

SPA MENU

MORE

WELLNESS

Lion Sands Tinga & Narina Lodge



TheraNaka™ means “Beauty of Africa”. Our unique treatments and rituals provide the ultimate sensory experience, offering complete relaxation and rejuvenation 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.

You are invited to join us on a mesmerising and innovative body & sense-soothing safari, replicating the earthy scents and awe-inspiring wonders of this most profound continent. May this journey into African open your eyes to preserve our beautiful continent...



Surrender your senses and experience a facial treatment second to none. Carefully developed by a specialised team using extensive clinical and scientific studies, the TheraVine™ range boasts indigenous Pinotage cultivar grape derivatives to which internationally acclaimed active ingredients, powerful anti-oxidant ingredients and organically grown indigenous botanicals have been added.
3 ingredient pillars - 3 scientific disciplines - 3 times the results

All TheraVine™ treatments begin with an in-depth skin consultation by a TheraVine™ expert, trained and skilled to assess your specific concerns because beauty goes beyond the radiance of your skin and body. Each phase that follows has been expertly woven to meet the needs of mind, body and skin while aromas and indulgent textures provide for a multi-sensory experience, each treatment expertly crafted for your ultimate treatment satisfaction.

TheraNaka™ Signature Experiences

TheraNaka™ Couples' Retreat **120min R 3 500.00**

An African couples' journey for a memorable unifying experience. Melt away the stresses particularly related to male and female energy with this complete head to toe treatment, using natural botanical mood enhancing essential oils individualized to each person. Escape and experience the antidote to stress that allows for a physical, emotional, and spiritual connection.

Treatment subject to therapist availability

TheraNaka™ African Wood Massage **90min R 1 500.00**

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 with soft notes of mandarin and neroli will nourish; and heal dry skin whilst experiencing blissful relaxation and rejuvenation.

TheraNaka™ African Awakening Massage **90min R 1 500.00**

Drawing inspiration from the Marula tree and the African traditional healing beliefs, an ultra-relaxing indulgent full body massage was created. The skillful 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.

TheraNaka™ Vegan Indulgence **75min R 1 400.00**

Be transported to a majestic bushveld experience! The treatment commences with a back polish to slough off dead skin cells leaving the skin feeling comfortably smoothed. This nurturing massage journey uses a 100% vegan superior blend of plant waxes and butters infused with coconut, jasmine, and ylang-ylang oils to enhance this soothing and stress relieving experience. Simply relax and feel the tension melt away.

TheraNaka™ Body Indulgence

TheraNaka™ Tri-Scented

Nugget Massage

90min R 1 400.00

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™ Tension Release

Deep Tissue Massage

60min (full body) R 1 200.00

30min (back & neck) R 600.00

A warm aroma blend infused with circulatory-boosting essential oils is coupled with a deep tissue massage designed to relieve pain and muscle tension throughout the body. The powerful synergy of Rosemary, Pine, Black Pepper and Marjoram creates a gentle warmth, improving range of motion, dissolve tension and encourages muscle relaxation. A refreshing gel is applied, leaving your body feeling refreshed and invigorated. The ideal massage for active individuals and frequent travelers in need of a circulation boost.

TheraNaka™ Luxury Fusion

Relaxation Massage

60min (full body) R 1 200.00

30min (back & neck) R 600.00

Enjoying the freedom of choosing your favorite massage mediums from our selection of luxurious herb-infused Avo and Shea- massage butters or Marula-herb infused Fusion body oils. Heavenly exotic aromas and natural essences are used to calm the soul, rebalance, and uplift the mind.

Choose from our Signature Blends:

African Sunset (relaxing)

African Daybreak (uplifting)

African Storm (detoxifying)

African Earth (pregnancy safe)

All prices are subject to change without prior notice

TheraNaka™ Body Restorative

TheraNaka™ Uplifting Jet Lag Ritual 60min R1 200.00

Experience a gentle massage therapy facilitated by our uplifting Marula-herb infused Fusion body oil to address your jet lag whilst restoring vitality, realign muscles and tissues. To allow for a greater balance and harmony, the use of essential oils of lime, lavender and sweet orange is followed by an invigorating pressure point foot massage to restore your energy. Your treatment will be concluded by a relaxing scalp massage leaving you feeling refreshed and revitalised.

