha-mu]

The Focused Body African Vigour Back Massage

Intense focus on the neck, shoulders and back. A warm aromatic blend, infused with circulatory-boosting essential oils is coupled with a deep tissue massage relieving tension all the way to the core of the muscle. Culminating in the application of a refreshing gel, leaving your body feeling refreshed and invigorated.

45min | 900

60min | 1200

NENGE [n-en-ge]

The African Foot or Hand Ritual

A Hand or Foot Indulgence in the tradition of true African hospitality. The treatment includes a lavish herbal salt soak, a gentle marula and sandalwood scrub and nourishing polish, reviving the dermis and the senses. Allowing your extremities to relax completely, a muscle soothing massage will commence followed by a cool, revitalising foot mask or healing Aloe Ferox hand mask. Nourishing Baobab infused lotion will be applied to prepare your hands or feet for the journey ahead.

45min Foot | 650

30min Hand | 450

health

IMPILLO [m-pi-lo]

tranquility

KURHULA [ku-roo-la]

balance

SIMA [si-ma]