



PRANA

LODGE & FOREST
WELLNESS RETREAT

WELLNESS SPA MENU

All wellness treatments start with a pampering complimentary foot scrub

BODY & FACIAL TREATMENTS

AROMATIC FUSION MASSAGE

60min | R875

Experience Prana's Aromatic Fusion Massage, which combines traditional body touch techniques with Swedish, reflexology and deep tissue manipulation – This leaves you rejuvenated and relaxed; it brings balance to your body and melts away tension and fatigue.

HAND & FOOT RITUAL

60min | R875

A holistic lower leg, foot, arm, and hand treatment that includes a gentle exfoliation and relaxing pressure point massage.

HERBAL BODY EXPERIENCE

150min | R1750

A herbal steam session, followed by a body scrub, herb infused body wrap, and a relaxing massage. Opening up the flow of energy and relieving body tension to detoxify, soothe and nourish your skin.

HEAD | NECK | SHOULDERS

60min | R875

Loosen up tired, stressed muscles and relieve tension in your head, neck, shoulders, and upper back, easing chronic aches and pains. This oil free massage enhances your well-being and revitalises your energy.

FOOT MASSAGE

60min | R875

Indulge in a foot soak, exfoliating scrub, followed by a massage. Foot massage is the ancient art of healing which relieves tension, improves circulation and helps promote the natural function and restoration of your body.

COCONUT OIL FACIAL

60min | R955

The Prana Virgin Coconut Oil facial is the ultimate skin overhaul and will restore elasticity and softness, combat aging and promote a healthy glow.



043 704 5100 | relax@pranalodge.co.za

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PACKAGES

PRANA SPECIAL 60min | R1260

- Aromatic Fusion Massage
- Breakfast or Lunch

PAMPER PROGRAM 120min | R1655

- Aromatic Fusion Massage
- Coconut Oil Facial Massage

PERFECT DAY 120min | R2120

- Aromatic Fusion Massage
- Prana Coconut Oil Facial Massage
- Breakfast or Lunch

ANTI-STRESS 90min | R1245

- Aromatic Fusion Massage
- Foot Massage

PREGNANCY PAMPER 120min | R1655

- Coconut Oil Body Massage
- Coconut Oil Facial Massage

GOLFERS' DELIGHT 120min | R1655

- Aromatic Fusion Massage
- After Sun Coconut Oil Facial

SPECIALISED PACKAGES

HALF-DAY PACKAGE 150min | R2280

- Breakfast or Lunch
- Steam Shower or Sauna
- Detox Body Scrub
- Herbal Body Wrap
- Aromatic Fusion Massage

FULL DAY PACKAGE 6hours | R3970

- Fruit and a light snack on arrival
- Prana Herbal Body Experience: herbal steam followed by a body exfoliation and a body wrap with aromatic herbs and spices
- Lunch
- Aromatic Fusion Massage
- Prana Coconut Oil Facial Massage
- Hand Ritual

COUPLES EXPERIENCE 60min | R2020PC

- Aromatic Fusion Couples Massage
- Hydro Facilities- steam shower or sauna

MOONLIGHT EXPERIENCE 120min | R1590

- Aromatic Fusion Massage
- Use of hydro facilities-steam shower or sauna
- A Cocktail at the poolside terrace
- 4-course fine dining dinner



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To all the guests visiting Prana Lodge Wellness Spa, kindly note the following to assist us in providing you the highest level of service possible.

Reservations

Reservations at the Prana Lodge Wellness Spa are essential. To book please call +27 43 7045100 or alternatively email relax@pranalodge.co.za

Opening Hours Daily

08h00 to 18h00

Arrival

Please arrive 10 minutes prior to your treatment time to complete your check-in process and familiarize yourself with the beautiful surroundings.

Prana Lodge Wellness Centre Attire

Please note that towels, robes and slippers will be provided for use during your visit.

Please bring along your swimwear if you have booked any of our Wellness Centre hydro facilities (Steam room and sauna).

Check-in Process

Our Wellness Therapists will speak with you privately during the check-in process about any previous medical conditions or current health issues to ensure that health and beauty treatments enhance your opportunity to relax, indulge and enjoy being pampered in luxury.

Please alert our team if you experience muscle or joint soreness, have had recent surgery, suffer from hypertension, are pregnant, or have allergies to anything that might affect you during your visit.

Prana Lodge Wellness Centre Etiquette

- Kindly keep noise levels in and around the Wellness Centre to a strict minimum to allow all guests to enjoy their experience.
- Please ask your massage therapist to adjust the pressure of your massage at any time during your treatment to accommodate your individual needs and preferences.
- Kindly keep mobile phones switched OFF when in and around the Wellness Centre facilities.
- The Wellness Centre welcomes young adults over the age of 12. Regrettably, visitors under the age of 12 will not be permitted in or around the facilities.
- Please respect the strict No Smoking policy in and around the Wellness Centre facilities and Treatment Pavilions.
- Please leave jewellery, watches, money, credit cards and other valuables at home, or safely stored in the safe in your Suite before your arrival at the Wellness Centre.
- We kindly request that credit card information be provided at the time your health or beauty treatment is booked.
- Gratuities are not included in the treatment price. It is at your discretion to add a gratuity, which is recommended between 10% and 20%.
- Prices are subject to change without notice.

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Information & Spa Etiquette

Massage is not recommended under the following circumstances:

- Infectious skin disease, rashes, or open wounds.
- Bruised or inflamed skin, unhealed wounds, tumours, abdominal hernia, massages are not advised for areas that have had recent fractures.
- Immediately after surgery.
- Immediately after chemotherapy or radiation, unless recommended by your doctor.
- Vulnerability to blood clots, as there is a risk of blood clots being dislodged.
- During pregnancy, your massage should only be done by a massage therapist who is qualified in pregnancy massage

Guests of Prana Lodge Wellness Spa with previous or current medical challenges such as cancer, heart disease/problems, hypertension, asthma, claustrophobia or pregnancy, are advised to seek advice from their medical practitioner before booking any treatments.

Late Arrival Policy

Please note that late arrivals will result in your treatment time being adjusted accordingly, and a full treatment fee will be charged.

Cancellation Policy

Guests who wish to cancel or move an appointment are required to provide at least 24 hours advanced notice, or the full cost of the treatment fee will be automatically charged to their credit card. In the event that an appointment is missed, the full cost of the treatment will be retained or fee will automatically be charged to their credit card.

Prana Lodge Bar and Restaurant

Guests are invited to make use of our bar and restaurant facilities to enhance and compliment their Wellness Centre experience. Booking is essential.

Prana Lodge takes all necessary precautionary measures to ensure the safety of our guests and their valuables, however Prana Lodge is not responsible for any theft, damage, loss or misfortune that may occur.