AMANI
SPA & WELLNESS

Treatment Menu

Welcome to
Amani Spa & Wellness
at Radisson Hotel & Convention Centre
Johannesburg, O.R.Tambo

Amani promotes holistic health for men and woman, through professional and results-driven treatments and bespoke journeys, delivering world class products with intrinsic wellness benefits.

The spa boasts 6 multi-functional treatment suites, which include 3 single suites, 2 double suites as well as a VIP Couple's suite with its own private Jacuzzi and en-suite bathroom with double shower.

Other facilities include an Experience Salt Room, yoga and meditation zone, a Hair & Barber Lounge, Nail Salon, Sauna and Steam Room, two spacious indoor relaxation areas, a heated in-door pool surrounded by a relaxation deck, and a magnificent Champagne Bar and Spa Café.

For the health and safety of each and every person who walks through our doors, The Spa & Wellness Centre has stringent COVID-19 Safety Protocols in effect at all times, maintaining a high standard of cleanliness and sanitation by thoroughly sanitising and disinfecting all areas of the facility systematically.

This unisex Spa caters to in-house Hotel guests, private individuals, groups and the corporate market 7 days a week and 365 days a year, making it a destination "par excellence".

Signature Journeys

Integrating the 5 elements of wellbeing, our Signature Journeys have been skilfully crafted to evoke a true sense of rejuvenation, transformation and overall wellbeing.

KURHULA BODY RITUAL — 90min R1 350

Discover your Kurhula, "inner peace", as you indulge in our signature holistic body ritual. A lavish full body massage, using our signature coconut massage balm, flows into a reviving mini facial, bringing balance to body, mind, and soul.

SPIRIT OF AFRICA — 60min R 950 | 90min R1 350

This unique African massage incorporates ancient African Rungu warrior sticks to deliver deep pressure strokes, facilitating tissue manipulation, promoting pain reduction and improving circulation.

HIMALAYAN SALT CRYSTAL RITUAL — 60min R 950 | 90min R1 350

A restorative and energising massage using warm nourishing coconut oil to condition the skin while balancing Himalayan Salt Crystals offer the benefits of increased immunity and an enhanced feeling of wellbeing.

THE TRAVELLER — 60min R 950 | 90min R1 350

Blending a tension-releasing therapeutic mineral-rich foot soak and coconut salt polish on your legs and feet, with a warm coconut balm back or full body massage, delivering optimal rejuvenation.

MINDFUL MASSAGE — 60min R 950

Inspired by ageless holistic practises to create a journey of wellbeing. Combining gentle yoga movements, breathing, and meditation, followed by a signature aromatherapy massage to release muscle tension, improve circulation, and promote a feeling of complete relaxation.

Massage Collection

All Massages available as a Couples Experience

AROMA WELLBEING

DETOX & SLIMMING — 60min R 825 | 90min R1 150

Utilising the powerful properties of Black Pepper, Peppermint & Bergamot to assist in eliminating toxins, stimulate healing, keeping the body in balance and supporting the immune system.

IMMUNE BOOST — 60min R 825 | 90min R1 150

Strengthen your body's defence against immune-compromising infections with this uplifting blend of Lemon, Tea Tree & Eucalyptus. The anti-congestion properties boost respiratory health and enhance your quality of sleep.

MUSCLE EASE — 60min R 825 | 90min R1 150

Fast track the recovery time of muscle fatigue, aches and pains. The therapeutic benefits of Peppermint, Marjoram & Black Pepper assist in accelerating the body's natural healing abilities and restore energy levels.

SLEEP WELL — 60min R 825 | 90min R1 150

Uncoil from that wired-and-tired spiral and restore your natural sleep patterns. A delicate blend of Lavender, Chamomile & Geranium creates a dream catcher's delight as you drift off into a blissful state that enhances deep sleep.

