



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

- Customised 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**

"Kurhula" embodies a journey to inner peace and tranquility. This body ritual focuses on achieving harmony and deep relaxation through a combination of our signature full-body massage with a nourishing coconut massage balm and a revitalising mini facial. It is designed to create a nurturing experience for both the body and mind.

**90min R 2150**

### **Spirit Of Africa**

This unique massage is inspired by traditional African elements using Rungu massage sticks, believed to represent aspects of strength and courage. A rich and therapeutic experience incorporating firm pressure techniques with a focus on relieving deep muscular tension.

**60min R 1390 | 90min R 1900**

### **Himalayan Salt Crystal Ritual**

A restorative ritual incorporating the therapeutic benefits of warm coconut balm, the immune-boosting properties of Himalayan salt stones, and the overall intention of promoting well-being. An experience that goes beyond traditional massages.

**60min R 1390 | 90min R 1900**

### **The Traveller**

Relaxation from the feet up. Starting with a mineral-rich foot soak, Coconut Rose Salt Polish and massage on your legs and feet, conclude with a tension-releasing back massage using warm coconut balm, for a well-rounded journey.

**60min R 1430**

### **The Traveller Deluxe**

Relaxation from the feet up. Starting with a mineral-rich foot soak, Coconut Rose Salt Polish and massage on your legs and feet, conclude with a tension-releasing full body massage using warm coconut balm, for a well-rounded journey.

**90min R 1990**



We understand that you may have unique preferences, specific areas of tension or discomfort, or simply the need to feel heard.

### **Made-For-Me**

Embrace your unique wellbeing needs by curating your massage experience, step-by-step. Get creative and choose your duration by combining, or double up, your 15-minute focus area, your preferred pressure, wellbeing balm and favourite enhancement.

**60min R 1490 | 90min R 1850**

#### YOUR CHOICES...

##### **Step 1: Focus Area**

Scalp & Neck | Back & Shoulders | Legs | Feet | Hands & Arms | Face & Décolleté

##### **Step 2: Pressure**

Light | Medium | Firm

##### **Step 3: Amani Wellbeing Balm**

Detox & Slimming | Immune Boost | Muscle Ease | Sleep Well | Stress Release | Coconut

##### **Step 4: Enhancements (optional)**

Himalayan Salt Stones | Warm Basalt Stones | Cool Basalt Stones | Rungu Sticks

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

### **Circula Flow**

The invigorating blend of Cypress, Peppermint & Rosemary helps alleviate poor circulation, fluid retention, and inflammation. The ideal antidote to tired legs & feet and lethargic mood caused by travel or prolonged sitting.

**60min R 1265 | 90min R 1595**

### **Detox & Slimming**

Experience the extensive benefits of Black Pepper, Peppermint & Bergamot. This potent combination works harmoniously to eliminate toxins, promote healing, restore balance, and support your lymphatic system.

**60min R 1265 | 90min R 1595**

### **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 R 1265 | 90min R 1595**

### **Sleep Well**

Reclaim your natural sleep patterns with this delicate blend of Lavender, Chamomile & Geranium. Designed to create a serene ambiance for a better quality of sleep, balancing your body's internal clock, and promoting overall health, longevity, and mental clarity.

**60min R 1265 | 90min R 1595**

### **Stress Release**

A fragrant floral blend of Geranium, Bergamot & Lavender, designed to subtly calm your physical body and create a sense of calm. This soothing massage contributes to a more tranquil state of mind, reducing stress and anxiety levels.

**60min R 1265 | 90min R 1595**



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

### **Deep Tissue Massage**

Targets deep muscle layers with firm pressure and slow strokes to relieve tension, reduce pain, break up knots, boost circulation, and enhance flexibility.

**60min R 1325 | 90min R 1650**

### **Lefika Hot Stone**

A soothing massage using heated stones to ease muscle tension, boost circulation, balance energy flow, and promote overall well-being.

**60min R 1165 | 90min R 1550**

### **CBD Massage**

The integration of soothing massage techniques and CBD oil promotes deeper relaxation while enhancing therapeutic benefits and outcomes. Choose your focus:

- **Sports & Recovery** for sore and stiff muscles, pain and injury.
- **Revive & Rejuvenate** to revitalise and invigorate the body and mind.
- **Relax & Unwind** to relieve tension, stress and anxiety.

