



AMANI  
SPA & WELLNESS

## SIGNATURE JOURNEYS

### KURHULA BODY RITUAL

90min R1750

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.

### JEWEL OF AFRICA JOURNEY

90min R1750

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

### HIMALAYAN SALT CRYSTAL RITUAL

90min R1750

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

### THE TRAVELLER

90min R1750

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

### HYDRO HARMONY

90min R1750

Exhilarating steam room session with the self-application of a body polish and body mask treatment, followed by a Salt Room session with a foot massage and a relaxing aromatherapy back, neck and shoulder massage.

### THE ESSENCE OF AFRICA

90min R1750

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

## SALT ROOM

### BENEFITS OF SALT THERAPY:

Salt Therapy is a non-invasive therapy and is medication free, which focuses on the source of the problem, and does not just suppress the symptoms. Benefits include:

- Kills viruses, bacteria and allergens
- Detoxifies the respiratory system (asthma, bronchitis and sinusitis)
- Aids in healing skin conditions (eczema and psoriasis)
- Promotes relaxation, calmness and better sleep, alleviating anxiety and stress
- Increases metabolism and strengthens the immune system

ADULTS:

45min R 470

CHILDREN: (under 12)

30min R 315

ROOM EXCLUSIVITY: (max 4 pax)

60min R1780

ADD-ON: PRESSURE POINT FOOT MASSAGE

30min R 360

ADD-ON: REFLEXOLOGY \*Subject to Reflexologist availability.

45min R 550

## SPECIALISED THERAPIES

### COOLING THERAPEUTIC MASSAGE

60min R 990

An area-focused massage to decrease pain, swelling and inflammation.

### WARM TRIGGER POINT MASSAGE

60min R 990

An area-focused, heated massage addressing a specific muscle group.

REFLEXOLOGY\*Subject to Reflexologist availability.

45min R 675

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 R 885 90min R1365

Incorporates techniques designed to assist in correcting imbalance in soft tissue. Ideal for before and after sporting events, for injury rehabilitation or muscle tension.

## MASSAGE COLLECTION

**CLASSIC SWEDISH** 60min R 790 90min R1210  
**Couple's Suite** 60min R1680 90min R2520

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

**AROMATHERAPY** 60min R 840 90min R1320  
**Couple's Suite** 60min R1780 90min R2740

Experience Amani's Signature Aroma Therapeutic Essential Balms in this holistic massage brings deep and lasting equilibrium to both body and mind.

**DEEP TISSUE** 60min R 840 90min R1320  
**Couple's Suite** 60min R1780 90min R2740

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 R 840 90min R1320  
**Couple's Suite** 60min R1780 90min R2740

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 470 45min R 635 60min R 840  
A massage focused on the back, neck and shoulders to relieve muscular tension.

**HAIR, NECK AND SHOULDER TREATMENT** 30min R 420  
A relaxing massage focused on the head, neck and shoulders and nourishing hair oil.

**PRESSURE POINT FOOT MASSAGE** 30min R 470  
A therapeutic and relaxing lower leg and foot massage.

**BLISSFUL SOLES** 45min R 630  
Mineral foot soak, exfoliation and lower leg and foot massage.

**MELLOW MAMA PREGNANCY MASSAGE** 60min R 850  
Relaxing full body massage for Mom-to-Be. (\* Only after 1st trimester)

## HYDRO AND BODY COLLECTION

**AMANI ROSE SALT AND COCONUT BODY POLISH** 30min R 395  
A smoothing and nourishing experience reviving your skins natural glow and radiance.

**STEAM COCOON** 30min R 420  
Self-application of an exfoliating body scrub in a private steam room for that soft, smooth and hydrated new-skin feeling.

**AROMA BATH** 30min R 520  
A tranquil bath ceremony, followed by a body balm to nourish and hydrate the skin.

**RASUL** 45min R 655 ForTwo 45min R 950  
A rejuvenating journey in a steam room with a selection of self-application scrubs and body masks to nourish and hydrate your skin followed by a tropical rain rinse.

**CELLU CLEANSE** 60min R 810  
A results focused hip, thigh and leg treatment which works swiftly to detoxify and drain fluids and toxins with the use of exfoliation, targeted massage and flexi cups.

