



AMANI  
SPA & WELLNESS

## SIGNATURE JOURNEYS

### KURHULA BODY RITUAL

90min R1995

Discover your Kurhula, "inner peace", as you indulge in our signature holistic body ritual. This unique and luxurious full body massage, using Amani's Signature Coconut Massage Balm, flows into a revitalising mini facial bringing balance to your body, mind and spirit.

### ROSE SALT CRYSTAL RITUAL

90min R1995

A restorative and energising massage using warm coconut oil, unique Himalayan Rose salt crystals and flowing massage movements for pure balance and rejuvenation. The healing Rose Salt Crystals offer the benefit of increased immunity to disease while the nourishing coconut balm hydrates the skin.

### JEWEL OF AFRICA JOURNEY

90min R1995

This unique African massage uses ancient African Rungu Warrior Sticks to deliver long, deep pressure strokes that facilitate deep tissue manipulation, promoting pain reduction and improved blood and lymph circulation.

### THE TRAVELLER

90min R1995

Indulge in a nourishing and invigorating foot ritual followed by a deeply relaxing warm coconut balm full body massage.

### THE ESSENCE OF AFRICA

90min R1995

A luxurious facial journey into the world of powerfully active probiotic and botanical actives to recapture your youth. Our luxurious ritual includes a relaxing scalp, back neck and shoulder massage and a youth enhancing hand treatment.

### PRIVATE SPA SUITE

3 hrs R7250

3 hours of exclusive use of the private spa suite with someone special. This includes 30 minutes in the suites heated plunge pool, your choice of any 90-minute treatment for each of you from the Massage Collection and a delicious spa lunch served on the private patio with a bottle of Prosecco or non-alcoholic sparkling wine.

## MASSAGE COLLECTION

### CLASSIC SWEDISH

60min R 990 90min R1475

#### Couple's Suite

60min R2200 90min R3170

A traditional massage using an array of techniques to bring immediate relaxation.

### AROMATHERAPY

60min R1100 90min R1650

#### Couple's Suite

60min R2420 90min R3520

Combining the power of gentle touch and Amani's Signature Aroma Therapeutic Essential Balms, this holistic massage brings deep and lasting equilibrium to both body and mind.

### DEEP TISSUE

60min R1100 90min R1650

#### Couple's Suite

60min R2420 90min R3520

A powerful therapy, focusing on deep layers of muscle and connective tissue, which is especially helpful for chronic muscular tension and stiffness.

### LEFIKA HOT STONE

60min R1100 90min R1650

#### Couple's Suite

60min R2420 90min R3520

A sensory massage using natural river stones radiant with heat. Nature's way of reducing deep muscle tension while stimulating circulation to activate vital life force energy.

### IKÊTLA BACK AND SHOULDERS

30min R 550 45min R 755 60min R1025

A relaxing massage focused on the back, neck and shoulders to relieve muscular tension.

### PRESSURE POINT FOOT MASSAGE

30min R 515

A therapeutic lower leg and foot massage leaving you feeling as though you are floating.

### MATERNITY MASSAGE

60min R1125

Relaxing full body massage for Mom-To-Be. (\* Only after 1st trimester)

## SPECIALISED THERAPIES

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**COOLING THERAPEUTIC MASSAGE** 30min R 620 60min R1115  
An area-focused massage to decrease pain, swelling and inflammation.

**WARM TRIGGER POINT MASSAGE** 30min R 620 60min R1115  
An area-focused heated massage addressing a specific muscle group to relieve tension.

**REFLEXOLOGY**\*Subject to Reflexologist availability. 45min R 745  
A holistic massage technique manipulating pressure points on the feet to relieve tension and promote balance and well-being for body, mind and soul.

**SPORTS RECOVERY MASSAGE** 60min R1115 90min R1386  
Incorporating massage techniques designed to assist in correcting imbalance in soft tissue. Ideal for before and after sporting events, for injury rehabilitation or muscle tension.

## HYDRO AND BODY COLLECTION

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**AMANI ROSE SALT AND COCONUT BODY POLISH** 30min R 575  
An intensely smoothing and nourishing experience to revive your skins natural glow and radiant health.

**GRAND RASUL** 45min R 715 ForTwo 45min R1100  
An Arabian-inspired sensory cleansing journey in an aromatic steam room with the self-application of nourishing body peels and masks, completed with a tropical rain rinse, leaving you feeling refreshed and rejuvenated.

**AROMA BODY WRAP AND POLISH** 60min R1275  
An invigorating therapeutic body treatment combining a smoothing exfoliation and aromatherapy-infused mask to address your body's hydration, slimming or detox needs.

