

KWANDWE

IN ROOM TREATMENT MENU

TheraNaka™ means 'Beauty of Africa'. Since the earliest time, Africa's original inhabitants lived in harmony with nature. Our unique treatments and rituals were inspired by, designed and based on Africa's rich heritage and created to celebrate mother earth and her connection with life. Understanding our mutual interdependence with earth, TheraNaka™ has been developed using only the finest natural ingredients available from nature while honouring the eco-system. May this journey into African open your eyes to preserve our beautiful continent.

SIGNATURE MESSAGES

TheraNaka™ AFRICAN WOOD MASSAGE

90 min | R700

Mimicking the rhythmical patterns of an African dance, the TheraNaka™ signature massage blends light stretching techniques and specially designed body and facial wooden implements to relax and restore your weary body. Being drizzled with a warm Olive and Shea butter ointment will nourish and heal dry skin whilst experiencing blissful relaxation and rejuvenation.

TheraNaka™ TRI-SCENTED SHEA BODY NUGGET MASSAGE

90 min | R650

Inspired by the people of Africa's use of the circular form, this unique ritual was created to encompass our connection with nature and celebrating the circle of life. Small blocks of citrus infused Shea butter are placed on different areas of your body which will aid circulation and relaxation of the body. Experience the soothing warmth as the butter melts under your therapist's hands, leaving you utterly relaxed and your skin nourished and hydrated.

TheraNaka™ AFRICAN AWAKENING MASSAGE

90 min | R650

Drawing inspiration from the Marula tree and the African traditional healing beliefs, an ultra-relaxing indulgent full body massage was created. The skilful combination of contracting and oxygenating enhancing breathing techniques will awaken your senses and revive your body and mind. Enjoy the freedom of choosing your favourite scent from our selection of Marula-herb infused Fusion body oils to address your every need.

THE ULTIMATE SKIN CARE ESSENTIALS

This unique assortment of exceptional products will collectively repair, hydrate and rebalance the skin's natural protective functions whilst leaving your skin feeling smooth, toned and radiant. The Essential Skin Care Collection consists of key products to transform your skin while the fusion of carefully interwoven elements takes you on a blissful sensory journey.

TheraNaka™ ESSENTIAL CARE FACIAL

60 min | R460

Influenced by nature and focused on naturally improving the condition of the skin. With Mother Nature as your chemist and the powerful gift of touch, the treatment was designed to create a healing experience from the earth and leave you feeling renewed and revitalised with guaranteed results. This idyllic and rejuvenating facial will repair, hydrate and re-balance the skin's natural protective functions whilst leaving the skin feeling smooth, radiant and ultra-nourished.



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Heatherton Towers , Fort Brown District, Kwandwe Private Game Reserve, Eastern Cape, 6140, South Africa

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BODY MESSAGES

TheraNaka™ AFRICAN FUSION BODY MASSAGE

60 min | R540

90 min | R600

Choose your favourite scent from our selection of Marula-herb infused Fusion body oils to address your every need whilst restoring balance.

TheraNaka™ AFRICAN PEACE – Relaxing

TheraNaka™ AFRICAN RECHARGE - Uplifting

TheraNaka™ AFRICAN STORM – Detoxifying

TheraNaka™ AFRICAN EARTH - Safe and soothing

TheraNaka™ AFRICAN VIGOUR - Invigorating

TheraNaka™ AVO AND SHEA BODY BUTTER MASSAGE

60 min | R540

90 min | R600

Choose your favourite scent from our selection of luxurious herb-infused Avo and Shea- massage butters.

TheraNaka™ AFRICAN SUNSET – Relaxing

TheraNaka™ AFRICAN DAYBREAK - Uplifting

TheraNaka™ AFRICAN STORM – Detoxifying

TheraNaka™ AFRICAN EARTH - Safe and soothing

TheraNaka™ AFRICAN VIGOUR BACK MASSAGE

45 min | R490

A warm aroma blend infused with circulatory-boosting essential oils is coupled with a deep tissue massage relieving deep seated tension all the way to the core of the muscle. A refreshing gel is applied, leaving your body feeling refreshed and invigorated.

HAND AND FOOT TREATMENTS

TheraNaka™ MANICURE

45 min | R350

Indulge in an African inspired spa manicure, treating your hands and forearms to a gentle exfoliation followed by an African Earth fusion hand massage, whilst including nail and cuticle attention, followed by a nail colour of your choice for your rejuvenated younger-looking hands.

TheraNaka™ PEDICURE

60 min | R450

Pamper tired feet and legs during a soothing spa pedicure, focusing on exfoliation of rough skin, a customised nourishing African Shea butter dumbbell massage, including nail and cuticle attention. Choose a dazzling nail colour for your gorgeous new feet.



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