



SPA & WELLNESS TREATMENTS



A TRUE AFRICAN SPA EXPERIENCE

“CREATING MAGICAL MOMENTS AND TURNING THEM INTO SPECIAL MEMORIES”

The name “AMANI” meaning “PEACE” in Kiswahili, encapsulates the spirit of Amani’s philosophy to create an “inner peace” by restoring harmony in all three elements – a physical body, a conscious mind and an eternal spirit.

Set amid the sublime beauty of the African bush, the award-winning **AMANI SPA at IVORY TREE GAME LODGE** offers a true Safari Spa Journey. Amani boasts a plunge pool and relaxation deck that overlooks the magnificent vista that is the Pilanesberg Game Reserve. The spa’s three wood and thatch treatment rooms are perched atop stilts and accessible via wooden walkways. Each room, with its subtle earthy theme, has uninterrupted views of the African bushveld, and it is in this peaceful setting that you can indulge in Amani’s holistic body, skin and beauty rituals; rejuvenating massages and soothing treatments – uniquely designed to relax the body, and bring harmony to the spirit while preserving youthfulness and enhancing health and vitality.

AMANI SIGNATURE SPA TREATMENTS

KURHULA BODY RITUAL 90 min R795 2 people R1510
Nurturing you from Head to Toe
Our signature holistic body ritual is a unique treatment that incorporates massage techniques from around the globe. Starting with the head and scalp, and working down to the toes, the massage is followed by a revitalising mini-facial. Our exclusive blend of African oils is designed to assist with the elimination of toxins and alleviate stress and fatigue. The Kurhula Body Ritual is the ultimate in total relaxation and pampering.

AMANI CRYSTAL MASSAGE 90 min R795
Amani’s unique signature crystal massage is a deeply soothing and calming journey. Experience the restorative and energising quality of the crystals, warm oils and flowing movements, which work together to rapidly reduce muscle tension in the body. This treatment will balance your energies, releasing emotional stress and leaving you feeling totally relaxed and rejuvenated.

LUXURIOUS BODY TREATS

AMANI BODY POLISH 60 min R580
Enjoy the exfoliating and cleansing experience of Amani’s baobab body polish specially formulated to slough away rough, dry skin and assist in the cell renewal process, leaving the skin radiant and soft to the touch. This luxurious treatment is completed with a pressure point foot massage.

LERAGA MUD DETOX BODY WRAP 60 min R580
This highly effective slimming treatment is designed to reduce bloating, cellulite and water retention. The ginger and lime exfoliating mud wrap followed by a slimming massage with ginger and lime body butter assists with the detoxification and releases muscle tension while rehydrating and toning the skin.

AMANI BUSH BATH AND MASSAGE 60 min R580 2 people R1045
Unwind in Amani’s hydro bush bath, to which a therapeutic fizz ball containing a blend of indigenous plant extracts has been added. After soaking away your cares, indulge in a relaxing neck, back and shoulder massage.

DELUXE BABOR FACIALS

REGENERATING ANTI-AGEING FACIAL 60 min R595
This facial stimulates the skin’s metabolism, revitalising tired and stressed skin and encouraging cellular regeneration, resulting in soft and supple skin. An excellent anti-aging treatment that will improve the skin’s tone and texture.

CLASSIC HYDRATING FACIAL 60 min R560
This facial saturates the skin with moisture, plumps it up, and restores the skin’s elasticity & suppleness, ensuring a soft, well-cared-for complexion.

PURIFYING BALANCING FACIAL 60 min R560
Combination skin is characterised by dry areas of skin, combined with oily patches. This facial reduces excess oil flow, and thoroughly moisturises & refines the pores.

GENTLEMAN’S FACIAL 60 min R580
This facial deeply cleanses the skin removing all impurities from the skin surface, and supplies intensive moisture, leaving the skin deeply cleansed and resorted.

AMANI’S MASSAGE COLLECTION

CLASSIC SWEDISH MASSAGE 60 min R480 90 min R730
Using our signature oil, surrender to a full body Swedish massage, designed to relax to body, iron out any aches and pains, and restore a sense of total wellbeing.