**CELLU CLEANSE** 60min R1250  
A results-focused hip, thigh and leg treatment which works swiftly to detoxify and drain fluids with the use of exfoliation, targeted massage and flexi cups.

**CLEANSE AND RESTORE** 60min R1250  
Cleanse and restore an active and healthy system with a choice of either; a back massage and mask or an abdominal massage and mask, using flexi cups and homeopathic aromatherapy oils, followed by a pressure point foot massage to release toxins and stimulate a sluggish system.

**DETOX BODY PROGRAMME** 4 X 90min R5000  
A fusion of advanced body cleansing techniques and powerful active ingredients designed to naturally stimulate and purify. This intense 4 week programme boosts digestion and aids gut health whilst dramatically reducing fluid retention. Each session includes a body exfoliation and wrap, Flexi Cupping, area specific lymph drainage massage, Colon Cleanse Massage and a 4 week homecare product programme to assist and support you between treatments.

**ACCESS TO OUR FACILITIES** 3 hrs R1 100 6 hrs R1850  
Access to our stunning and unique hot and cold vitality pool and outdoor relaxation area, sauna and steam room as well as a delicious spa breakfast/lunch served with a glass of bubbly or fruit juice.



## BESPOKE BABOR FACIALS

BABOR is a luxury, results-driven skin care range using the finest natural ingredients to provide visible improvements for a lasting and healthy skin tone.

CLASSIC FACIAL	60min R1100
DELUXE FACIAL	90min R1775

### BABOR ADVANCED TREATMENTS:

#### SKIN RENEWAL TREATMENT

Reinvigorate and instantly rejuvenate the skin, breathing new life into a dull complexion giving you an instant glow and beautiful radiance.

10% AHA PEEL	75min R1375
30% AHA PEEL	75min R1625

DETOXIFYING VITAMIN TREATMENT	75min R1650
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Designed for instant revitalisation, which reduces blemishes and refines pores.

HSR LIFTING TREATMENT - FIRING LIFT	90min R2150
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A luxurious facial treatment to intensely firm and tighten your skin, smooth away wrinkles and plump up your skin for an instant lift.

REVERSIVE - TIMELESS INDULGENCE	105min R2750
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The ultimate indulgence to stop the signs of aging, turn back the hands of time while adding a youthful glow and leaving your skin radiantly supple.

SEA CREATION - MARINE OPULENCE	120min R6500
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A marine indulgence, with selected ingredients, perfectly combined to transform your skin. This exclusive treatment leaves the skin incomparably smooth and firm with a youthful appearance and simultaneously initiates inner balance and harmony.

#### MICRO NEEDLING TREATMENT

A dermaroller procedure used to stimulate new collagen and skin tissue production for a smoother, firmer, more toned complexion.

EYES, LIP AREA OR DÉCOLLETÉ ADD-ON	30min R 750
FACE	75min R2475
FACE AND DÉCOLLETÉ	90min R2875

## BESPOKE ESSE FACIALS

ESSE is a South African, award winning, probiotic skincare technology boosting healthy skin to slow aging. It is a certified organic, vegan and cruelty free product.

HYDRO BOOST FACIAL	60min R 865
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Bring back a healthy glow and plump out fine lines with this moisture infused facial.

GENTLE FACIAL	60min R 995
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Calming and gentle with probiotics and botanicals to strengthen the skins defences.

AGE DEFYING FACIAL	90min R1560
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Enhanced penetration of probiotic and botanical actives restore skin vitality and promote collagen and elastin formation. Includes an indulgent scalp massage.

## FACIAL ADD-ONS

• BABOR BEAUTY FLUID	each R 105
• ESSE BEAUTY AMPULE	each R 190
• BALANCING EYE TREATMENT	15min R 275



# BEAUTIFUL HANDS AND FEET

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CLASSIC MANICURE 60min R 485

CLASSIC PEDICURE 60min R 515

CLASSIC MANI AND PEDI DUO 90min R 900

GEL MANICURE 75min R 615

GEL PEDICURE 75min R 645

GEL MANI AND PEDI DUO 120min R1200

## ADD-ONS AND MAINTENANCE

MEDIHEEL TREATMENT 15min R 170

FRENCH POLISH 15min R 120

RE-SHAPE, BUFF AND POLISH 20min R 260

SOAK-OFF PER SET 30min R 235

GEL POLISH APPLICATION 30min R 295

## TIPS

Give your tips the edge; Acrylic, Silk or Fibre enhancements for added length and strength.

NATURAL OR FRENCH TIPS WITH OVERLAY R 570

## OVERLAYS

Acrylic, Silk or Fibre application onto natural nails only, no extensions.

