



# The Spa

AT GWAHUMBE

*Retreat to The spa at Gwahumbe and allow the hands of our qualified therapists and the surrounding valley to wrap your body and mind in peace and beauty.*

## *Serenity Treatment Packages*

### **Pamper Package for two**

Includes one night of accommodation, a private dinner at the Hydro Bath, sparkling wine, breakfast and your choice of either a game drive or 45min Hot Stone Massage each.

R2600 per couple

### **Luxury Pamper for two**

Includes one night of accommodation, a private dinner at the Hydro Bath, sparkling wine, breakfast, a game drive, full body massage, Dermalogica facial for her and hand & foot treatment for him.

R3900 per couple

### **Ultimate De-stress**

Tea and Muffins on arrival  
Full Body Exfoliation  
Deep Cleanse Facial  
Hot Stone Full Body Massage  
Hydro Bath Session  
Spa Lunch  
Luxury Pedicure  
Full day – R1480

### **Perfect Escape**

Tea & Muffins on arrival  
Express Facial  
Back, Neck & Shoulder Massage  
Hydro Bath Session  
Luxury Pedicure  
Spa Lunch  
Half day – R930

### **Mom's Retreat**

Express Facial  
Hot Stone Back Massage  
Luxury Manicure  
Luxury Pedicure  
180min – R915

### **Pregnancy Pamper**

Welcoming Foot Ritual  
African Earth Salt Polish  
Relaxing Aloe Ferox Wrap  
Luxury Pedicure  
TheraNaka Gift  
180min – R780

### **Head to Toe**

Scalp & Hair Treatment  
Express Facial  
Swedish Back Massage  
Luxury Pedicure  
160min – R830

### **Tension Relief**

Full Body Swedish Massage  
Scalp Massage  
Hydro Bath Session  
120min – R540

### **Revitalizing**

Geranium & Pine Sugar Scrub  
Express Facial  
Vigour Deep Tissue Massage  
TheraNaka Gift  
120min – R660

### **Men's Time Out**

Scalp Massage  
Vigour Deep Tissue Massage  
Foot Treatment  
Hydro Bath Session  
120min – R600

## Gwahumbe Facials

### dermalogica®

Products formulated with the purest, finest ingredients available, all of which help improve and sustain skin health and integrity. Zone-by-zone Face Mapping® analysis is designed to allow your therapist to prescribe a product regimen specifically for your skin.

### organic skincare

A proudly South African range of organic, chemical-free skin products sourced from wild African plants to offer excellent free-radical protection. Esse's philosophy is to bring the best actives to skincare without compromising on safety or ethics.

#### Customized Treatments for all-skin types

A skin analysis and consultation with your therapist will determine the most effective treatment to target your specific skin type and needs.

Dermalogica: 60min – R450

Esse: 60min – R330

#### Anti-Aging

Skin therapy specifically formulated for prematurely-aging, mature or devitalized skin.

Dermalogica: 75min – R510

Esse: 90min – R450

#### Express Facial

For clients who want maximum results in minimal time.

Dermalogica: 30min – R250

Esse: 30min – R220

#### FACIAL ADD ONS

##### Revitalizing Eye Treatment

Firm, tone and revitalize your tired eyes with a Dermalogica blend of peptides, firming proteins and therapeutic vitamins.

20min – R170.00

##### Hand Repair

A maximum strength exfoliation, plus the deep moisturizing benefits of soothing botanicals and essential oils will leave you with ultra-smooth hands.

20min – R210.00

##### Lash tint

10min – R45.00

##### Brow tint

5min – R40.00



These unique treatments and rituals were inspired by, designed and based on Africa's rich heritage. Understanding our mutual interdependence with earth, TheraNaka has been developed using only the finest natural ingredients while honoring the eco-system.

#### Gwahumbe Bath Ceremony

Specifically designed to reflect Gwahumbe's natural surroundings, experience a sublime body cleansing ceremony beginning with a full body exfoliation, followed by immersion in a luxurious bath treatment to relax the muscles in preparation for an indulging full body massage.

120min – R540

#### African Wood Massage

Mimicking the rhythmical patterns of an African dance, the massage blends light stretching techniques and specially designed body and facial wooden implements to relax and restore your body. Being drizzled with a warm olive and shea butter ointment will nourish and heal dry skin.

90min – R495

#### Vigour Deep Tissue Massage

A warm aroma blend with circulatory-boosting essential oils is coupled with a deep tissue massage. A refreshing gel is applied, leaving your body feeling invigorated.

