



## **SPA MENU**

There is no better place to relax, unwind and indulge one's mind, body and soul, and after your treatment take a swim in the infinity pool, which is on the SPA's doorstep.

Esse Organic skincare range is used for all treatments, Esse is committed to ensuring 95% or more of their natural inputs are certified organic. None of their products contains any harsh synthetic chemicals like parabens or preservatives. A range of treatments are offered at our spa - including body treatments, massages, facials and nail treatments.

## **Spa Etiquette**

### **A Space of Tranquillity**

Rhino Ridge politely asks for you to place your cell phones on silent and to speak quietly in the Spa area as treatments are most likely on the go. All ages are welcome, guests under the age of 16yrs adult supervision is required.

### **Punctuality**

Guests are requested to arrive 15 min early in order to assist with the completion of the consultation form.

### **Payment of Treatments**

Prices are subject to change without notice. Charges are added to the guests room account and will be settled at the lodge's reception on departure as the Spa does not accept payment directly.



## Speciality Treatments

**Sibusiso Signature Treatment** **120 min R1475**  
**(I want to spoil you, give you a gift)**

A relaxing retreat which begins with a rejuvenating full body exfoliation, 30 min Rhino Rock  
Hot stone back, neck and shoulder massage followed by an express pedicure and a revitalising express facial which will cleanse and hydrate your skin.  
Complete your rejuvenation with a glass of sparkling wine, relaxing at the swimming pool enjoying nature and the peaceful surrounds.

**African Sunset Signature Treatment** **60 min R865**

Start with a back exfoliation, go into a peaceful 30 min Phumula back, neck and shoulders massage and finish your sundowner with a 15 min Zwelithini scalp massage.

**Rhino Rumble Signature Treatment** **120 min R1360**

Begin your journey with a 45min full back massage, followed by a hydrating pedicure and end off with an express facial.

**Warthog Wallow Signature Treatment** **R730**  
**(For our Bush villa's only)**

A decadent bath with bath salts, bubbles, and aromatherapy oils of your choice is prepared for you in your room. This is set up with candles and a 375ml bottle of sparkling wine.



## Massage Therapies

### **Phumula Swedish Massage** **60 min R720 / 90 min R980**

A full body massage using different techniques to provide relaxation, relieve aching muscles, improve blood circulation and reduce stress.

### **Induna Deep Tissue Massage** **60 min R770 / 90 min R1155**

A deep tissue designed to alleviate tension of overstressed muscles and tendons. It is especially helpful for chronic aches, pains and contracted areas such as stiff neck upper or lower back pain, leg muscles tightness and sore shoulders.

### **Soul of Africa Aromatherapy Massage**

**30 min R395 / 60 min R690 / 90 min R940**

A therapeutic full body massage where you concentrate on more relaxing strokes using a blend of essential oils. Each essential oil has different healing properties. This massage improves the flow of lymph, helping the liver to remove toxins and blood circulation.

### **Rhino Rock Hot Stone Massage**

**30 min R495 (BNS/) 45 min 690 / 60 min R890 / 90 min R1320**

A classic full body massage using herbal heated stones to release muscle tension, increases blood circulation and is very relaxing.

### **Back Neck and Shoulder Massage**

**30 min R450 / 45 min R570**

Focus on relieving tension in the back, neck and shoulder areas



## Thandi Hand and Feet Treatments

### **Express Manicure**

**30 min R380**

A quick manicure - focusing on nail shaping, cuticle care and scrub then applying a nail polish of your choice.

### **Express Pedicure**

**30 min R320**

Focusing on nail buffing, nail shaping, cuticle care and scrub and then applying a nail polish of your choice

### **Hydrating Manicure**

**60 min R540**

A luxury manicure where we focus on grooming of the nails, nail shaping, cuticle care, scrub mask, massage and then apply nail polish of your choice.

### **Hydrating Pedicure**

**60 min R670**

Enjoy the relaxing foot scrub, soak, nail shaping and cuticle care followed by a relaxing foot mask and massage which soothes softens and nourishes sore and tired feet.

### **Foot Massage**

**30 min R350**

### **Hand Massage**

**30 min R550**

### **King Zwelithini Head Massage**

**30 min R380**

Sculp, face, nape of the neck and the shoulders are massaged using gently and stimulating techniques, providing calmness and healing headaches, sinus and insomnia.



## Facial Treatments

### Express Facial

**30 min R340**

Ideal for those on the go. Your skin is cleansed and lightly exfoliated. A pore refining mask is then applied followed by a moisturiser.

### Queen Nandi Ladies Facial

**60 min R800**

The Queen Nandi facial (named after King Shaka's mother) is an anti-ageing treatment which revitalises and strengthens the skin, supplying moisture, vitamins and anti-oxidants which leaves your skin youthful and glowing.

### King Shaka Gentleman's Facial

**60 min R800**

Named after the great warrior King Shaka, King of the Zulu people, this is a relaxing facial designed specifically to combat signs of skin ageing, fine lines, wrinkles and loss of elasticity which assists in soothing daily shaving.



## Body Treatments

**Body wrap / cocoon** **60 min R800**  
*Hydrating, Firming, Detoxifying and Relaxing*

Your body is thoroughly exfoliated to remove all the dead skin cells then a wrap of your choice is applied.

**Indian Ocean Salt Glow** **30 min R450**

Removal of dead skin cells using exfoliating salts leaving you with hydrated smooth skin, increasing blood circulation and also relieves symptoms of certain skin disorders.

*This exfoliation works well with the body wrap or full body massage. Please let your therapist know should you wish to package this so that they can ensure the room is booked for your shower.*

**Buffalo Body Scrub** **30 min R360**

Gently removes dead skin cells, dirt and oils using exfoliating scrub. This helps to unclog pores and expose your skins underlying healthier layers.

*This exfoliation works well with the body wrap or full body massage. Please let your therapist know should you wish to package this so that they can ensure the room is booked for your shower.*