



QWABI
LETAMO
BY
NEWMARK

LETAMO

From the moment you cross our threshold you will be transported to a world of indulgence and tranquility tapping into the energy of the Bushveld, it's people, and mother earth. Grasping inspiration from traditional healing and ancestral guidance we have compiled a portfolio of exquisitely unique treatments.

Using local herbs, earth elements and plant-based extract enhancing your entire being. Promoting restoration on every level and captivating the senses with our African Meetlo (Cultural) exquisiteness, where no detail is spared in creating an unparalleled journey of magic and serenity.

Enter the world of Africa

Spa Facilities and Services

- 3 Treatment Rooms – for dual and single treatments, with private changing and shower facilities
- Beauty Bar – Our very own Savannah Breeze where you can pamper yourself to a manicure, pedicure and foot spa Liquor treatments
- Chill Lounge
- Private changing areas
- The Tranquility Lounge – to meditate or relax in between and after all spa treatments with lounge chairs with music and books.
- Health Bar - with homemade healthy snacks, infused botanica water and freshly brewed herbal tea to enjoy between treatments.
- Fitness Centre – with a full range of cardio and resistance equipment



Balance is Key

African Tekeno E Amang

(African Signature Touches)

Each Signature touch starts with our welcome caress on the feet, our Tlou (Elephant) walk on the back and magical sound healing, creating a deep sense of tranquility.

We believe that touch and sound healing are very effective and proven modalities as the use of vibrational sound helps reduce stress, alter consciousness and creates a deep sense of peace, wellbeing and better health.

Mme Africa (Mamma Africa)

120 mins

R 2 990

Balance is the essential element to the soul

This magical and mystique journey is grounded in the four elements of earth designed to attain deep relaxation, connecting and grounding the power of body mind and soul.

Meetse (Water Element)

30 mins

R 790

Combining steam infused compressors with a natural body mud infused with indigenous botanicals and properties, allowing the heat to soothe and relax your muscles, relieving build up and tension whilst the Fynbos will unlock the healing art using specially selected essential oils obtained from different parts of the fynbos plants.

Moya (Air Element) and Mollo (Fire Element)

60 mins

R 1 690

As your journey continues, breathing techniques are used to ease you into the treatment, while flowing massage techniques combined with natural Fynbos oil and heated stones, target specific problem areas healing and comforting the body.

Lefase (Earth Element)

30 mins

R 520

Complete with our scalp and foot massage, soothing and grounding you into a deep relaxing sleep. Finally, the sound of the singing bowl gently awakens and re-balance you. Bringing harmony and tranquility into one.



African Heartbeat

Meoya ya seAFRICA (African Spirit of Our People)

90 mins

R2 090 per person

Healing through Touch

This journey will sweep you to a place of inner peace and serenity, lost in the beauty of our Utopia, combining smell, touch and sound, designed to attain deep relaxation.

The soft vibrations and sounds from the singing bowl will induce complete relaxation relating to the ancient practise of sound therapy, whilst the African drums will awaken yet soothe all senses.

As your treatment commences breathing techniques are used to ease you into the treatment, whereas the Aromatherapy massage with the Aromatic power of Cape Geranium, will revive all senses. Using colour and crystal quartz therapy to rebalance and re-energise you.

Gem Crystals Information

The Clear Quartz white crystal, one of the second most abundant natural minerals on earth, are considered the master healer of all crystals - energy amplifiers, harmonizing the body mind and soul.

The Rose Quartz, the crystal of unconditional love, will boost feelings of self-love and fostering loving relationship with others.

The Smoky Quartz, a grounding stone, will ground you and connect you with mother earth.

Should you wish to enjoy a treatment in the comfort of your Garden or room, a selection of treatments from our Spa Menu are available on request at an extra cost of R500 per person



Africa Ancestral Touch Therapies

Re Ba Tee (We are one). The perfect combination of ancient and modern techniques taking inspiration from the world's finest therapies, rituals and healing applications. Involving the arts of advanced massage techniques.

Khutso (Serenity) Swedish Massage

60 mins

R 990

The original form of massage that is used all over the world to provide a very relaxing and therapeutic form of bodywork. This quintessential restorative technique leaves the body loose and supple and the mind invigorated.

Kwano (Harmony) Aromatherapy Massage

60/90 mins

R990/R1 190

A holistic treatment, in which aromatherapy Fynbos essences infused with Cape Geranium are absorbed by the skin and inhaled, creating a deeper and longer lasting effect. This treatment combines the relaxing effects of touch and smell.

Bush Letlapa (Bush Rock) Hot stone Massage

60/90 mins

R1 090/R1 290

This treatment harnesses the wellness properties of heat through soothing warm stones bathed in warm water, anointed with spicy, sensual aromas and then placed on key energy points of the body stimulating circulation. This relieves specific points of stress employing the ancient healing powers of touch and heat therapy.

