

KWANDWE

IN-ROOM SPA TREATMENTS



TheraNaka™ means 'Beauty of Africa'. Our unique treatments and rituals were inspired by, designed and based on Africa's rich heritage and created to celebrate mother earth and her connection with life. TheraNaka™ is used for all treatments and has been developed using only the finest natural ingredients available from the eco-system.

SIGNATURE MESSAGES

AFRICAN WOOD	90 min	R 1200	Light stretching techniques and specially-designed body and face wooden implements are used to relax and restore. A warm olive and shea butter ointment will assist in nourishing and healing dry skin while allowing you to experience blissful relaxation and rejuvenation. AFRICAN MASSAGE
AFRICAN AWAKENING	90 min	R 1200	The skillful combination of contracting and oxygenating-enhancing breathing techniques will awaken your senses and revive your body and mind. Choose your favourite scent from our selection of marula herb-infused body oils to address your every need.
AFRICAN VIGOUR BACK, NECK & SHOULDER	45 min	R 850	A warm aroma blend infused with circulatory-boosting essential oils is coupled with a deep tissue massage to relieve deep seated tension all the way to the core of the muscle. End with the application of a refreshing gel, leaving your body feeling fresh and invigorated.
CBD-INFUSED HEATED BALM MASSAGE	60 min	R 950	Melt away the troubles of life with gentle stroking movements using a heated pure CBD-infused balm to relax the body. Indulge in the synergistic calming effect of CBD, ylang-ylang, geranium and lavender as the warmth of the balm caresses your body and your senses naturally relax. <i>Contains the legal limit dose of 20mg CBD.</i>



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FULL BODY MASSAGE, EXFOLIATION & WRAPS

AFRICAN FUSION MASSAGE	60 min	R 950	Choose your treatment type and select your favourite scent from our selection of marula herb-infused body oils.
	90 min	R 1200	PEACE – Relaxing RECHARGE – Uplifting STORM – Detoxifying EARTH - Safe and soothing VIGOUR – Invigorating
EXPRESS EXFOLIATION	45 min	R 750	A Gentle cleansing full body exfoliation, using botanical extracts that effectively eliminate lifeless skin cells. Baobab lotion is applied leaving your skin feeling silky soft.
DETOXIFYING MUD WRAP	60 min	R 950	To commence this sensory journey, you will receive a full body exfoliation, followed by an herbal fusion back and legs massage. Let your mind drift off whilst you are cocooned in a comforting envelopment of fragrant oils and African Wraps from our therapeutic range. Choose the wrap that will treat, renew, or invigorate the skin and drift away during the relaxing scalp massage. Bringing this journey to a close is the healing touch of your therapist applying nourishing Baobab lotion. An experience out of Africa!
UPLIFTING MUD WRAP			
RELAXING ALOE FEROX GEL WRAP			

SKINCARE ESSENTIALS

ESSENTIAL CARE FACIAL	30 min	R 700	Influenced by nature and focused on naturally improving the condition of the skin. The treatment was designed to create a healing experience from the earth and leave you feeling renewed and revitalized with guaranteed results. This idyllic and rejuvenating facial will repair, hydrate and re-balance the skin's natural protective functions while leaving the skin feeling smooth, radiant and ultra-nourished
FACE MASKS: ADD-ONS		R 300	Problem skin Anti-ageing Combination Dry/ sensitive skin

PAMPER HANDS & FEET

MANICURE	60 min	R 600	Indulge in an African-inspired spa manicure, treating your hands and forearms to a gentle exfoliation followed by an African Earth Fusion hand massage, while including nail and cuticle attention, followed by a nail colour of your choice for your rejuvenated younger- looking hands.
PEDICURE	60 min	R 650	Pamper tired feet and legs during a soothing spa pedicure, focusing on exfoliation and including a nourishing African shea butter dumbbell massage with nail and cuticle attention. Choose a dazzling nail colour to finish your gorgeous new feet.
FOOT RITUAL	30 min	R 400	Indulge tired, aching feet with a luxurious detoxifying foot soak, scrub and foot and leg massage. Pure bliss for feet in need of some love.
	45 min	R 500	

KWANDWE SPA PACKAGES

KWANDWE ESCAPE	1 hour 45 min	R 1 800	Experience a relaxing African Fusion Back massage, a rejuvenating TheraNaka™ facial, and end with a luxurious foot ritual
PURE REJUVENATION	2 hours	R 2000	Start your rejuvenation journey with a cleansing ritual that symbolizes the renewal of the body, let your mind drift off whilst you are cocooned in a comforting African wrap, then replenish the skin with a full body massage.
SOUL REVIVAL	1 hour 45 min	R 1 800	An ultra-relaxing facial with unique movements followed by an energizing back neck and shoulder massage and rounding off with a full manicure or pedicure.



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