



*Transform Your Life*

TREATMENT MENU





# Welcome to Amani Spa & Wellness

We understand your desire to live a life of happiness and inner peace. To achieve this you need to feel vibrant and healthy, both physically and emotionally. But the journey to wellness can seem overwhelming, which may make you feel vulnerable and disheartened. We deeply believe that your life is destined to be filled with joy and vitality, and we're committed to guiding you on this journey.

Having traversed the path to wellness ourselves, we're intimately familiar with the trials and triumphs that come along the way. That's why we've dedicated ourselves to showcasing the transformative power of Wellness as a way of life.

Here's how we guide you on this journey:

- Inspirational SPACES -

steeped in the therapeutic charm of nature

- Customized TREATMENTS -

centred around your unique wellbeing needs

- Premium PRODUCTS -

designed to enhance your health and wellness

- Transformational JOURNEYS -

meticulously crafted to invigorate your body, mind, and spirit

- Enriching CONTENT -

to guide you on integrating wellness into every aspect of your life

Embark on this journey with us to break away from stress, fatigue and despair. Choose to embrace a life of meaning, vitality, and serenity.

Your journey to a happier,  
healthier you starts here.

Discover the transformative power of our skillfully crafted Signature Journeys, each designed to nurture physical vitality, emotional balance, and mental clarity. Our intention is for you to feel rejuvenated.

### KURHULA BODY RITUAL

Discover your Kurhula (inner peace) with our signature holistic body ritual. Luxuriate in a full-body massage using our coconut massage balm, followed by a revitalizing mini facial. Achieve balance of body, mind, and soul in this transformative experience.

90min R1700

### SPIRIT OF AFRICA

Our unique African massage. With the skilled use of ancient African Rungu warrior sticks, deep pressure strokes enhances circulation, aiding in the relief of muscular pain and tension.

60min R1150 | 90min R1600

### HIMALAYAN SALT CRYSTAL RITUAL

Indulge in a restorative massage featuring warm, nourishing coconut oil that conditions the skin. Immerse yourself in the benefits of Himalayan Salt Crystals, which help boost immunity and promote an overall sense of well-being.

60min R1150 | 90min R1600

### THE TRAVELLER

Your relaxation journey starts with a tension-releasing therapeutic mineral foot soak and coconut salt polish on the legs and feet, flowing into a stress-releasing back massage to conclude your journey.

60min R1150

### THE TRAVELLER DELUXE

This extended version of The Traveller offers a tension-releasing therapeutic foot soak and coconut salt polish for your legs and feet, followed by the blissful warmth of a full body massage using nourishing coconut balm.

90min R1600

Our signature aromatherapy collection, expertly formulated with your wellbeing in mind, harnesses the natural synergy of indigenous and botanical ingredients from the African continent.

## DETOX & SLIMMING

Experience the transformative benefits of our exclusive blend featuring Black Pepper, Peppermint & Bergamot. This potent combination works harmoniously to eliminate toxins, promote healing, restore balance, and support your immune system.

60min R925 | 90min R1325

## IMMUNE BOOST

Enhance your body's natural defense against infections with our invigorating blend of Lemon, Tea Tree & Eucalyptus. This uplifting treatment boosts respiratory health, promotes clear breathing, and improves sleep quality with its anti-congestion properties.

60min R925 | 90min R1325

## MUSCLE EASE

Soothe and alleviate muscle fatigue, aches, and pains with our powerful blend of Peppermint, Marjoram & Black Pepper. This therapeutic combination accelerates your body's natural healing abilities, helping to restore energy levels and promote overall well-being.

60min R925 | 90min R1325

## SLEEP WELL

Escape the wired-and-tired cycle and reclaim your natural sleep patterns. Experience the soothing power of our delicate blend of Lavender, Chamomile & Geranium. Like a dream catcher, this blend creates a serene ambiance, lulling you into a blissful state that enhances deep, restful sleep.

60min R925 | 90min R1325

## STRESS RELEASE

A fragrant floral blend of Geranium, Bergamot & Lavender is designed to subtly calm your physical body and refresh your mind. This soothing combination gently lowers cortisol levels, reducing anxiety and stress.

60min R925 | 90min R1325



A selection of classic massages aimed to promote relaxation, relieve muscle tension and improve circulation.

## CLASSIC SWEDISH

Stimulate, relax, and revitalise with this traditional massage.

60min R880 | 90min R1250

## DEEP TISSUE

Powerful therapy targeting deep muscle layers and connective tissue. Ideal for chronic muscular tension and stiffness.

60min R950 | 90min R1325

## LEFIKA HOT STONE

A sensory massage using heated natural river stones. Experience reduced muscle tension and enhanced circulation, activating vital life force energy.

60min R900 | 90min R1265

## CBD RELAX & UNWIND

Unlock the benefits of cannabis oil as it nourishes your skin, enhances circulation, and boosts your immune system. Target stress and anxiety, releasing tension and improving your overall mood.

60min R1100 | 90min R1450

## MOM-TO-BE PREGNANCY MASSAGE (After first trimester)

Relax with a soothing full body massage tailored for expecting mothers. Specialised techniques are used to relieve muscle tension and fatigue caused by carrying your little one.

60min R925

## IKETLA BACK, NECK & SHOULDERS

Alleviate muscle tension with this soothing massage targeting the back, neck, and shoulders.

30min R540 | 45min R715

## PRESSURE POINT FOOT MASSAGE

Targeting tender muscles in the lower legs and feet, this massage relieves tension build-up and enhances circulation, leaving you with a renewed spring in your step.

30min R540

## BLISSFUL SOLES

Float into deep relaxation with a soothing lower leg and foot exfoliation, followed by a blissful hot stone foot massage.