ACRYLIC OVERLAY R 515

SILK/FIBRE OVERLAY R 495

## FILLS AND MAINTENANCE

TWO WEEK FILL: ACRYLIC OR GEL R 310

NAIL / TOENAIL REPAIR (PER NAIL) R 110

## NAIL ART AND TREATMENT

Add extra glamour to your nails with our eye-catching nail art!

NAIL ART (PER NAIL) R 50

CHROME (PER NAIL) R 50

## YOUNG ADULTS (12 - 16 Years)

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NAIL ENVY 30min R 265

PRETTY PEDI 30min R 265

CHILL OUT MASSAGE 45min R 575

GLOWING FACIAL 45min R 610

## TINY TOTS (6 - 11 Years)

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MINI MASSAGE 30min R 305

MINI MANI 30min R 245

MINI PEDI 30min R 245

## TEETH WHITENING

100% Natural teeth whitening – quick, efficient and painless

PURE SMILE TEETH WHITENING 45min R 1115

## FINISHING TOUCHES

ULTIMATE LASH LIFT OR CURL 60min R 845  
Keratin lash lift or curl and tint. A natural alternative to lash extension.

### WAXING

FACE R 340

EYEBROWS R 170

LIP R 170

CHIN R 170

UNDERARMS R 205

FULL ARM R 395

3/4 ARM R 365

1/2 ARM R 265

BIKINI R 265

G - STRING R 295

BRAZILIAN R 380

HOLLYWOOD R 500

FULL LEG R 485

3/4 LEG R 380

1/2 LEG R 330

### THREADING

FACE R 330

LIP R 155

CHIN R 155

BROW R 155

### TINTING

EYELASH R 195

EYEBROW R 150

LASH AND BROWS R 295

## PAMPER JOURNEYS

\* All Packages include a welcome drink and a choice of breakfast or lunch.  
(1hr included in package time)

**GIRLS JUST WANNA HAVE FUN** (min 4 pax) 90min R750pp  
A relaxing and fun way to celebrate Hen Parties, Baby Showers and Birthday Parties. Enjoy a relaxing Ikêtle massage followed by an Express Mani and Pedi Duo. (Lunch not included)

**MELLOW MAMA** 3 hrs R1590  

- Maternity Massage
- Classic Pedicure

**GENTLEMAN'S JOURNEY** 4 hrs R2480  

- 60 minute Classic Swedish Massage
- Gentleman's facial
- Mediheel Pedicure

**HALF DAY SPA JOURNEY** 4<sup>1</sup>/<sub>2</sub>hrs R2995  

- Grand Rasul
- 90 minute signature journey- your choice
- Classic Mediheel pedicure

**FULL DAY SPA JOURNEY** 5<sup>3</sup>/<sub>4</sub>hrs R3860  

- Grand Rasul
- 90 minute Lefika Hot Stone Massage
- Hydro Boost Facial
- Classic Mani Pedi Duo

\* Optional Party Extras: Special Cakes, Champagne, Wine, Flowers, Gifts and more (additional cost).

\* Tailor Make Your Own Special Package.

# AMANI MAN

## BABOR DELUXE FACIAL

**BABOR GENTLEMAN'S FACIAL** 60min R 1115  
Re-energise, revitalise and smooth your tired and fatigued skin with this brilliant energising facial, specialised to men's skincare needs.

## MANLY MASSAGES

**CLASSIC SWEDISH** 60min R 990 90min R1475  
A traditional massage using an array of techniques to bring immediate relaxation.

**DEEP TISSUE** 60min R1100 90min R1650  
A powerful therapy, focusing on deep layers of muscle and connective tissue, which is especially helpful for chronic muscular tension and stiffness.

**LEFIKA HOT STONE** 60min R1100 90min R1650  
A sensory massage using natural river stones radiant with heat, reducing muscle tension, while stimulating circulation to activate vital life force energy.

**IKËTLA BACK AND SHOULDERS** 30min R 550 45min R 755 60min R1025  
A massage focused on the back, neck and shoulders to relieve muscular tension.

**PRESSURE POINT FOOT MASSAGE** 30min R 515  
A therapeutic and relaxing lower leg and foot massage.

**SPORTS MASSAGE** \*Subject to therapist availability 60min R1150 90min R1715  
Incorporating massage techniques designed to assist in correcting imbalance in soft tissue. Ideal for before and after sporting events, for injury rehabilitation or muscle tension.