Kgohlano (Tension) Deep Tissue Massage

60/90 mins

R1 290/R1 590

Feel the stiffness melt away with this therapy that concentrates on specific points of tension to re-align deeper layers of muscle by using hands, arms, elbows and bamboo sticks creating an instant sense of release.

Khatello ea Maikutlo (Back, Neck and Shoulder)

30/45 mins

R590/R690

From the heart of the grasslands to the soul of the mountains, surrender yourself in a treatment designed to remove stress from the back, neck and shoulders to once again align your mind and body in harmony.

Sola (Soul to Sole Massage) Foot massage

50 mins

R850

The ultimate relaxation that will achieve therapeutic results through your entire body, prolong with a sensational herbal salt foot bath; African-inspired foot and leg massage, complete with a Moisturizing foot tonic made with Rosewood and Ylang Ylang essential oils to regenerate and strengthen the skin.



For Men & Women
**Letamo Skin
Specifics**

Advanced Anti-Ageing and Skin Specific Treatments

Our Skincare therapists are highly qualified and trained to provide the utmost in professionalism, each 75/90min superior treatment is enhanced by a luxurious Hand, Arm, Foot and scalp massage.

Oxpecker Deep Cleansing Intense 30/60 mins R690/R950
(The Rhino's Guide)

This is a Deep pore cleansing treatment, which lightly firms and moisturizes the skin. Leaving the skin firm and supple.

Sun Kissed Visible Brightening Facial 60 mins R1 190
(Perfection is a Journey)

Exclusively designed to support and enhance the skin's own stem cells, this innovative treatment noticeably improves the skin's metabolism leaving it smoother, firmer and brighter.

Baobab Anti-Ageing Advance 75/90 mins R1 690/R1 990
(Tree of Life)

An intensely stimulating facial using a unique thermal-active revitalizing mask, specifically designed to stimulate microcirculation giving an instant boost and leaving the skin visibly smoother, to combat aging.

Matriarch Pro-Collagen Intense Facial 75/90 mins R1 690/R1 990
(Wisdom Untapped)

Designed to address the loss of collagen, the main cause of skin aging. This facial features our unique 70% natural soluble collagens. Through the application skin is revitalized and returned to a youthful and healthy state. Fine lines are reduced and skin's elasticity is restored.

Sirius Radiant Glowing Facial 60 mins R1 290
(Brightest Star in the Universe)

Innovative activation techniques increase the supply of active ingredients to refuel and energize the skin leaving it fresh and glowing. Providing instant vitality for dehydrated, jet-lagged and tired skin.



African Tropical Floras.

Body Treatments

The African antidote to modern living.
Inspired by the Kubu (Hippo) and the African Sun the closest star to earth.

Tropical Salt Glow

45 mins

R550

This Luxurious full body Salt scrub is an invigorating and cleansing treatment infused with Lemongrass, mineral salts and Orange that leaves the skin soft, smooth and radiant.

Euphoric Milk Wrap

60 mins

R990

A Full Body Exfoliation followed by a decadent Milk Tonic Wrap comprising with essential oils of Rosewood, Ylang ylang and Grapefruit that will leave you feeling relaxed yet revived, providing total hydration and nutrients to your skin.

Mud Wrap

60 mins

R1 090

Similar to the Kubu (Hippo) rolling in the mud for its protective properties, this exotic native mud filled with Lavender and Benzoin both healing and soothing will leave your skin nourished and healthy

Herbal Detox Wrap

60 mins

R1 090

The detox wrap infused with Buchu, a native herb used for many centuries, combined with a full body exfoliation was designed to eliminate harmful toxins and provide essential vitamins and minerals to your body

Should you wish to enjoy a treatment in the comfort of your Garden or room, a selection of treatments from our Spa Menu are available on request at an extra cost of R500 per person

Savannah Breeze

Beauty bar

Feel thoroughly pampered as we cleanse, groom and restore the condition of your hands and feet, each 60-minute and 75-minute treatment is enhanced with a tender exfoliation, nourishing mask treatment and massage. Finish with a nail lacquer of your choice.

Hands & Feet

File and Varnish	R300	20 minutes
Express Manicure or Pedicure	R350	30 minutes
Gents Manicure	R450	45 minutes
Gents Pedicure	R520	45 minutes
Classic Manicure	R490	60 minutes
Classic Pedicure	R550	60 minutes
Deluxe Manicure	R750	75 minutes
Deluxe Pedicure	R850	75 minutes
Gel Add on	R290	30 minutes
Soak Off	R190	30 minutes

Essentials

Lash and Brow Tint	R120
Lash Tint	R90
Brow Tint	R90
Chin Wax	R90
Brow or Lip Wax	R90
Chin and Lip Wax	R120
Half Leg Wax	R275
Underarm Wax	R110
Std Bikini Wax	R200
Full Leg Wax	R340
G-String Wax	R350
Brazilian Wax	R390
Hollywood Wax	R490





Specialised Touch Therapies.

