



KATEKA
wellness

*Let us take you on a journey through
nature & the elements*

Everything in nature is made up of five basic elements:
earth, water, fire, air, and space/ether.

Knowledge of the five elements allows one to understand
the laws of nature and to use them to attain greater
health, power, knowledge, wisdom and happiness.

This arises out of deep intuition of how the universe
operates with nature.

4 PILLARS OF KATEKA WELLNESS

1. Self Care

2. Nutrition

3. Play-Explore-Movement

4. Sleep & Relaxation

The Kateka Wellness Experience seeks to immerse you in all 4
pillars of our wellness ethos, once you have experienced all 4,
you will feel a sense of realignment & balance, especially while
surrounded by nature.

KATEKA WELLNESS

EARTH RITUAL

*Exfoliation - Full Body Mud Mask - Indian Head Massage
Back & neck Massage*

WATER RITUAL

*Ice Bath - Jacuzzi - Exfoliation - Aroma Full Body Massage
- Jacuzzi*

FIRE RITUAL

*Infrared Sauna - Body Brushing - Himalayan Salt Stone Massage
- Jacuzzi*

AIR RITUAL

*Meditation & Breath Work - Body Brushing - Rain Drop Reiki Massage
- Chinese Detox Cupping*

ETHER RITUAL

*Infra-Red Sauna - Sound Bowl Therapy - Exfoliation
- Crystal Chakra Massage*

KATEKA SALON

WASH & BLOW WAVE

*With some of the best products around come indulge in a little luxury & pampering.
Wash. Massage. Blow Wave. 1hr*

KATEKA AFRICAN BOTANICS

FACIALS

*With extraordinary functioning formulas and a lasting commitment to ethical trades,
sustainable biodiversity African Botanics is the embodiment of a profound
connection to south Africa & her unique ingredients.*

High performance skincare that marries nature, research & tech in perfect harmony.

Choose from sensitive/dehydrated/oily or anti-ageing skin concerns - 75mins

A LITTLE EXTRA

<i>Indian Head Massage</i>	<i>30 mins / 45min</i>	<i>Full Body Massage</i>	<i>60 mins / 90min</i>
<i>Foot Massage</i>	<i>30 mins / 45min</i>	<i>Lash Tint</i>	<i>20 mins</i>
<i>Back & Neck</i>	<i>30 mins / 45min</i>	<i>Brow Tint</i>	<i>20 mins</i>

NAILS

Classic Mani - 60 Mins Classic Pedi - 60 Mins

Kateka Gel Manicure - 75mins Kateka Gel Pedicure - 75 Mins

Deluxe Mani With Paraffin Wax- 90 Mins

Deluxe Pedi With Paraffin Wax - 90 Mins

HAIR REMOVAL

Full Leg Wax - 60 min

3/4 Leg Wax - 40 mins

1/2 Leg Wax - 30 min

Underarm Wax - 15 mins

Bikini Wax - 15 mins

Brazilian Wax - 45 min

Eyebrow - Lip - Chin - 15 min

JUICE & TEA EXPERIENCE

At Kateka wellness, we believe in nourishing your body & soul. Try one of our superfood smoothies or freshly pressed cold drinks, healthy wellness snacks or have an elemental tea which corresponds to your treatment while sitting back and relaxing in our gorgeous relaxation lounge, grab a wellness book or magazine, colour or try beading meditation and enjoy a relaxing afternoon with us, take a walk or sit and enjoy our meditation Zen garden.

ART THERAPY

Art therapy involves the use of creative techniques such as drawing, painting, collage, coloring, or sculpting to help people express themselves artistically and examine the psychological and emotional undertones in their art. Adult art therapy colouring books can be found in your room, should you wish to explore more options please see out boutique or chat to one of wellness therapists.

at your own leisure - complimentary

MOVEMENT EXPERIENCE

YOGA

Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health. Yoga was developed as a spiritual practice thousands of years ago but now in modern times is a fantastic stress management tool. Not sure where to start? we have got you, come for a complimentary class with one of our instructors on the roof top overlooking the african savanna. Alternatively feeling shy, no problem, book a private one on one session ensuite or at our yoga deck and enjoy learning about this wonderful form of movement and exercise

Private 60 min class

F 4 5

Created by sport scientists and elite athletes, our unique, team-based workouts include an array of interval stations and feature 36 distinct workout systems. With more than 3,000 exercises in our database, our guests almost will almost never do the same workout twice. Boasting the latest sport equipment such as woodway treadmills and concept 2 spinning bikes. Come have a fun 45 min functional training session while surrounded by the african bush!

45 minute class - complimentary

BUSH WALKS

Walking is a type of cardiovascular physical activity, which increases your heart rate. This improves blood flow and can lower blood pressure. It helps to boost energy levels by releasing certain hormones like endorphins and delivering oxygen throughout the body. Add nature into this mix and you create another layer to being outdoors in nature - an instant stress reliver and benefits the mind.

1hr - complimentary - schedule with our guides

MEDITATION & MANDALA

Meditation is a technique used for thousands of years to develop awareness of the present moment. It can involve practices to sharpen focus and attention, connect to the body and breath, develop acceptance of difficult emotions, and even alter consciousness. Disconnecting from modern day technology can be just what the body needs sometimes and beading is just the answer, take a class with one of wellness therapists to enjoy this relaxing art form with a side twist of pray & meditation.

Beading class - 60 mins

SLEEP & RELAXATION

while at Kateka we encourage you to switch off and disconnect! Did you know scrolling on your phone at night sends blue rays to your optic nerve sending further signals to your brain which affect your quality of sleep! Switching of all electronics 1hr before bed can improve your sleep by as much as 80% - Our beloved caffeine is another culprit especially in our fast paced busy lifestyles, limit caffeine to help lower cortisol levels by reducing to 3 cups per day max limit and no more caffeine after 2pm. But what to do for an hour before bed...we have you covered...

BATH MENU

Choose from different essential oils and let us create a magical bath heaven for you while you're at dinner

**ask a wellness therapist to drop a bath menu card at your suite!*

R200 per bath turndown

AROMATHERAPY SLEEP BLENDS

for purchase at our boutique our skilled wellness therapists have a range of rollers you can apply to the stomach to help aid sleep and rest

R300 per blend - 100% quality essential oils for sleeping better

GUIDED SLEEP MEDITATION

Download the following apps and listen with your phone on a black screen or away from the bed.

Calm - Headspace - Chopra: Meditation

**ask one of our staff to help you download the app*



Should you require further information please email our wellness manager
wellness@kateka.co.za