Welcoming Ritual; Back Massage; Foot Massage; Invigorating Gel; Scalp Massage

TheraNaka™ Relaxing Aloe After Sun Gel Wrap 60min (full body) R1 200.00 30min (area specific) R550.00

De-stress and sooth. A relaxing blend of jasmine, geranium and lavender is expertly applied to ensure complete relaxation, followed by the hydrating comfort of an aloe ferox and rooibos gel envelopment which immediately soothes, calms, and promotes healing. Relax while your skin is drenched in enriching actives.

TheraVine™ Facial Treatments

TheraVine™ Deluxe Anti-Aging Facial 90min R1 200.00 | 60min R800.00

This replenishing treatment assists in reducing fine lines and wrinkles with peptide-rich boosters and serums to combat the signs of ageing while a plasticizing mask further enhances the actions of the active ingredients.

HydraVine™ Facial 90min R1 200.00 | 60min R800.00

A revolutionary cloth mask containing Hyaluronic Acid intensely moisturises the skin and 'locks in' active ingredients for up to 3 weeks – perfect for very dry, sensitive skin needing intense hydration!

TheraVine™ Harmonizing Facial 60min R750.00

A tailored facial custom designed for extreme relaxation with the aromatic scent of essential oils constructed to deeply hydrate your skin, gently remove surface impurities, and restore balance to the skin.

For Men

TheraVine™ Men Daily Active Facial 60min R750.00

3 key fundamentals: cleanse, hydrate and revitalise help restore freshness and clarity whilst leaving the skin comfortably soothed.

TheraVine™ Men Clarifying Back Treatment 45min R650.00

Aimed at purifying the skin whilst reviving tension areas on the back, neck and shoulders, this

rebalancing treatment combines deep cleansing exfoliation while detoxifying actives restore a weary mind, body, and soul.

TheraNaka™ Men Revive Pedicure 45min R460.00

Ideal for active men. Your therapist will pay attention to cuticle and nail care, removal of excess skin on heels, rounded off with a cool, revitalising mask to stimulate circulation.

Youth/Kids Corner

**TheraNaka™ Back, Neck & Shoulder
Massage**
30min R330.00

A wellbeing massage experience using a 100% safe and natural blend of plant butters.

TheraNaka™ African Princess
45min R500.00

Become your favourite princess for a day. The package consists of a mini manicure, mini pedicure, including a foot soak & scrub.

**Back massage can be added*

Beauty Services

TheraNaka™ Manicure
45min R400.00

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
60min R460.00

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

Grooming Services

Eye Lash Tint	15min	R200.00
Eye Brow Shape	15min	R200.00
Eye Brow Tint	15min	R200.00
High Definition Eyes	30min	R400.00
<i>(eyelash & brow tint, shape)</i>		

Treatment Boosters

Hand Massage	15min	R200.00
Foot Massage	15min	R200.00
Scalp Massage	15min	R200.00

SPA ETIQUETTE & POLICIES

Appointments: Booking in advance is recommended

Punctuality: Please ensure you are ready when your therapist arrives; should you begin later than your scheduled appointment, your treatment time will be reduced or cancelled, with the full treatment fee charged regardless

Cancellation policy: A 4-hour notice period is required; appointments not cancelled in time will be charged for in full

Mobile phones: Kindly ensure your device is switched to silent mode or off

Children: A childminding service is also available at the lodge should parents wish to enjoy spa time to themselves

Prices: All prices are subject to change without prior notice

Indemnity: The spa, its therapists and TheraNaka™ & TheraVine™ will not be held responsible for any injuries, adverse reactions or complications before, during or after a treatment/s; or for any theft, damage, loss or accident that occurs on the premises.

CONTACT

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MORE | FAMILY
COLLECTION

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