STRESS RELEASE — 60min R 825 | 90min R1 150

A fragrant floral blend of Geranium, Bergamot & Lavender subtly calm your physical body, refresh and invigorate your mind, and gently lowering cortisol levels to reduce anxiety and stress.

Massage Collection - Continued

THE CLASSICS

Select all your favourite elements to personalise your massage, perfect for both ladies and gents. Let your therapist know your preferred areas of focus.

CLASSIC SWEDISH 60min R 750 | 90min R 990
A traditional massage to stimulate the senses, relax the body and revitalise the mind.

DEEP TISSUE 60min R 800 | 90min R1 100
A powerful therapy focussing on the deeper layers of muscle & connective tissue which is especially helpful for chronic muscular tension and stiffness.

LEFIKA HOT STONE 60min R 800 | 90min R1 100
A sensory massage using natural river stones radiant with heat, reducing muscle tension while stimulating circulation to activate vital life force energy.

IKETLA BACK & SHOULDERS 30min R 470 | 45min R 620
A relaxing massage focussed on the back, neck and shoulders to relieve muscular tension.

PRESSURE POINT FOOT MASSAGE 30min R 470
Focussing on the tender muscles of the lower legs and feet to alleviate tension build-up and improve circulation to give you a renewed bounce in your step.

BLISSFUL SOULS 45min R 620
A relaxing lower leg and foot exfoliation with a relaxed hot stone foot massage, leaving you feeling as though you were floating.

MOM-TO-BE PREGNANCY MASSAGE (*Only after 1st trimester) 60min R 800
A relaxing full body massage using specialised massage techniques to relieve muscle tension and fatigue brought on from carrying your little one.

CBD

Experience the benefits of cannabis oil's skin moisturization, improved circulation, and a boosting of the immune system. Choose between three therapy objectives:

SPORTS & RECOVERY 60min R 850 | 90min R1 125
Deep tissue penetration for sore or stiff muscles, pain and injury.

REVIVE & REJUVENATE 60min R 850 | 90min R1 125
Stimulation of senses, revitalisation and invigoration of the body and mind.

RELAX & UNWIND 60min R 850 | 90min R1 125
Targeting stress and anxiety by relieving tension and improving overall mood.

Young Adults (Ages 11-15)

CHILL OUT MASSAGE	30min	R 350
SIX EXPRESS FACIAL	30min	R 350
SALT ROOM WITH FOOT MASSAGE	30min	R 350
CLEANSING BACK ROSE SALT POLISH	20min	R 250

Tiny Tots (Ages 6-10)

THERAPEUTIC SALT ROOM & PLAY SESSION	30min	R 250
MINI BACK MASSAGE	20min	R 180
HAPPY FEET MASSAGE	20min	R 180

Salt Room

Sit back, relax, and breathe... Enhance your physical and mental wellbeing with the healing benefits of Salt Therapy. A 100% natural, risk free and effective treatment, offering everyone from children to adults, a drug free alternative to treat and control a variety of ailments and allergies.

ADULT (16 yrs +)	- per session	45min	R 350
CHILDREN (6-15yrs)	- per session	30min	R 250
ADULT PER COURSE	- 8 sessions	45min	R2 400
CHILDREN PER COURSE	- 8 sessions	30min	R1 600
SALT ROOM & PRESSURE POINT MASSAGE		30min	R 725
ROOM EXCLUSIVITY	- max 6 pax	45min	R1 800

Benefits of Salt Therapy:

Salt Therapy 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 & Sinusitis)
- Aids in healing skin conditions (Eczema & Psoriasis)
- Speeds up recovery from physical exhaustion or fatigue
- Promotes relaxation, calmness and better sleep
- Increases metabolism and promotes better digestion
- Helps to alleviate depression, anxiety and stress
- Elevates mental concentration and performance
- Strengthens the immune system

Salt enters the respiratory system, not the stomach, heart or kidneys. It is clinically proven that natural healing methods, such as Salt Therapy, are extremely effective with children, as it is a non-invasive therapy and medication free, children are unaware that they are undergoing therapy, as they passively inhale the micro-particles of salt.