**CLEANSE AND RESTORE** 60min R 810  
Choose from 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.

**AROMA BODY WRAP AND POLISH** 60min R 880  
An invigorating therapeutic body treatment combining a smoothing exfoliation and aromatherapy-infused mask aiding in your body's hydration, slimming or detox needs.

**DETOX BODY PROGRAMME** 4 X 90min R3500  
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 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.

## 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 R 995
DELUXE FACIAL	90min R1600

### 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 R1115
30% AHA PEEL	75min R1325

DETOXIFYING VITAMIN TREATMENT	75min R1350
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Designed for instant revitalisation, which reduces blemishes and refines pores.

HSR LIFTING TREATMENT - FIRMING LIFT	90min R1730
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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 R2230
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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 R4950
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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 575
FACE	75min R1895
FACE AND DÉCOLLETÉ	90min R2200

## 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 855
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Bring back a healthy glow and plump out fine lines with this moisture infused facial.

GENTLE FACIAL	60min R 875
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Calming and gentle with probiotics and botanicals to strengthen the skins defences.

AGE DEFYING FACIAL	90min R1435
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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 90
• ESSE BEAUTY AMPULE	each R 165
• BT MICRO ULTRASONIC	15min R 165
• BALANCING EYE TREATMENT	15min R 250



## BEAUTIFUL HANDS AND FEET

CLASSIC MANICURE	60min R 465
CLASSIC PEDICURE	60min R 490
CLASSIC MANI AND PEDI DUO	90min R 735
GEL MANICURE	75min R 585
GEL PEDICURE	75min R 615
GEL MANI AND PEDI DUO	120min R 975

## ADD-ONS AND MAINTENANCE

PARAFFIN MASK	15min R 125
FRENCH POLISH	15min R 115
MEDIHEEL TREATMENT	15min R 155
RE-SHAPE, BUFF AND POLISH	20min R 235
SOAK-OFF PER SET	30min R 225
GEL POLISH APPLICATION	30min R 280

## AMANI BEAUTY

### SPRAY TAN - VITA LIBERATA

Natural, certified organic spray tan giving you a flawless sun - kissed skin.

SPRAY TAN	R 545
SPRAY TAN AND BODY EXFOLIATION	R 865

### TEETH WHITENING

100% Natural teeth whitening – quick, efficient and painless

PURE SMILE TEETH WHITENING	45min R 990
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MAKE-UP BY MIST \* Price available on request

## YOUNG ADULTS (12 - 16 Years)

NAIL ENVY	30min R 220
PRETTY PEDI	30min R 220
CHILL OUT MASSAGE	45min R 515
GLOWING FACIAL	45min R 515

## TINY TOTS (6 - 11 Years)

MINI MASSAGE	30min R 285
MINI MANI	30min R 215
MINI PEDI	30min R 215



## FINISHING TOUCHES

### ULTIMATE LASH LIFT OR CURL

30min R 770

Keratin lash lift or curl and tint. A natural alternative to lash extension.

### WAXING

FACE	R 320
EYEBROWS	R 145
LIP	R 145
CHIN	R 145
UNDERARMS	R 170
FULL ARM	R 350
3/4 ARM	R 325
1/2 ARM	R 235
BIKINI	R 175
G - STRING	R 240
BRAZILIAN	R 365
HOLLYWOOD	R 430
FULL LEG	R 485
3/4 LEG	R 360
1/2 LEG	R 285

### THREADING

FACE	R 330
LIP	R 155
CHIN	R 155
BROW	R 155
<b>TINTING</b>	
EYELASH	R 170
EYEBROW	R 130
LASH AND BROWS	R 260

## PAMPER JOURNEYS

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

### AMANI ROMANCE (2 People)

3 hrs R3100

- Aroma Bath
- 90min Couples Swedish Massage

### CLASSIC INDULGENCE

4 hrs R2180

- 60min Swedish Massage
- Hydroboost Facial
- Express Mani and Pedi Duo

### JETSETTER'S REJUVENATION

4 hrs R2580

- Steam Cocoon
- The Traveller
- Hydroboost Facial

### ESSENTIAL BLISS

4 hrs R2810

- Gel Manicure
- Gel MediHeel Pedicure
- The Essence of Africa Signature Facial

### BEAUTY AND BALANCE

5 hrs R3250

- Aroma Body Wrap
- Himalayan Salt Crystal Ritual Massage
- Age Defy Facial

### FEAST FOR THE SOUL AND SENSES

7 hrs R3350

- Aroma Bath
- 60min Aromatherapy Massage
- Skin Renewal Facial - 10% AHA Peel
- Classic Manicure
- MediHeel Pedicure
- Wash and Blow Dry

