



SLOW INTERNATIONAL LOUNGE

IKETLA NECK, BACK & SHOULDER MASSAGE 30min
Ikêtle meaning "unwind", is a deeply relaxing massage which targets sore muscles, allowing the tension to drain from the shoulder, back and neck areas.

SWEDISH MASSAGE 60min
Using our signature organic coconut oil, enjoy a relaxing and rejuvenating full body massage providing immediate relief for stiff, tired and aching muscles.

AMANI HAND RITUAL 30min
Nail shaping, cuticle care, and a relaxing and nourishing hand massage which improves circulation and softens and hydrates your hands.

AMANI FOOT RITUAL 30min
Nail shaping, cuticle care, rough skin removal and a relaxing foot massage to soften & nourish the feet.

TRAVELLER'S DELIGHT 20min
Enjoy a relaxing foot and leg massage soothing sore and tired feet, improving circulation and softening the skin.

SLOW DOMESTIC LOUNGES

IKETLA NECK, BACK & SHOULDER MASSAGE 20min
Ikêtle meaning "unwind", is a deeply relaxing massage which targets sore muscles, allowing the tension to drain from the shoulder, back and neck areas.

SCALP AND NECK MASSAGE 20min
A wonderfully relaxing scalp and neck massage.

TRAVELLER'S DELIGHT 20min
Enjoy a relaxing foot and leg massage soothing sore and tired feet, improving circulation and softening the skin.

SPA ETIQUETTE

SPA BOOKINGS:
Spa bookings must be made at the Slow Lounge Reception.

SPA TREATMENTS:
Spa treatments are complimentary and are subject to therapist availability.

PUNCTUALITY:
We kindly request you to arrive on time as a late arrival may mean that your treatment time is reduced or unable to be honoured.

DISCLAIMER:
Every person entering the spa facilities or utilizing the facilities and equipment on these premises does so entirely at their own risk and agrees that Amani, its management or therapists and/or the Slow lounge, Comair, FNB, RMB or BA shall not be held liable or responsible, whether jointly or severally, for any loss, injury or death, damages, claim and/or compensation of whatsoever nature. Such person by their entry to these premises for any reason whatsoever waives any and all claims against the aforementioned.

S L O W

The lounge for extremely busy people

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