Hydro & Body Collection

COCONUT ROSE SALT BODY POLISH — 30min R 350

A cleansing exfoliation experience which leaves the skin radiant and soft to the touch.

AROMA-MUD BODY WRAP — 60min R 850

An invigorating therapeutic body treatment combining a smoothing exfoliation and aromatherapy-infused mud mask, finishing off with a nourishing body butter application. Choose between:

Hydrating	– Hydrate and soothe dry skin
Detox & Slimming	– Improve circulation and skin tone
Immune Boost	– Strengthen body's natural defences
Muscle Ease	– Promotes healing for stiff and sore muscles

CLEANSE & DETOX TREATMENT — 90min R1 250

A stimulating rose salt polish prepares the skin for the full body detoxifying mud mask application, followed by a focussed abdomen, thigh and leg massage using our signature detox massage balm to stimulate circulation, digestions and nourish the skin.

FACILITIES DAY PASS (Per person) — 1hr R 250 | 3hrs R 600

Access to the Wellness Centre Sauna, Steam Room and heated outdoor pool.

Recommended Enhancements:

WASH & BLOW DRY	from	R 250	HAIR TREATMENT	from	R 150
SALT ROOM THERAPY	30min	R 350	CBD MASSAGE	60min	R 850

Bespoke Facials

BABOR

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

THERAPRO C VITAMIN TREATMENT - Revitalising 60min R1 230
A luxurious facial treatment with highly stable vitamin C to even out irregular pigmentation, stimulate collagen synthesis, minimise fine lines and wrinkles, and brighten the skin.

THERAPRO AHA Peel - Regenerating 60min R1 345
An invigorating peel that instantly rejuvenates the skin, breathing new life to a dull complexion leaving you with an instant glow and beautiful radiance.

ULTIMATE DETOX TREATMENT – Deep Cleansing 75min R1 200
Designed for instant revitalisation and immediate freshness for dull, tired skin. Skin regeneration and refinement is achieved with antioxidants to address signs of environmentally induced skin ageing and stress.

ULTIMATE GRAND CRU – Anti-Aging 90min R1 150
A luxurious facial treatment created for particularly demanding skin, precious rose extracts provide a treatment that prevents skin aging and results in a smoother and more youthful complexion.

MICRONEEDLING – Rejuvenating 90min R1 500
A rejuvenating treatment, using small sterile needles to perforate the skin, enables targeted active ingredient penetration for maximum benefits. A treatment course of 3 - 6 treatments every 14 days is recommended.

ADD-ON TREATMENTS

Hydra Boost or Algae Vitaliser (Per ampoule) R 80

SIX

As a perfect number, SIX is related to purity, harmony, balance, and the ultimate nurturer – and this is at the heart of every SIX facial.

CLASSIC REJUVENATING FACIAL 60min R 675
A classic facial treatment with a unique sensorial experience restores the natural luminosity to your complexion, revitalises tired, dull skin and stimulates production of collagen and elastin.

DELUXE INTELLIGENT FACIAL 90min R 880
Combining an indulgent hot oil back massage and herbal compress treatment with a results-driven facial that includes a double exfoliation, hand treatment and a heavenly signature facial massage.

SIX MAN ENERGIZING FACIAL 60min R 675
A deep cleansing and hydration treatment helping to reduce fine lines and wrinkles, remove dull, dead skin cells and energise and invigorate the skin.

SIX MAN FIRST CLASS TREATMENT 90min R 880
This SIX MAN experience delivers triple results by targeting three key areas - a specialised back massage using unique movements to relieve tension, followed by an energising facial and sensational Indian head massage ritual.