45min – R290

## Touch Therapy

45 minute massages focus on the back, neck and shoulders. 60-90 minute massages are full body.

#### Swedish

Long smooth strokes, kneading, and circular movements are applied with a light to medium pressure to relax and revitalize the muscles.

45min – R280 / 60min – R380 / 90min – R470

#### Aromatherapy

A light pressure massage with benefits enhanced by the use of essential oils selected in consultation with your therapist to address your specific needs.

45min – R280 / 60min – R380 / 90min – R470

#### Hot Stone

A moderate pressure massage with hot polished stones transfers heat deep into the muscles to melt away tension, increase circulation and enhance flexibility.

45min – R340 / 60min – R460 / 90min – R510

## Body Treatments

All products used are a 100% natural blend of plant botanicals that gently and effectively eliminate dead skin cells, moisturize and leave the skin soft to the touch.

#### Geranium & Pine Sugar Scrub for dry skin

40min – R190

#### African Earth Salt Polish for normal skin

40min – R190

#### Relaxing Aloe Ferox Gel Wrap for normal to sensitive skin

60min – R410

#### Reflexology

Steady, gentle pressure is applied to specific points in the feet to release energy blockages, relieve stress and stimulate the body's healing process.

45min – R250

#### TOUCH THERAPY ADD ONS

##### Foot & Leg

30min – R170

##### Hand & Arm

15min – R120

##### Theravine Hair & Scalp Treatment

Experience self-indulgence during an ultra relaxing, stress relieving scalp massage using a stimulating scalp tonic after which a conditioning hair oil and intensive hair mask is applied to leave your hair silky soft and shining.

30min – R185

## Treatments for Men

#### Skin Treatment

A deep cleanse treatment that will leave your skin clean and fresh.

30min – R230

#### Hand Treatment

Attain a professional look with basic shaping of the nails, cuticle cleansing and grooming, nail buff or polish and a hydrating hand & arm massage.

30min – R140

#### Foot Treatment

Relax with nail and cuticle grooming plus an exfoliating skin scrub and a hydrating foot massage.

30min – R160.00

## Hydrotherapy

### Basic Bubble Hydro

Relax and unwind whilst the bubbles embrace you and the jets massage tired muscles.

30min – R90.00

### Soothing Milk Bath

A calming milk additive is used in the Hydro Bath to gently soothe the body and honey extracts hydrate dry, stressed skin.

30min – R150.00

Couples can enjoy a bath together with a R20 surcharge.

### Romantic Upgrade:

Add a bottle of bubbly and snack to your shared hydro session for only R150.

## Hands & Feet

### Luxury Manicure & Pedicure

A cleanse and scrub to rejuvenate your skin, clip, buff & file to shape the nails and meticulous grooming to restore the cuticles. Hands/feet will then be wrapped in a warm paraffin mask to leave your skin renewed followed by a targeted massage for deep relaxation. Finish off with the polish of your choice.

Luxury Manicure: 45min – R210

Luxury Pedicure: 60min – R260

### Express File & Varnish

Hands: 25min – R65

Feet: 30min – R90

### HANDS & FEET ADD ONS

French-Style: R20

Gelish Varnish: R50

## Beauty Basics

Head to toe waxing available ranging from R40 to R130. Pricelist available on request.

### Gift Vouchers

Treat your friends, family or partner to the gift of relaxation with pampering at The Spa at Gwahumbe. Vouchers of any value can be purchased at reception.

### Junior Spa

Enquire about our special spa menu with treatments for children and teens!

## Client Information

Kindly arrive 10 minutes before your treatment is scheduled to begin.

If you are having a pedicure, it is advisable to wear open toe sandals to prevent smudging.

Please advise your therapist if you are on any medication or under GP supervision. If you are pregnant, please inform the spa prior to booking your treatment.

Rates are subject to change without prior notice.

### Late arrivals

If you are late for your treatment, your treatment time will be reduced accordingly whilst the full rate is charged.

### Cancellation Policy

If you wish to cancel your spa booking, please do so at least 24 hours in advance or 50% of the treatment value will be charged.



Gwahumbe Game & Spa  
Kwa-Zulu Natal  
South Africa

TEL +27 031 781 1082  
FAX +27 031 781 1083  
CELL +27 082 347 6536

[www.gwahumbe.co.za](http://www.gwahumbe.co.za)