



SPA & WELLNESS 2025

AFRICAN AWAKENING MASSAGE | 90 min R 1 350

Drawing inspiration from the marula tree and African traditional healing beliefs, this ultra relaxing, indulgent full body massage was created. A skilful combination of contracting and oxygenation enhancing breathing techniques will awaken your senses.

AFRICAN VIGOUR BACK MASSAGE | 45 min R 900

Beautifully aroma'd essential oils, coupled with a deep tissue massage to get rid of any tension leaving you totally refreshed and invigorated.

BODY EXFOLIATION | 45 min R 750

Our cleansing body exfoliation scrubs and eliminates dead skin cells while moisturizing the skin, leaving it soft to the touch. Feel invigorated and revitalised.

BODY WRAP | 60 min R 1 200

A full body exfoliation, followed by a herbal fusion back/leg massage. Let your mind drift as you are cocooned in fragrant oils. End your journey with a scalp massage.

HAND RITUAL | 30 min R 375

Experience the healing touch as your hands and forearms are gently exfoliated with re-mineralizing Atlantic sea salts.

FOOT RITUAL | 45 min R 460

A geranium and pine sugar exfoliation, whilst soaking in a herbal salt bath. A soothing foot and leg massage will promote relaxation, improve circulation, and relieve tension.

AFRICAN WOOD MASSAGE | 90 min R 1 350

This signature massage blends gentle stretching techniques and specially designed wooden implements to reinvigorate a weary body, whilst being covered in Shea butter and warm fragrant oils.

THERENAKA ESSENTIAL CARE FACIAL | 60 min R 1 000

Influenced by nature and focused on naturally improving the condition of the skin, this treatment was designed to create a healing experience that leaves you feeling renewed and revitalized with guaranteed results.

CHILDREN'S FOOT SPA | 45 min R 250

Indulge your child in a tranquil and relaxing foot and leg massage.

PILATES GROUP* (2-8) | 60 min R 400 pp

PRIVATE PILATES SESSION* | 60 min R 850

**Subject to availability. Available Tuesdays, Wednesdays and Fridays.*

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