ADD-ON TREATMENTS

Wrinkle Smoothing Eye Treatment 15min R 190
Peel-off Mask 15min R 230
Choose from: Hydrating / Purifying / Pollution Control / Firming

Bespoke Facials - Continued

COLLAGEN PEN SKIN TREATMENT — 60min — R1 250
A minimally invasive skin rejuvenation treatment employing multiple fine needles to vertically pierce the skin. This allows for deeper active ingredient penetration to improve the appearance of fine lines, wrinkles and scars.

REVEAL SKIN PEEL — 60min — R 700
An intensive Alpha hydroxyl acid peel facial providing instant results with refined pores, smoothed lines, clearer and more even complexion, and super glowing and radiant skin. This treatment is suitable for any skin type.

SIX MAN HIGH PERFORMANCE AHA SKIN PEEL — 30min — R 550
An express treatment for the man on the move that works like a personal trainer on your skin, delivering renewed strength and health. Perfect for treating ingrown hairs, spots, fine lines and dehydration.

Teeth Whitening

PURE SMILE — 45min — R 900
100% Natural teeth whitening – quick, efficient, and painless.

Recommended Enhancements:

LASH & BROW TINT	30min	R 215	LADIES CUT	From	R 300
BACK & NECK MASSAGE	30min	R 470	GENTS CUT	30min	R 230

Finishing Touches

TINTING

EYELASH	R 145
EYEBROW	R 110
LASH & BROWS	R 215

WAXING

	Ladies	Gents
FACE	R 210	R 220
EYEBROWS	R 110	R 110
LIP	R 110	R 110
CHIN	R 110	R 110
NOSE / EARS		R 110
UNDERARMS	R 200	R 210
1/2 ARM	R 215	R 225
3/4 ARM	R 260	R 290
FULL ARM	R 330	R 355
BIKINI	R 215	
G-STRING	R 280	
BRAZILLIAN	R 360	
HOLLYWOOD	R 415	
FULL LEG	R 440	R 485
3/4 LEG	R 330	R 355
1/2 LEG	R 250	R 280
CHEST		R 255
ABDOMEN		R 195
1/2 BACK		R 230
FULL BACK		R 350

THREADING

	Ladies	Gents
FACE	R 220	R 330
LIP	R 120	R 120
CHIN	R 120	R 120
BROW	R 120	R 120

Hair & Barber Lounge

CUT & BLOW DRY

	Short	Medium	Long	X-Long
LADIES CUT (Not blow dry)	R 300	R 350	R 400	R 500
BLOW DRY	R 250	R 300	R 350	R 400
CUT & BLOW DRY	R 350	R 450	R 550	R 600
KIDS CUT (Under 13yrs)				R 200
GIRLS CUT & BLOW DRY (Under 13yrs)				R 300

MYCRO KERATIN SMOOTH TREATMENT

	Short	Medium	Long	X-Long
FINE HAIR	R 800	R1 200	R1 800	R2 200
THICK HAIR	R1 000	R1 600	R2 200	R2 600

COLOUR

	Short	Medium	Long	X-Long
TINT	R 450	R 590	R 790	R 990
BLEACH (Only)	R 570	R 630	R 700	R 800
BLEACH & TINT	R 770	R 830	R 950	R1 000
HIGHLIGHTS per foil	R 60	R 75	R 90	R 110
½ HEAD HIGHLIGHTS	R 560	R 700	R 800	R 990
FULL HEAD HIGHLIGHTS	R 750	R1 000	R1 200	R1 450
TONER	R 280	R 350	R 400	R 570

Hair Treatment Add-On

Please enquire at the salon for more information.

ETHNIC HAIR

RELAXER		R 550
TREATMENT	R 350 to	R 450
WASH & BLOW DRY / STYLE		R 350
CUT & STYLE		R 450
RELAXER, CUT & STYLE		R 800
TREATMENT, CUT & STYLE		R 650
LACE WIG TREATMENT		R 650
DRY CURLS		R 450

BARBERING

GENTS CUT		R 250
CLIPPER CUT		R 200
HEAD SHAVE (Bald)		R 300
WASH & STYLE		R 100
NECK & EAR TIDY		R 100
EAR / NOSE WAX		R 110
BEARD TRIM		R 150
HOT TOWEL SHAVE	30min	R 490
SIX MAN ON THE MOVE FACIAL & SHAVE	45min	R 650

Spa Journeys

All Packages include a welcome drink & a choice of a light spa breakfast or lunch. 1 hr included in package time.

