



PRAYER

KAR  NGWE
P O R T F O L I O



NEW PACKAGE R1500-00 - BOOK NOW!

Foot Ritual/Treatment ± 45 min AND African Wood Massage ± 90min
PLUS Light Lunch including
1 x 187ml Sparkling Wine or 1 x Ice Tea

African Awakening Massage ± 90 min R900-00

Drawing inspiration from the Marula tree and the African traditional healing beliefs, an ultra relaxing indulgent full body massage was created. The skilful combination of contracting and oxygenating enhancing breathing techniques will awaken your senses and revive your body and mind. Enjoy the freedom of choosing your favourite scent from our selection of Marula-herb infused Fusion body oils to address your every need.

African Vigour Back Massage ± 45 min R550-00

A warm aroma blend infused with circulatory-boosting essential oils is coupled with a deep tissue massage relieving deep seated tension all the way to the core of the muscle. A refreshing gel is applied, leaving your body feeling refreshed and invigorated.

Body Exfoliation ± 45 min R500-00

Our cleansing preparatory body scrubs are made with a 100% natural blend of plant botanicals to gently and effectively eliminate dead skin cells, moisturise and leave the skin soft to the touch. Feel invigorated and revitalised as a message of new life and renewal will be weaved.

Body Wrap ± 60 min R700-00

To commence this sensory journey you will receive a full body exfoliation, followed by a herbal fusion back or legs massage. Let your mind drift off while 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 a 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!

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Hand Ritual/Treatment ± 30 min R250-00

Ideal for the “always working hands”. Experience the healing touch as your hands and forearms are gently exfoliated with re-mineralising Atlantic sea salts, following by an ultra relaxing massage that addresses every exhausted muscle in your hands and arms with its soothing qualities. The healing properties of an Aloe Ferox gel mask soothes and hydrates the hands whilst the application of a Baobab infused lotion will leave the hands soft to the touch.

Foot Ritual/Treatment ± 45 min R300-00

This “soulful” journey will take your feet through a Geranium and Pine sugar exfoliation whilst soaking in a herbal salt foot bath. Allowing your feet and legs to relax completely, a muscle soothing foot and leg massage with wooden implements will commence followed by a cool, revitalising mask. Nourishing Baobab infused lotion will be applied to prepare your feet for their journey ahead.

ThereNaka Essential Care Facial ± 60 min R550

Influenced by nature and focused on naturally improving the condition of the skin. With Mother Nature as your chemist and the powerful gift of touch, the treatment was designed to create a healing experience from the earth and leave you feeling renewed and revitalised with guaranteed results. This idyllic and rejuvenating facial will repair, hydrate and re-balance the skin's natural protective functions whilst leaving the skin feeling smooth, radiant and ultra nourished.

African Wood Massage ± 90 min R900

Mimicking the rhythmical patterns of an African dance, the Theranaka™ signature massage blends light stretching techniques and specially designed body and facial wooden implements to relax and restore your weary body. Being drizzled with a warm olive and Shea butter ointment will nourish and heal dry skin whilst experiencing blissful relaxation and rejuvenation.

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SPA ETIQUETTE

PLEASE TAKE NOTE OF THE FOLLOWING

Prices: All our prices are subject to change without notice.

Children: Please do not bring children to appointments, as they cannot be left unattended.

Mobile Phones: Please ensure mobile phones are switched off during treatments.

Punctuality: Please arrive at least 15 minutes before an appointment.

Should you arrive after your scheduled time, your treatment time will either be reduced or cancelled.

The original price of the treatment will be charged regardless of duration.

Cancellation Policy: If you need to cancel an appointment, please provide us with at least 4 hours notice, or the full cost of the appointment will be charged.

Indemnity: The spa and its therapist cannot accept responsibility for injuries, adverse reactions or complications before, during or after treatments, or for theft, damage, loss or accident that occurs on the premises.

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