### GIRLS JUST WANNA HAVE FUN (min 4 pax)

90min R750pp

Celebrating Hen Parties, Baby Showers and Birthday Parties, with a relaxing Ikêtle Massage followed by an Express Mani and Pedi Duo. (Lunch not included)

# AMANI MAN

## BABOR DELUXE FACIAL

**GENTLEMAN'S FACIAL** 60min R 910

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 790 90min R1210

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

**DEEP TISSUE** 60min R 840 90min R1320

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 R 840 90min R1320

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 470 45min R 635 60min R 840

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

**PRESSURE POINT FOOT MASSAGE** 30min R 470

A therapeutic and relaxing lower leg and foot massage.

**SPORTS MASSAGE** \*Subject to therapist availability 60min R 855 90min R1365

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 350

**PEDICURE** 45min R 375

## WAXING

**FACE** R 320

**EYEBROWS** R 160

**BACK** R 455

**ARMS** R 315

**CHEST** R 310

**ABDOMEN** R 275

**FULL LEG** R 580

\* Threading and Tinting - please see Bespoke Facials

**GENTLEMAN'S JOURNEY** 4hrs R2295

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



## CRYOLIPOLYSIS FAT FREEZING

A non-invasive fat-reduction technology that targets and freezes fat cells for liposuction-like body sculpting and contouring results.

1 - 4 AREAS	R2500 per area
5 - 9 AREAS	R2250 per area
10+ AREAS*	R2000 per area

\*Must be booked as a package and paid in full for all areas to qualify for this price.

## VALUE-ADD COURSES

MESSAGE COLLECTION X 6 OF SAME MESSAGE

Buy 6, pay for 5

MESSAGE COLLECTION X 12 OF SAME MESSAGE

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

SPRAY TAN X 6

Buy 6, pay for 5

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 for Home Care.

SALT ROOM SESSION X 8

Adult R3400

Children R2280

## 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.





## HAIRDRESSING

CUT AND BLOW					R 500
LADIES CUT (NO BLOW DRY)					R 300
BLOW DRY	SHORT	MEDIUM	LONG	EXTRA LONG	
BLOW DRY PLUS IRON	R 230	R 270	R 300		R 330
UP STYLES	R 250	R 290	R 320		R 350
GIRLS CUT ONLY - UNDER 13yrs					from R 500 to R 700
GIRLS CUT & BLOW - UNDER 13yrs					R 150
BOYS - 13 yrs+					R 250
BOYS - UNDER 13 yrs					R 200

### TREATMENTS

An Array of treatments are available.  
Please enquire at the salon for more information

### STRAIGHTNER & KERATIN SMOOTH TREATMENT

FINE HAIR	R 800	R1 200	R1 800		R2 200
THICK HAIR	R1 000	R1 400	R2 000		R2 400

## COLOUR

	SHORT	MEDIUM	LONG	EXTRA LONG
ROOT TINT	R 450	R 590	R 790	R 990
SEMI-PERMANENT	R 570	R 640	R 730	R 800
HALF HEAD H/L - NO TONER	R 560	R 700	R 800	R 990
FULL HEAD H/L - NO TONER	R 750	R 990	R1100	R1300
T-PANEL	R 295			
HIGHLIGHT -PER FOIL	R 60	R 75	R 90	R 110
BLEACH INLY - PER APPLICATION	R 570	R 630	R 710	R 810
BLEACH AND TINT	R 770	R 830	R 910	R 910
PRE-LIGHTENING - PER APPLICATION	R 570	R 630	R 710	R 810
PRE-LIGHTENING PLUS COLOUR	R 770	R 830	R 910	R1000
STRAIGHTENER	R 750	R 820	R 900	R 900
TONERS	R 280	R 350	R 400	R 570

## BARBERING

GENTS CUT					R 300
CUT AND SHAVE					R 490
HEAD SHAVE (BALD)					R 300
CLIPPER CUT					R 180
WASH AND STYLE					R 100
NECK AND EAR TIDY					R 100
BEARD TRIM					R 150
SHAVE					R 300



# 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 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 vouchers 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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