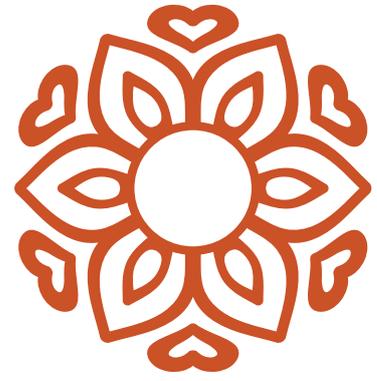




PUMBA
Health Spa



· HEALING EARTH ·

Be pampered with exhilarating treatments at the
Natures Health Spa situated at *Pumba Private Game Reserve*.

With the use of indigenous botanicals and grape extracts, we believe that the path to personal wellness is in restoring and maintaining the equilibrium between mind, body and soul, and that forming a symbiosis with nature is the most effective method to achieve this balance.

Combining unique massage techniques with the fruits from African soil,
Healing Earth with *Pumba Private Game Reserve* offers a truly unforgettable Spa Journey.

*Water Lodge guests may contact Reception for transfers to the Health Spa at Bush Lodge.
View our majestic wildlife en route...*



▪ FACIALS ▪

Healing Earth is an advanced skin and body care range which is based on essential oils. Each D'vine facial starts off with a foot ritual.

HEALING EARTH HIGH PERFORMANCE FACIAL

DURATION: 60min **PRICE:** R750

A facial treatment using the Tri-Enzyme facial range. These products are designed to replenish and repair the skin, penetrating deeper into the epidermis.

HIGH PERFORMANCE TRI-ENZYME

DURATION: 70min **PRICE:** R870

This Facial uses a high-dosage of anti-ageing components including vitamin C, vitamin E, cranberry and traditional wisdom of African healing (Kigelia Africana, papaya enzyme), to penetrate deeper into the levels of the epidermis, allowing reconditioning of the skin.

HYDRA-BOOST FACE RITUAL

DURATION: 60min **PRICE:** R720

This high in anti-oxidant treatment helps minimize the appearance of fine lines and wrinkles while feeding the skin with the hydration it needs.

AGE REPAIR FACE RITUAL

DURATION: 60min **PRICE:** R800

A treatment that is designed to renew even the most lifeless skin, with the use of Jasmine and Baobab, these active ingredients will improve your skin texture, colour and circulation.

GLOW & RADIANCE FACE RITUAL

DURATION: 75min **PRICE:** R850

An unmatched and effective treatment developed to restore, purify and revitalize the skin with the use of active ingredients such as Neroli and Rose.

D'VINE IMPROV (Basic Facial)

DURATION: 45min **PRICE:** R650

This treatment is specially designed for the time conscious individual, our therapist will customize the treatment according to your specific needs.

PURIFYING TEEN FACIAL TREATMENT

DURATION: 30min **PRICE:** R600

This deep cleansing facial helps to regulate oil secretion whilst refining the pores. Unique natural serums are used to encourage healing, decongestion and clear skin.



▪ SPA MESSAGES ▪

BACK, NECK AND SHOULDER MASSAGE

DURATION: 30min **PRICE:** R500

Option of forest, stillness or rhythm body butter

DEEP TISSUE BACK, NECK AND SHOULDER MASSAGE

DURATION: 30min **PRICE:** R540

Want to get rid of all your knots and nodules, then this is the perfect massage for your back.

BACK, NECK AND SHOULDER MASSAGE & SCALP OR BACK OF LEGS

DURATION: 45min **PRICE:** R600

Have invigorating back massage accompanied with a scalp massage or the back of your legs.

BALANCING FOOT MASSAGE

DURATION: 30min **PRICE:** R450

Have tired feet? Enjoy a foot soak followed by a pressure point foot massage.

CARIEGA FULL BODY MASSAGE

DURATION: 60min **PRICE:** R750

With the use of indigenous botanicals found in Africa, a customized body massage designed to relax, detox or revitalize mind, body and soul.

DEEP TISSUE FULL BODY MASSAGE

DURATION: 60min **PRICE:** R900

Enjoy an invigorating massage with therapists using deep pressure movements to release tense knots and nodules.

DEEP TISSUE FULL BODY & SCALP MASSAGE

DURATION: 90min **PRICE:** R980

Have a deep pressure massage, getting rid of all those knots with and sure point scalp massage.

CRANIAL COMFORT

DURATION: 60min **PRICE:** R730

Enjoy a relaxing back, neck and shoulder massage, followed by a scalp and facial massage that will relieve muscle tension and break down knots and stiff muscles.



▪ SPA MASSAGES ▪

PUMBA STONE MASSAGE

DURATION: 30min **PRICE:** R510

Back, neck and shoulder massage using a combination of warm oil and volcanic stones.