PUNGUZA DEEP TISSUE MASSAGE 60 min R495 90 min R745
Punguza means ‘relieve’ in Kiswahili, and this special therapeutic and corrective massage technique tackles the deeper layers of muscle tissue. This massage is perfect for active sportsmen and women who are prone to strains and injuries.

AROMATHERAPY MASSAGE 60 min R500 90 min R750
A rhythmic, gentle full body and face massage using specially blended aromatic plant oils, guaranteed to relax the body, calm the mind & bring peace to the soul.

LEFIKA HOT STONE MASSAGE 60 min R550 90 min R800
A sensory body and face massage using warm, smooth river stones and essential oils, designed to ease muscle aches and tension and hydrate the skin.

AFRICAN RUNGU / CALLABASH / BAMBOO MASSAGE 60 min R550
Amani’s uniquely African massage is performed with the use of natural and effective African massage tools. Deep pressure and long strokes of this massage, make it excellent for reducing aches and pains and provides instant relaxation.

IKÊTLA ... NECK, BACK & SHOULDER MASSAGE 30 min R295 60 min R480
Ikêtle means to ‘relax and unwind’, and that is exactly what this relaxing massage is designed to do. The sensory power of touch and aroma encourages relaxation, and allows the tension to drain from the shoulders, back and neck areas.

REFLEXOLOGY FOOT THERAPY 60 min R460
An hour of bliss that begins with a foot soak followed by the traditional pressure-point massage, which helps to re-establish energy flow, improve circulation, relieve stress and restore balance and harmony to the body. (Subject to therapist availability)

AMANI FOOT RITUAL 30 min R280
The ultimate indulgence for travellers and an absolute must for those whose job keeps them on their feet. Treatment starts with a foot soak, followed by a relaxing massage with Shea butter, which induces relaxation, soothes sore and tired feet, improves circulation, and softens and nourishes rough or dry skin.

INDIAN HEAD MASSAGE 30 min R280
A relaxing scalp and neck massage, which is effective for reducing tension, relieving sinusitis, and for treating insomnia, fatigue, headaches and migraines. It is even reported to slow down hair loss by improving the blood circulation.

MOM-TO-BE MASSAGE 60 min R480
Pamper yourself with a specialised Mom-to-be massage, uniquely designed to cater for your needs during pregnancy. This massage helps to relieve lower back pain & fatigue, improve circulation & reduce swelling in the legs and feet. Specially formulated massage oils that are safe for mother and baby are used. (Maternity massage is not recommended in the first trimester of pregnancy).

COUPLES MASSAGE
Enjoy a couples’ massage of your choice with your partner or friend in our exclusive couples’ suite.

AMANI BEAUTY

CLASSIC MANICURE 60 min R290
This treatment feeds the skin with nourishing and hydrating nutrients to restore suppleness and elasticity to the hands. Cuticle care, nail shaping, nail polish application and a hand massage complete the treatment.

CLASSIC PEDICURE 60 min R290
Enjoy a relaxing foot soak followed by rough skin treatment and buffing, nail shaping, cuticle care and polish application. A soothing, conditioning and moisturising foot massage completes the treatment.

CLASSIC MANI & PEDI DUO 90 min R530
Pamper your hands and soles with a Manicure and Pedicure, hydrating and nourishing the skin, leaving the hands and feet beautifully conditioned.

FACIAL GROOMING
Eyebrow Shaping R90 Eyelash / Eyebrow Tint R80 each Lash & Brow Tint R120
(Waxing treatments available on request)





PAMPER PACKAGES

ROMANCING THE BUSH 2 hours 2 people R1960
Begin your journey with the rejuvenating Amani Body Polish and proceed to our unique bush bath, followed by our signature body ritual "KURHULA", pampering not only the body but the face and scalp too. A relaxing full body massage flows into a revitalizing mini facial and ends with our farewell ceremony "peace be with you" bringing balance to your body, mind and soul.

