



# THANDA SAFARI

PRIVATE GAME RESERVE

## SPA MENU

### MASSAGES

#### **Luxury Shea Body Butter Hot Stone Massage**

Enjoy the freedom of choosing your favourite scent from our selection of luxurious herb-infused avo and shea massage butters. Heavenly exotic aromas and natural essences are used to calm the soul, rebalance and uplift the mind. Choose from our Signature Blends:

- TheraNaka™ African Sunset - Relaxing
- TheraNaka™ African Daybreak - Uplifting
- TheraNaka™ African Storm - Detoxifying

R800 for 60 minutes  
R650 for 45 minutes  
(Back only)

#### **African Fusion Aromatherapy Massage**

Experience a gentle therapy facilitated by our selection of Marula-herb infused fusion body oils to address your every need whilst restoring vitality and realigning muscle and tissue to allow for a greater balance and harmony.

R800 for 60 minutes

#### **African Vigour Massage**

A warm aroma blend infused with circulatory-boosting essential oils is coupled with a deep tissue massage designed to relieve pain and muscle tension throughout the body. Tension is relieved from back, neck and shoulders ending off with a refreshing gel, leaving your body feeling refreshed and invigorated.

R800 for 60 minutes  
R600 for 45 minutes  
(Back only)

#### **Our Signature Massages**

#### **Tri-scented Shea Body Massage**

Inspired by the people of Africa's use of the circular form, this unique ritual was created to encompass our connection with nature and celebrate the circle of life. Small blocks of citrus-infused shea butter are placed on different areas of your body, which will aid circulation and relaxation of the body. Experience the soothing warmth as the butter melts under your therapist's hands, leaving you utterly relaxed and your skin nourished and hydrated.

R950 for 90 minutes

#### **African Wood Massage**

Mimicking the rhythmical patterns of an African dance, this TheraNaka™ signature massage blends light stretching techniques and specially designed body and facial wooden implements to relax and restore your weary body. Warm olive and shea butter ointment will nourish and heal dry skin whilst you are experiencing blissful relaxation and rejuvenation.

R950 for 90 minutes



### **African Awakening Massage**

R950 for 90 minutes

Drawing inspiration from the Marula tree and the African traditional healing beliefs, an ultra-relaxing indulgent full body massage was created. The skillful 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.

## BODY TREATMENTS

### **Thermal Touch for the Back**

R830 for 45 minutes

De-stress your muscles and cleanse the skin of impurities.

### **Leg Treatment**

R830 for 45 minutes

A cocktail of active ingredients mixed together to help break down the fatty deposits, restore your skin's elasticity, as well as firm and restructure your body.

### **Mineral Salt Scrub Therapy**

R750 for 45 minutes

This amazing exfoliating body treatment has been created to polish the skin to a soft glow.

### **Amandla Recovering Therapy (Meaning 'power' in isiZulu)**

R1 760 for 90 minutes

Begins with a deep cleansing exfoliation, followed by a full body hot stone massage.

### **Thanda's Signature Indulgence Treatment**

R2 000 for 120 minutes

Indulge in a vigorous exfoliation removing all dead skin cells, giving the skin a smooth, healthy glow. Followed by our signature indulgence body masks filled with antioxidants and minerals leaving the body nourished, refreshed and energized, ending off with our Marula Balm Signature Massage.

## MANICURES & PEDICURES

### **Soft Touch Manicure**

R400 for 60 minutes

### **Walk to Wellness Pedicure**

R500 for 60 minutes

### **Express Manicure**

R250 for 30 minutes

### **Express Pedicure**

R280 for 30 minutes

### **Foot Peel**

R500 for 30 minutes



## FACIALS

### **Thandokuhle Skin Care Treatment**

**(Meaning 'loving what is beautiful' in isiZulu)**

R700 for 60 minutes

This skin treatment forms the foundation of the Dermalogica selection of services. This treatment is truly revolutionary because it is customised at every step by the skin care therapist, based on your face-mapping skin analysis.

### **Ubuhle Bendalo Skin Treatment (Meaning 'beautiful' in isiZulu)**

R900 for 75 minutes

This is the perfect skin treatment for all ages, specifically created to control the biochemical triggers that lead to skin ageing while treating the signs of premature ageing, photo ageing and sun damage, then ending off with a foot ritual.

### **Big Five Skin Treatment**

R900 for 75 minutes

This treatment is perfect for jump-starting an adult acne treatment regime and is the perfect maintenance for consistently clear skin.

### **Amahle Skin Treatment (Meaning 'pretty' in isiZulu)**

R900 for 75 minutes

This super-soothing ultra calming skin treatment helps bring serious relief to those who suffer from irritated, reactive and sensitised skin.

### **Men's Skin Treatment**

R900 for 75 minutes

Does shaving bring about the worst in your skin? Help your skin recover from current damage while cleaning, clearing, soothing and calming.

### **Zulwini Skin Treatment (Meaning 'heavenly' in isiZulu)**

R900 for 60 minutes

This classic facial treatment will provide you with a unique sensorial experience as well as a thorough anti-ageing treatment. It restores the natural luminosity to your complexion and revitalizes tired, dull skin whilst smoothing out expression lines and wrinkles.

### **Thanda's Signature Skin Treatment**

R1 000 for 90 minutes

For the ultimate in relaxation and pampering experience, this treatment combines an indulgent hot oil back treatment and herbal compress treatment with a rejuvenating, revitalizing facial that includes a double exfoliation, hand treatment and a heavenly signature facial massage.

### **Thanda's Spa Facial Peel**

R1 000 for 90 minutes

This is a fantastic spa peel treatment that will be tailored to your specific needs. This will rejuvenate, revitalize and deep-cleanse the skin.



## HYDROTHERAPY TREATMENTS

*At Thanda Safari Lodge only*

**Ukuzivocavova (Meaning 'ultimate indulgence' in isiZulu)** \_\_\_\_\_ R250 for 30 minutes  
Indulge your mind, body and soul in a luxurious bath with a blend of aromatherapy oils.

**Amandla Bath (Meaning 'power' in isiZulu)** \_\_\_\_\_ R300 for 45 minutes  
This treatment starts you off with a foot ritual, followed by a relaxing bath stimulating your senses.

## ADD-ONS

**All Treatments | Scrub** \_\_\_\_\_ R150  
This add-on helps stimulate blood circulation.

**All Treatments | Mask** \_\_\_\_\_ R150  
This add-on helps stimulate blood flow and leaves the skin radiant and silky smooth.

**Massages | Three-purpose Oils** \_\_\_\_\_ R150  
This add-on will leave your skin feeling nourished with improved elasticity and relaxed muscles.

**Manicures & Pedicures | French Paint** \_\_\_\_\_ R220

**Manicures & Pedicures | Foot Peel** \_\_\_\_\_ R350  
This add-on will leave the feet feeling soft and hydrated. It includes a foot mask to take home.

**Facials | Eyes like Diamonds** \_\_\_\_\_ R200  
This add-on is an eye treatment that will leave your eyes feeling nourished and hydrated with improved elasticity.

## KIDS SPA

At the Thanda Spa we use fruits and special spa products to ensure your child's skin is healthy and glowing. Suitable for children aged 6-12.

**Tri-scented Shea Butter Massage** \_\_\_\_\_ R450 for 30 minutes

**Prince or Princess Facial** \_\_\_\_\_ R550 for 45 minutes

**Happy Feet** \_\_\_\_\_ R450 for 30 minutes

**Happy Hands** \_\_\_\_\_ R450 for 30 minutes