45min R715



ESSE SKINCARE is an award-winning South African brand renowned for its probiotic skincare technology, dedicated to enhancing skin health and sustainable skincare solutions.

### EXPRESS FACIAL

Nourish and fortify your skin with our probiotic-infused facial. Experience the power of probiotics and botanicals, enhancing your skin's resilience and protection against environmental factors.

30min R525

### HYDRO BOOST FACIAL

Experience a rejuvenating treatment that replenishes moisture, leaving your skin with a healthy glow and a plumped appearance.

60min R950

### AGE DEFYING FACIAL

A powerful blend of probiotic and botanical actives promote collagen and elastin formation for age-defying skin rejuvenation.

60min R1100

#### Facial Add-ons

ESSE AMPOULE	R 190
EYELASH TINT	R 170
EYEBROW TINT	R 135
LASH & BROW TINT	R 250

Fun and enjoyable mini spa experiences for young ones.

BUSY BEE BACK MASSAGE	20min R 350
HAPPY FEET FOOT MASSAGE	20min R 300
LITTLE PAWS POLISH (Hands or Feet)	20min R 200
PRINCESS MINI FACIAL	30min R 400

Aroma infused body treatments focused on improving skin texture and restoring balance and health.

COCONUT ROSE SALT BODY POLISH

Experience the sublime touch of our Coconut Rose Salt Body Polish as it cleanses and exfoliates, leaving your skin radiant and irresistibly soft.

30min R450

AROMA-MUD BODY WRAP

Immerse yourself in the rejuvenating bliss of our therapeutic body treatment. This experience combines a gentle exfoliation, an aromatherapy-infused mud mask, and concludes with a nourishing body butter application, leaving your skin smooth, revitalised, and deeply nourished.

60min R980

Choose between...

Hydrating	Hydrates and soothes dry skin
Detox & Slimming	Improves circulation, eliminates toxins and promotes skin elasticity
Immune Boost	Strengthen body's natural defenses against immune-compromising infections
Muscle Ease	Promotes healing for muscular aches, pain & fatigue

Essential grooming for your hands and feet.

EXPRESS MANICURE/PEDICURE	30min R 325
CLASSIC MANICURE	60min R 535
CLASSIC PEDICURE	60min R 565
GELISH MANICURE	75min R 600
GELISH PEDICURE	75min R 635
GENTLEMAN'S MANICURE	45min R 400
GENTLEMAN'S PEDICURE	45min R 430
RE-SHAPE, BUFF & POLISH	20min R 250
SOAK OFF PER SET- NO MANICURE/PEDICURE	30min R 175
SOAK OFF PER SET- WITH MANICURE/PEDICURE	30min R 100
GEL POLISH APPLICATION	30min R 100



Treatment collections to nurture vibrance, relaxation and vitality, initiating your transformation to Wellness as a way of life. Fully immerse in the therapeutic essence of nature, re-connecting with yourself and your wellness journey.

### JUST THE TWO OF US

A serene couple's journey. Saviour a glass of bubbly during your Aroma Bubble Bath Ceremony followed by our Signature Kurhula Body Ritual and a memorable Spa Gift.

2hrs R2890

### ME-TIME

Reduce stress and restore your energy with a 30min Iketla Back Massage followed by an Esse Express Facial and Express Mani-Pedi Duo.

2hrs R1455

### AROMA WELLNESS

Meticulously created to restore balance and invigorate your body, mind, and spirit . Your therapist will guide you to select your Aroma Body Wrap followed by a 60min Aroma Wellness Massage best suited to your wellbeing goals. Includes a Wellness Aroma Bath & Body Oil Gift to extend your experience.

2hrs R1725



**SPA FACILITIES:**

To maintain the serene atmosphere, kindly switch off or silence cell phones while in the spa.

**PUNCTUALITY:**

Please arrive 15 minutes before your scheduled treatment to complete the consultation card. Late arrival may result in a shorter or forfeited treatment.

**SPA OPERATING HOURS:**

We are open Monday to Sunday, including Public Holidays, from 08:00 to 17:00. Earlier or later appointments can be arranged upon request.

**SPA TREATMENTS:**

All treatments are subject to therapist availability. Prices are subject to change without notice and include VAT.

**CONSULTATION:**

Inform your therapist of any medical conditions, allergies, intolerances, or needs before your treatment. Note that some treatments are not suitable during the first trimester of pregnancy.

**SAFETY REGULATIONS:**

For your safety, we recommend not wearing any jewelry and keeping valuables (including cell phones) in your locker. Keep your locker key with you at all times.

**PAYMENT:**

Please sign your treatment/s to your room account for payment. We do not accept cash, credit cards, or debit cards.

**PRODUCT REFUND POLICY:**

Unopened and unused products can be returned within 48 hours of purchase. A refund will be provided as an Amani Spas gift voucher of the original purchase value.

**AGE RESTRICTION:**

Guests 16 years and older are welcome. Children under 16 must be accompanied by an adult.

**CANCELLATION POLICY:**

Cancellations within 8 hours or less of the appointment time will incur a 50% fee. "No-show" appointments will be charged the full cost. Groups of 5 or more require at least one week's notice for cancellation, or the full value of the group booking will be charged.

**GIFT VOUCHERS:**

Gift vouchers are available for specific treatments or a specific value. The original voucher must be presented at the appointment for redemption. Vouchers cannot be redeemed for cash.

**SPECIAL OFFERS:**

Special offers cannot be combined with discount vouchers or loyalty programs.

**DISCLAIMER:**

Entering and using the spa facilities and equipment is at your own risk. Amani, its management, therapists, and the lodge owners and employees will not be held liable for any loss, injury, damage, claim, or compensation. By entering the premises, you waive any and all claims against the aforementioned parties.







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