PUMBA STONE DELUXE - FULL BODY MASSAGE

DURATION: 60min **PRICE:** R850

A unique treatment which uses a combination of warm oil and volcanic stones to release stress and re-energize tired muscles.

PUMBA STONE DELUXE - FULL BODY & SCALP MASSAGE

DURATION: 90min **PRICE:** R1000

A unique treatment which uses a combination of warm oil and volcanic stones to release stress, re-energize tired muscles, including a relaxing scalp massage.

AFRICAN POTATO BALM FULL BODY MASSAGE

DURATION: 60min **PRICE:** R1050

A deep relaxing and healing massage, using our African potato balm. Drift off, as the therapeutic benefits of the African potato allows you to unwind.

AFRICAN POTATO BALM FULL BODY & SCALP MASSAGE

DURATION: 90min **PRICE:** R1200

A deep relaxing and healing massage, using our African potato balm. Drift off, as the therapeutic benefits of the African potato allows you to unwind, followed by a relaxing scalp massage.

▪ SPA PACKAGES ▪

SPA TASTER

DURATION: 120min **PRICE:** R1450

Spoil yourself with a full body massage, followed by a D'vine Improv Facial and finishing off with nail shape and paint on hands and toes.

ABSOLUTE SPA AFRICAN ESCAPE RITUAL

DURATION: 150min **PRICE:** R1700

Our spa ritual starts with a 15min steam followed by a 15min full body scrub and shower to relieve muscle tension and increase blood circulation. This is followed by a wrap and whilst your body is cocooned, enjoy a scalp massage, and then an African Potato Full body massage.

PUMBA MAGIC

DURATION: 90min **PRICE:** R1200

Relax while having an invigorating basic facial which will leave your skin refresh and energized, continued with a choice of an express manicure or an express pedicure.

COUPLES RETREAT

DURATION: 120min **PRICE:** R2500

Enjoy a spa experience together starting with 15minutes in the steam room, followed by a full body polish. Afterwards, give yourself up to a relaxing full body massage next to each other in one of our treatment rooms.



▪ BODY TREATMENTS ▪

These ingredients, outstanding healing properties combined with traditional African rituals create the ultimate spa body line. Choose between the detoxifying, firming, hydrating or repairing body treatments with **Healing Earth - Soul Earth Range**

Kalahari Melon	-	Hydrating
African Ginger	-	Firming & Slimming
Mongongo Nut	-	Detoxifying
Coffee, Cinnamon & Orange	-	Cellulite therapy
African Potato	-	Nourishing & Repairing

AFRICAN AWAKENING BODY BALANCE

DURATION: 30 min **PRICE:** R450

Includes a body polish with body balm application

PURE BODY WRAP

DURATION: 60 min **PRICE:** R700

Includes a body polish, body wrap, body balm application

PURE BODY EMBRACE

DURATION: 120 min **PRICE:** R1500

Includes a body polish, body wrap, followed by a healing earth massage

▪ PUMBA BEAUTY TREATMENTS ▪

Healing Earth Crystal Hand and Foot Journeys. No removal of Acrylic.

Spa Pedicure	60min	R420
Spa Manicure	45min	R370
Express Pedicure	45min	R320
Express Manicure	30min	R300
Paraffin Dip on Hands <i>(an add on to manicures)</i>	15min	R100
Paraffin Dip on Feet <i>(an add on to pedicures)</i>	20min	R120
Gel Soak off Nails	30min	R150
Gel Soak off Toes	30min	R200
Heel Peel <i>(treatment for cracked heels, add on to pedicures)</i>	30min	R140
Gel Overlay Hands	30min	R350
Gel Overlay Feet	45min	R300



▪ GROOMING TREATMENTS ▪

ON REQUEST ONLY

Waxing treatment times will be confirmed with your therapist, depending on hair growth.

Full leg Wax	R250	Half leg wax	R180
Underarm	R150	Chin wax	R100
Bikini	R160	Brow wax	R 80
Brazilian	R300	Lip wax	R 80
Hollywood	R350	Brow & Lip Wax	R120
Full arm wax	R200	Chest wax	R250
Half arm wax	R150	Back wax	R280

TINTS

Brow tint	R 60
Lash tint	R 80
Lash & brow tint	R120

▪ KIDDIES SPA MENU ▪

Spoil your little ones to a bush spa experience (Kiddies 10 and under)

BACK, NECK AND SHOULDER MASSAGE

Duration: 20min **Price:** R320

FULL BODY MASSAGE

Duration: 30min **Price:** R470

FRUITY FACIAL

Duration: 30min **Price:** R340

MAGICAL MANICURE

Duration: 20min **Price:** R200

TWINKLE TOES PEDICURE

Duration: 20min **Price:** R270

Treatments are also available for mothers - to - be with the discretion of the therapist.

Please do not hesitate to consult with one of our Spa Therapists.

Unwind in our steam room and gym facilities complimentary to both lodges.