



LALUIKA

DAY SPA





RELAX | RESTORE | REJUVANATE

At Laluka Spa we believe in the healing power of touch and combined with all that nature has to offer.

With the use of environmentally friendly African and International spa and nail products, in a lush bush environment, we strive to enrich lives and nourish spirits through our local African heritage. We believe in connectedness with Body, Mind and Earth and strive to help nurture that connection.



RELAXATION OF THE MIND
RESTORATION OF THE SOUL
REJUVENATION OF THE BODY



LALUKA THERAPEUTIC MASSAGE

Our Laluka massage treatments are tailor made to suit your needs. Using various therapeutic techniques like Swedish & Aromatherapy combined with glorious Fynbos (Indigenous African Herbs) infused massage oils, we can achieve your desired results to relieve your stress and sore muscles. We will adapt our pressure to suit your preference.

All our massage treatments include an optional use of the sauna for 15 minutes as a pre-heat treatment to soften the muscles.

		Relaxing	Deep Tissue
BACK, NECK & SHOULDER	30 min	R 610	R 660
FULL BODY MASSAGE	60 min	R 890	R 990
FULL BODY MASSAGE	90 min	R 1330	R 1430
FOUR HANDS MASSAGE	60 min	R 2000	R 2200
PLANT MEDICINE CBD MASSAGE	60 min	R 1060	R 1160
PLANT MEDICINE CBD MASSAGE	90 min	R 1500	R 1600
INDIAN HEAD MASSAGE	30 min	R 610	
PREGNANCY MASSAGE	75 min	R 1000	

*(*CBD oil may be added to the oil blend in any of the treatments at an additional cost of R200)*



LALUKA EXFOLIATION

During our Laluka exfoliation, we will remove dead dehydrated skin and nourish your skin, leaving it smooth and soft.

Includes an optional use of the sauna for 15 minutes as a pre-heat treatments

FULL BODY **45 min** **R 720**

LALUKA JET - LEG THERAPY

The perfect spa indulgence after a long flight or when you feel a lack of energy and fatigue. A massage focusing on your back, legs, shoulder, neck & scalp: a stress relieving indulgence!

Includes an optional use of the sauna for 15 minutes as a pre-heat treatment.

JET - LEG **60 min** **R 990**





LALUKA SIGNATURE BODY WRAP

A luxurious pampering body treatment to nourish and pamper your skin. It includes a full body exfoliation to remove dead skin cells and a full body green clay mask wrap.

This treatment will leave your skin as soft, your muscle relaxed, and your soul restored. The perfect pamper for a tired and stressed body. This treatment is specifically designed signature treatment for our Laluka guests. Includes an optional use of the sauna for 15 minutes as a pre-heat treatment.

FULL BODY

60 min

R 1050



LALUKA SAUNA

Our Sauna is available for use by all guest of Laluka Lodge. As it is part of the spa facilities pre-bookings are required to be made with the spa.

SAUNA SESSION (per person)

30 min

R 310





LALUKA HANDS & FEET

During our Laluka manicure and pedicure treatments we use only luxurious products infused with African plant ingredients and nail polishes, which will not only give you a long-lasting nail treatment, but leaves your skin soft, nourished and fully pampered.

HANDS

HAND MASSAGE	30 min	R 610
MANICURE	45 min	R 650
<i>(nail file, cuticle, exfoliate, massage & nail paint polish/buff)</i>		
LALUKA MANICURE	75 min	R 775
<i>(full manicure with nourishing clay mask & nail paint polish)</i>		
LALUKA PAINT QUICKIE		R 280
<i>(Nail filing & nail paint polish)</i>		
LALUKA GEL QUICKIE		R 400
<i>(Nail filing & nail gel polish)</i>		
SOAK OFF		R 210

*(*Gel nail polish may be used instead of the paint polish at an additional cost of R120)*



LALUKA HANDS & FEET

FEET

FOOT MASSAGE	30 min	R 610
PEDICURE	45 min	R 725
<i>(nail file, cuticle, exfoliate, massage & nail paint polish/buff)</i>		
HEEL PEEL	60 min	R 750
<i>(heel peel, nail file, cuticle, exfoliate, massage & nail paint polish/buff)</i>		
LALUKA PEDICURE	75 min	R 850
<i>(full pedicure with nourishing or detox clay mask & nail paint polish)</i>		
LALUKA GEL QUICKIE		R 440
<i>(Nail filing & nail gel polish)</i>		
LALUKA PAINT QUICKIE		R 320
<i>(Nail filing & nail paint polish)</i>		
SOAK OFF		R 250





LALUKA BEAUTY

Don't renounce to a small beauty treatment in the middle of the bush. Let your hair down and let us take care of you!

EXPRESS FACIAL	30 min	R 600
DEEP CLEANSE FACIAL	60min	R1000
ANTI-AGING FACIAL	60min	R1000
BROW TINT	15 min	R 140
EYELASH TINT	15 min	R 140
BROW WAX & SHAPE		R 225
UNDERARM WAX		R 280
BIKINI WAX		R 350



OUR SPA POLICY

** Reservations are required to be made directly with our spa reservation desk or alternatively with our office.*

** Please arrive 15 minutes prior to your treatment for a professional consultation.*

** In a spirit of mutual respect, we kindly request punctuality.*

** Kindly advise us of any health conditions, allergies or injuries that could affect your treatment with us when making your reservation.*

** Most treatments are safe for expecting and nursing mothers. Please ask your therapist to advice.*

** Please enter your treatment room wearing your underwear or bathing costume. No nudity will be allowed.*

** Spa guests under the age of 18 years must be accompanied by an adult.*

** Gratuities are not included in treatment price. It is at your discretion to add a gratuity for treatment excellence.*

** Laluka Spa and its associated companies are not responsible for any theft, damage, loss or misfortune that may occur while frequenting our premises.*

** Please note products purchased at our spas are not refundable.*



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Contact us:

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