**60min R 1380 | 90min R 1840**

### **Mom-To-Be Pregnancy Massage** (After first trimester)

A gentle full-body massage using caring touch and specialised techniques to ease muscle tension and fatigue, tailored to the needs of pregnancy or postpartum recovery.

**60min R 1165**

### **Iketla Back, Neck & Shoulders**

A targeted massage focusing on relieving tension and discomfort in the upper body, such as tightness and muscle knots from poor posture and sedentary lifestyles.

**30min R 715 | 45min R 920**

### **Pressure Point Foot Massage**

Targeting muscles and specific pressure points in the lower legs and feet, enhancing circulation, balancing energy, and contributing to overall well-being.

**30min R 680**

### **Blissful Soles**

A sensory experience focused on the lower legs and feet, featuring a mineral-rich foot soak, lower leg and foot exfoliation, and a hot stone foot massage.

**45min R 875**



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

**ESSE™ Express Facial**

A great introductory treatment for those looking for optimal results with limited time. Product selection will be tailored to your unique skin needs after a thorough skin analysis.

30min R 630

**ESSE™ Experience Facial**

This bespoke facial utilises advanced prebiotics and probiotics to improve your skin's microbial balance, addressing your unique concerns and needs. The acupressure facial massage relieves stress and tension, promoting relaxation and overall skin health.

60min R 1220

**ESSE™ Live Probiotic Experience**

The treatment is designed to reduce inflammation, enhance barrier function and address signs of ageing by restoring microbial balance and rewilding the skin, ensuring long-term skin health. The unique ESSE™ massage further enhances results and promotes deep relaxation.

75min R 1350

**Add-on Treatments**

<b>Ampoule – Hyaluronic   Hydro Boost   Clarifying   Brightening</b> .....	<b>R 200</b>
<b>Eye Tension Release Massage</b> .....	<b>10min R 200</b>
<b>Gua Sha Anti-Inflammatory Massage</b> .....	<b>20min R 250</b>

**Tinting**

<b>Eyelash</b> .....	<b>R 200</b>
<b>Eyebrow</b> .....	<b>R 150</b>
<b>Lash &amp; Brows</b> .....	<b>R 280</b>





A selection of body treatments focused on improving skin texture and relaxation.

**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 R 530

Add-on a Back Exfoliation ..... 15min R 250

**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 an area-specific Aroma Massage, leaving your skin smooth, revitalised, and deeply nourished. Choose between:

- **Hydrating** to nourish and soothe dry skin.
- **Detox & Slimming** to improve circulation, eliminate toxins and promote skin elasticity.
- **Muscle Ease** to promote healing for muscular aches, pain & fatigue.

75min R1350

Essential care for your hands and feet for healthy-looking nails and a well-groomed finish, with a touch of personal style.

Express Manicure or Pedicure ..... 30min R 375

Classic Manicure ..... 60min R 635

Classic Pedicure ..... 60min R 670

Gentleman’s Manicure ..... 45min R 480

Gentleman’s Pedicure ..... 60min R 650

Gel Polish Manicure ..... 75min R 700

Gel Polish Pedicure ..... 75min R 745

Gel Polish Soak Off ..... 30min R 215

Gel Polish Application ..... 30min R 320

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** (per couple)

Savour this special time together starting with an **Aroma Bath Ceremony** and a glass of bubbly, followed by our **Signature Kurhula Body Ritual**. This includes an Amani gift to take home.

2hrs R 4000

**Me Time**

Journey into relaxation with a 30-minute **Iketla Back Massage** followed by an ESSE™ **Express Facial** and step out with your best foot forward, ending off with an **Express Mani & Pedi Duo**.

2hrs R 1760 | For Two R 3500

**Gift Of Wellness**

Give yourself the gift of wellness with this beautiful spa journey of therapeutic synergies. Choose an **Aroma Mud Body Wrap** of your choice, followed by a complementing 60-minute **Aroma Wellbeing Massage**. This includes an Amani gift to take home.

2hrs R 2275 | For Two R 4500

Fun and enjoyable mini spa experiences for young ones.

Busy Bee Back Massage .....	20min R 425
Happy Feet Foot Massage .....	20min R 370
Little Paws Polish (Hands & Feet) .....	30min R 320
Princess Mini Facial .....	30min R 480

**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.

**Disclaimer:**

Entering and using the spa facilities and equipment is at your own risk. Amani Spa & Wellness, 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.





*Transform Your Life*

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