

MOUNTAIN LODGE

## WELLNESS MENU



*Ruellia cordata*

WE CARE ABOUT YOUR WELL-BEING

## Escape from the pressures of daily life, surrender your senses and experience treatments second to none.

Carefully developed by a specialised team using extensive clinical and scientific studies, the **TheraNaka™** range boasts indigenous Pinotage cultivar grape derivatives to which internationally acclaimed active ingredients, powerful anti-oxidant ingredients and organically grown indigenous botanicals have been added.

All our treatments begin with an in-depth skin consultation by a **TheraVine™** expert, trained and skilled to assess your specific concerns because beauty goes beyond the radiance of your skin and body.

Each phase that follows has been expertly woven to meet the needs of mind, body and skin while aromas and indulgent textures provide for a multi-sensory experience, each treatment expertly crafted for your ultimate treatment satisfaction.

BOOKINGS: RECEPTION@MARATABALUXURYLODGES.CO.ZA

+27 (0) 14 779 0018

OPERATING HOURS: 8AM - 7PM DAILY

## SPA ETIQUETTE & POLICIES

**Appointments:** Booking in advance is recommended.

**Punctuality:** Please ensure you are ready when your therapist arrives; should you begin later than your scheduled appointment, your treatment time will be reduced or cancelled, with the full treatment fee charged regardless.

**Cancellation policy:** A 4-hour notice period is required; appointments not cancelled in time will be charged for in full.

**Mobile phones:** Kindly ensure your device is switched to silent mode or off

**Children:** A childminding service is also available at the lodge should parents wish to enjoy spa time to themselves.

**Prices:** All prices are subject to change without prior notice.

**Indemnity:** The spa, its therapists and TheraNaka™/TheraVine™ will not be held responsible for any injuries, adverse reactions or complications before, during or after a treatment/s; or for any theft, damage, loss or accident that occurs on the premises.

## Signature Experiences

### **THERANAKA™ AFRICAN WOOD MASSAGE** 90min • R1800

Mimicking the rhythmical patterns of an African dance, the TheraNaka™ signature massage blends light stretching techniques and specially designed body and facial wooden implements to relax and restore your weary body. Being drizzled with a warm Olive and Shea butter ointment with soft notes of mandarin and neroli will nourish; and heal dry skin whilst experiencing blissful relaxation and rejuvenation.

### **THERANAKA™ VEGAN INDULGENCE** 75min • R1700

Be transported to a majestic bushveld experience! The treatment commences with a back polish to slough off dead skin cells leaving the skin feeling comfortably smoothed. This nurturing massage journey uses a 100% vegan superior blend of plant waxes and butters infused with coconut, jasmine, and ylang-ylang oils to enhance this soothing and stress relieving experience. Simply relax and feel the tension melt away.

## Body Indulgence

### **THERANAKA™ TENSION RELEASE DEEP TISSUE MASSAGE** Back & Neck 30min • R800 Full Body 60min • R1500

A warm aroma blend infused with circulatory-boosting essential oils is coupled with a deep tissue massage designed to relieve pain and muscle tension throughout the body. The powerful synergy of Rosemary, Pine, Black Pepper and Marjoram creates a gentle warmth, improving range of motion, dissolve tension and encourages muscle relaxation. A refreshing gel is applied, leaving your body feeling refreshed and invigorated. The ideal massage for active individuals and frequent travelers in need of a circulation boost.

### **THERANAKA™ LUXURY FUSION RELAXATION MASSAGE** Back & Neck 30min • R800 Full Body 60min • R1500

Enjoying the freedom of choosing your favorite massage mediums from our selection of luxurious herb-infused Avo and Shea- massage butters or Marula-herb infused Fusion body oils. Heavenly exotic aromas and natural essences are used to calm the soul, rebalance, and uplift the mind.

*Choose from our 4 Signature Blends:*  
African Sunset (relaxing)  
African Daybreak (uplifting)  
African Storm (detoxifying)  
African Earth (pregnancy safe)

## Body Restorative

### **THERANAKA™ UPLIFTING JET LAG RITUAL** 60min • R1500

Experience a gentle massage therapy facilitated by our uplifting Marula-herb infused Fusion body oil to address your jet lag whilst restoring vitality, realign muscles and tissues. To allow for a greater balance and harmony, the use of essential oils of lime, lavender and sweet orange is followed by an invigorating pressure point foot massage to restore your energy. Your treatment will be concluded by a relaxing scalp massage leaving you feeling refreshed and revitalised.  
*~ Welcoming Ritual; Back Massage; Foot Massage; Invigorating Gel; Scalp Massage*

### **THERANAKA™ RELAXING ALOE AFTER SUN GEL WRAP** Area Specific 30min • R700 Full Body 60min • R1500

De-stress and sooth. A relaxing blend of jasmine, geranium and lavender is expertly applied to ensure complete relaxation, followed by the hydrating comfort of an aloe ferox and rooibos gel envelopment which immediately soothes, calms, and promotes healing. Relax while your skin is drenched in enriching actives.

## Facial Treatments

### **THERAVINE™ DELUXE ANTI-AGING FACIAL** 60min • R1000 | 90min • R1500

This replenishing treatment assists in reducing fine lines and wrinkles with peptide-rich boosters and serums to combat the signs of ageing while a plasticizing mask further enhances the actions of the active ingredients.

### **HYDRAVINE™ FACIAL** 60min • R1000 | 90min • R1500

A revolutionary cloth mask containing Hyaluronic Acid intensely moisturises the skin and 'locks in' active ingredients for up to 3 weeks – perfect for very dry, sensitive skin needing intense hydration!

### **THERAVINE™ HARMONIZING FACIAL** 60min • R900

A tailored facial custom designed for extreme relaxation with the aromatic scent of essential oils constructed to deeply hydrate your skin, gently remove surface impurities, and restore balance to the skin.

## For Men

### **THERAVINE™ MEN DAILY ACTIVE FACIAL** 60min • R900

3 key fundamentals: cleanse, hydrate and revitalise help restore freshness and clarity whilst leaving the skin comfortably soothed.

### **THERAVINE™ MEN CLARIFYING BACK TREATMENT** 45min • R800

Aimed at purifying the skin whilst reviving tension areas on the back, neck and shoulders, this rebalancing treatment combines deep cleansing exfoliation while detoxifying actives restore a weary mind, body, and soul.

### **THERANAKA™ MEN REVIVE PEDICURE** 45min • R560

Ideal for active men. Your therapist will pay attention to cuticle and nail care, removal of excess skin on heels, rounded off with a cool, revitalising mask to stimulate circulation.

## Youth/Kids Corner

### **PRO-YOUTH CLARIFYING FACIAL** 45min • R500

A crisis specific treatment targeting problematic skin types, helping clarify, purify and restore balance with visible results for a clear complexion and a luminous, even skin tone.

### **THERANAKA™ BACK, NECK & SHOULDER MASSAGE** 30min • R400

A wellbeing massage experience using a 100% safe and natural blend of plant butters.

### **THERANAKA™ AFRICAN PRINCESS** 45min • R700

Become your favourite princess for a day. The package consists of a mini manicure, mini pedicure, including a foot soak & scrub.  
*~ Back massage can be added*

Thera**N**AKA™  
SOUTH AFRICA

THERA**V**INE™