JUST THE TWO OF US — 3hrs — R3 300

Private use of the deluxe couple's suite with someone special

- 30min Jacuzzi
- Kurhula Body Ritual
- A bottle of bubbly served with lunch
- Spa Gift

TIMELESS ESCAPE — 4hrs — R1 775

- 60min Classic Swedish Massage
- Classic Rejuvenating Facial
- Deluxe Pedicure

HIMALAYAN ROSE — 4.5hrs — R2 640

- Coconut Rose Salt Body Polish
- 60min Himalayan Salt Crystal Massage
- Ultimate Grand Cru Facial
- 30min Salt Room Session with Pressure Point Foot Massage

GIFT OF WELLNESS — 4.5hrs — R2 755

- Aroma Body Wrap
- 60min Aroma Wellness Massage
- 90min Deluxe Intelligent Facial
- Wellness Bath & Body Oil Gift

BESPOKE EXPERIENCE FOR HIM — 3.25hrs — R1 730

- 60min Deep Tissue Massage
- Hot Towel Shave
- Gents Cut

Add a Blow Dry to any Spa Journey for R250

Tailor-Made Experiences

EXPERIENCE ROOM

pricing on request

Experience our unique therapeutic SALT ROOM. Perfect for any occasion:

- Yoga and meditation
- Sound therapy journeys
- Lifestyle workshops
- Pamper groups
- Bridal or baby showers
- Book clubs

Spa Corporate Wellness

We recognise companies' requirements, and have the facilities and expertise to facilitate each corporate's objectives and budget for:

* Staff motivation
* Optimising employee performance levels
* Executive & employee wellbeing
* Enhancing client relationships with value-adding benefits:

- Spa Days
- Pop-Up Spas
- Corporate Gifts
- Executive Retreats
- Getaways
- Teambuilding Events

Spa Etiquette

AMANI SPA & WELLNESS

SPA FACILITIES:
Please understand that in keeping with the serene atmosphere within the spa, cell phones must be switched to silent. Sauna, Steam Room & Pool is accessible during Spa & Wellness Centre operating hours and are strictly available to guests age 16 and older only.

PUNCTUALITY:
Guests are requested to arrive at least 15 minutes prior to your treatment time 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 09:00 - 19:00

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 utilized 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 room.

PAYMENT:
We accept cash, debit cards or credit cards for payment. Room Charges are welcome to all Hotel Guests. In certain instances, a pre-payment may be required to secure your booking.

AGE RESTRICTION:
All guests over the age of 16 are welcome for treatments and the use of our facilities. Adult supervision is required for treatments on guests younger than 16 years old.

DRESS CODE:
The spa has a no-nudity policy, you will be provided with a gown and slippers.

CANCELLATION POLICY:
A booking cancellation fee of 50% will be charged on all bookings 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. Vouchers can be issued for specific treatments or for a specific value. Vouchers are valid for 3 years from date of issue unless otherwise stated on the voucher. The original gift vouchers must be presented at an appointment to be honoured. Gift vouchers may not be redeemed for cash. All Gift Vouchers are non-refundable.

DISCOUNT VOUCHERS:
May only be used for spa treatments, not for retail purchases. Special offers and promotions may not be used in conjunction with discount vouchers or loyalty programmes.

DISCLAIMER:
Every person entering the spa or utilising the facilities and equipment on these premises does so entirely at their own risk and agrees that The Radisson Hotel & Convention Centre Johannesburg O.R.Tambo, the Radisson Wellness Centre, its management and/or therapists and/or the owners of the Hotel and Wellness Centre 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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