A group of massage techniques specifically designed to focus on the core of the muscle to address specific needs. Includes pre-event, inter-event, post-event massage and maintenance.

Scalp Massage

30 mins

R590

The scalp massage will energize your mind and allow tension to slip away. This ancient technique has been practiced for over a thousand years.

Foot Massage

30 mins

R690

The feet are roadmaps to the body with sensitive points that connect throughout our form. This massage helps relieve areas of tension with the body by focusing on specific pressure points.

Sports Back Massage

30 mins

R790

The prime purpose of sports massage therapy is to help alleviate the stress and tension which builds up in the body's soft tissues during physical activity.

Sports Leg Massage

30 mins

R750

This focused, medium-pressure massage helps to relieve areas of tension created by strain

Oasis Express

As treatment add-ons or for those with limited time

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Africa's Captivating Rituals

Create Everlasting Memories

Moonlight Magic

90 mins

R3 500 per couple / R1 890 per person

From the SOUL of the Rivers to the Heart of the mountains, surrender yourself towards the Magic only Africa embraces.

Rose quartz, the stone of love, is used to add positive love energy to relationships, enhance compassion and forgiveness and balance the upper four chakras, easing emotional imbalance. This superior experience will nourish your body, heart and soul. With the assistance of rose quartz crystals and massage oil filled with Geranium, Neroli and Patchouli, our therapists perfectly craft a massage for you to be one with your mind and soul. This treatment can be enjoyed by yourself or with a loved one.

End of the afternoon of pleasure with a superb Moonlight feast whilst being graced by the stars and the moon.

Celebration of Life

90 mins

R2 990 per couple / R1 590 per person

This sumptuous treatment has been targeted to create the ultimate relaxation in one of our candle lit duo rooms. Completed with a 90-minute side by side Aromatherapy Massage, combined with a Hot Oil foot and scalp massage. Your body mind and soul will experience ultimate relaxation.

Complete with a glass of bubbly, celebrating the beauty of life

Setting the Stage for Magical Moments

90 mins

R3 990 per couple / R1 990 per person

This package is ideal for sharing that magical moment, allowing us to pamper and spoil you and your loved one. From the moment you enter your journey begins with a luxurious 60 minutes Hot stone Massage, followed by our unique advanced 30 minutes Hydrating Booster Facial, leaving the skin soft and supple.

The soft sounds of bells signal the end of this journey. Concluded with an enjoyable picnic basket comprising of delicious treats, which can be enjoyed by the pool or in the privacy of your room.



Bushveld Escape

Africa's Healing Touch

Bushveld Escape

90 mins

R 1 490 per person

Embark on a well-being journey that taps into the energy of the bushveld.

Surrender yourself to a pathway designed to remove stress from the back, feet and scalp to once again align your mind and body in harmony.

This unique journey incorporates meditation breathing, an exotic full body salt glow massage, targeting the main areas of the body which hold stress and works to release and relax not only the body, but also the mind.

Migration

80 mins

R1 090 per person

A complete package, tailor made for the jet lagged. surrender yourself in a treatment designed to remove stress from the back, feet and scalp to once again align your mind and body in harmony.

This unique massage incorporates meditation breathing, targeting the main areas of the body which hold stress and works to release and relax not only the body, but also the mind.

Adore Yourself

90 mins

R1 590 per person

Experience 90 minutes of relaxation and inner peace, making it all about you.

Choose any 3 treatments from the list below:

- Back, Neck and Shoulder Massage
- Booster Facial
- Foot Massage
- Mini Pedicure
- Mini Manicure

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Spa Etiquette

Spa Arrival

Arriving late may make it necessary to limit time for your treatment so the next guest is not delayed. Please arrive at least 15 minutes before the scheduled time to check in and prepare to enjoy your treatment.

Spa Environment

Your spa environment is one of tranquility and relaxation. Please respect all spa guests right to privacy and serenity. Please turn off cellular phones on arrival at the spa.

Spa Attire

We will provide you with spa attire including a choice of spa underwear. You may choose to wear your own. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

Valuables

We provide a secure place to store your personal items inside the spa locker rooms, however we do not assume any liability for personal items and recommend you leave valuables in the safe in your hotel room or suite.

Cancellation Policy

The treatments you select are reserved especially for you and credit card details are required to secure your booking. If you are not able to make your scheduled appointment, please advise us 12 hours in advance in order not to incur any cancellation charges. You may incur a cancellation fee equal to 100% of the total value of your treatment for same day cancellations.

Refunds and Returns

Treatments and packages are non-refundable, non-transferable and may not be exchanged for money. For hygiene reasons, products purchased may not be returned or exchanged.

All prices can change at any time. Prices are quoted in South African Rand (ZAR).
Prices are quoted per person, per treatment unless specified otherwise.