## MEN'S GROOMING

**MANICURE** 45min R 365

**PEDICURE** 45min R 390

## WAXING

**FACE** R 345

**EYEBROWS** R 175

**BACK** R 480

**ARMS** R 400

**CHEST** R 480

**ABDOMEN** R 310

**FULL LEG** R 580

\* Threading and Tinting - please see Bespoke Facials

## GENTLEMAN'S JOURNEY

4hrs R2480

- 60 minute Classic Swedish Massage
- Gentleman's facial
- Mediheel Pedicure



## VALUE-ADD COURSES

MASSAGE COLLECTION X 6 OF SAME MASSAGE  
Buy 6, pay for 5

MASSAGE COLLECTION X 12 OF SAME MASSAGE  
Buy 12, pay for 10

AROMA BODY WRAP AND POLISH X 4  
Buy 4, pay for 3

ESSE OR BABOR CLASSIC FACIAL X 4  
Buy 4, receive 2 x 30min Maintenance Facials

WAXING X 6 OF SAME AREA  
Buy 6, pay for 5

WAXING X 6 FOR 2 AREAS  
Buy 6 of 2 areas, get 20% off + White Orchid Hair Growth  
Retardant home care product

## HAIR SERVICES AND BARBERING

BLO™ hair services and barbering available at the spa – please enquire about prices at the spa or online [www.amanispas.co.za](http://www.amanispas.co.za)

## CORPORATE WELLNESS

Amani offers an extensive array of Tailor-made services and experiences designed to facilitate your specific requirements, budget, goals, objectives to:

Motivate your employees and increase their productivity, or  
Thank your clients in a unique way and enhance relationships, or  
Celebrate and create a special event

### WE CREATE BESPOKE EXPERIENCES:

1. Choose your FOCUS
2. Choose your DESTINATION
3. Choose your ACTIVITIES
4. Choose your SPOILS

### CORPORATE WELLNESS EXPERIENCES:

- HALF DAY & FULL DAY SPA PACKAGES:  
Able to accommodate groups of all sizes
- POP UP SPAS:  
At any location, providing a relaxing “on-the-go massage” at the workplace or wellness day, conference, event, launch or golf day.
- HOSPITALITY  
Offerings for all business or leisure planning: Safari, City and Resort Getaways, Executive and teambuilding retreats, events and Mindfulness and Yoga Retreats.





# SPA ETIQUETTE

## SPA FACILITIES:

Please understand, that in keeping with the serene atmosphere within the spa, cell phones must be switched to silent.

## PUNCTUALITY:

Guests are requested to arrive 15 minutes or more prior to your treatment time for you to complete a consultation card. A late arrival may result in a shorter treatment, or possibly even a forfeited treatment.

## SPA OPERATING HOURS:

From Monday to Sunday, including Public Holidays, from 08:00 - 20:00  
Earlier or later appointments can be arranged upon request.

## SPA TREATMENTS:

All treatments are subject to therapists' availability. Prices are subject to change without prior notice and are inclusive of VAT.

## CONSULTATION:

Please inform your therapist of any medical conditions, allergies, intolerances or needs before your treatment. Please note, certain treatments are not permitted for women within their first trimester of pregnancy.

## CHANGE ROOMS:

You will be provided with a locker for your personal items. A gown and a pair of slippers may be utilised for the duration of your visit at the spa.

## SAFETY REGULATIONS:

We recommend that you do not wear any jewellery during your visit, and that you keep all valuables (including cell phones) safe in your locker. You will be provided with a locker for the duration of your spa visit for your personal use. Your locker key should be kept with you, personally, at all times.

## PAYMENT:

We accept cash, debit cards, all credit cards and room charges for payment. A prepayment may be required to secure your booking.

## PRODUCT REFUND POLICY:

Products may be returned within 48 hours of purchase, provided the product has been unopened, unused and is in the same condition in which it was purchased. A refund will be provided in the form of an Amani Spas gift voucher for the value of the original product purchase price.

## DRESS CODE:

The spa has a strict no-nudity policy.

## CANCELLATION POLICY:

A booking cancellation fee of 50% will be charged on all bookings that are cancelled within 8 hours or less of the appointment time; in the case of a "no-show", the full cost will be charged.

## GIFT VOUCHERS:

Gift vouchers are available from the spa and are redeemable at any Amani Spa nationwide. Vouchers can be issued for specific treatments or for a specific value. The original gift voucher must be presented at the appointment to be honoured. Gift vouchers may not be redeemed for cash. All vouchers and gift cards are valid for 3 years from date of issue unless otherwise stated on the voucher or gift card.

## DISCOUNT VOUCHERS:

May only be used for spa treatments and may not be used for retail purchases, Special Offers, Promotions or in conjunction with loyalty programmes.

## 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 hotel 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.





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