THE FEAST - FOR THE SOUL & SENSES 3 hours R1260 2 people R2270
Discover a little African magic and experience Amani's African Rungu Massage followed by a luxurious Babor facial and scalp massage. Complete your feast with a pampering Classic manicure or pedicure.

THE TRAVELLER 60 min R520 90 min R685
Ideal for travellers and those who have tired feet and stressed muscles, this treatment starts with an Amani Foot Ritual, which is followed by the Ikétla - Neck, back & shoulder massage. Guaranteed to leave you feeling relaxed and energised.

BRIDAL SPA JOURNEY 4 hours R1995
Surrender to a day of head-to-toe pampering with a series of therapeutic and relaxing spa rituals that will leave you feeling like royalty ahead of your big day. Your journey begins with a hydrating body polish and a bush tub followed by an Aromatherapy Lefika Hot Stone massage. The luxurious BABOR facial will leave your skin soft, hydrated and glowing. Finally, a Classic Mani & Pedi duo will ensure that hands and feet have never looked and felt so good.

BUSH BABIES SPA MENU VALID FOR KIDS 2 -12 YRS



STUDIES & OBSERVATIONS SHOW THAT MASSAGE THERAPY FOR CHILDREN IS BENEFICIAL:

- Decreased anxiety
- Pain reduction
- Improved muscle tone & motor skills
- Enhanced pulmonary function
- Children become calmer
- Improved concentration
- Overall sense of well being
- Massage is fun

ELEPHANT FOOT PRINT MASSAGE 20min R190
A gentle pressure point foot massage induces relaxation and improves circulation, creating balance in the body and improving children's sleeping patterns.

THE BUSY BEE... BACK, NECK AND SHOULDER MASSAGE 20min R200
A calming massage that improves circulation while soothing sore muscles... kids love it!

BABOON'S CHEST MASSAGE 20min R200
A gentle massage of the chest area to alleviate any cold or flu symptoms or tight chest and induce overall relaxation.

PAW MANI 20min R190
A nourishing hand soak and massage, followed by nail polish application... the ultimate treat for little girls.

PAW PEDI 20min R190
A relaxing foot soak and massage, followed by nail polish application... sure to put a smile on her face.



CONTACT DETAILS
TEL: 014 556 8100 SPA EXT. 8220
info@amanispas.co.za
www.amanispas.co.za/ivorytree.htm



SPA ETIQUETTE

PUNCTUALITY: Guests are requested to arrive a minimum of 20 minutes prior to the appointed time, as each guest will be required to complete a consultation card prior to the spa treatment/s. Guests must please alert the therapist to any medical condition or contra-indications that he/she may have. A late arrival may mean that your treatment time is reduced or unable to be honoured.

SPA HOURS: The Spa offers treatments from 8am to 5pm. Should a guest however wish to book a treatment outside of these times, we will do our utmost to accommodate their request, subject to staff availability.

CANCELLATION POLICY: A booking cancellation fee of 50% will be charged on all Spa bookings that are cancelled within 4 hours or less of the appointment time; in the case of a "no-show", the full cost will be charged to the guest's room account. Should the booking be confirmed with a gift voucher number, there will be a cancellation fee of 50% of the value of the gift voucher, and in the event of a "no show", the full value of the gift voucher will be considered as redeemed.

SPA TREATMENTS: Subject to therapist availability. Prices are subject to change without prior notice; Prices are VAT inclusive.

SPECIAL PACKAGES: The Spa offers specialised packages to suit any requirement, including bridal, birthday, anniversary and corporate.

SAFETY REGULATIONS: We advise guests to lock away valuables, including jewellery, money and cell phones in the in-room safe as Amani does not accept responsibility for any loss or theft of goods.

GIFT VOUCHERS: Please note that gift vouchers are non transferable and have an expiry date. Gift vouchers must be presented at an appointment in order to be honoured. Gift vouchers may not be redeemed for cash.

DISCLAIMER: The Lodge, Amani or any of its Spa therapists cannot accept responsibility for adverse reactions, accidents or complications before, during or after Spa treatments. Amani is not liable for any theft, damage or loss that may occur.