



AMANI
SPA & WELLNESS

Treatment Menu

*Welcome to
Amani Spa & Wellness
at Radisson Blu Hotel
Waterfront, Cape Town*

With our prime location on the water's edge, the Amani Spa & Wellness at the Radisson Blu Hotel Waterfront, promotes holistic health for men and women, through professional and results-driven treatments and bespoke journeys, delivering world class products with intrinsic wellness benefits.

With our trendy unisex facility, comprising of a unique therapeutic Salt Room, Hair Salon & Nail Bar, Grand Rasul, Saunas and a heated Vitality Pool with a surrounding relaxation deck, 9 single treatment rooms, 1 double treatment room and 1 VIP Couple's room with en-suite hydrobath, Amani is able to create exceptional spa experiences and tailor make spa packages for all occasions.

For the health and safety of every person who walks through our doors, The Spa 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.

We cater to in-house Hotel guests, private individuals, groups and the corporate market, 7 days a week, 365 days a year.

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 R1350

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 R1350

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 R1350

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 R1350

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 R1150

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 R1150

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 R1150

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 R1150

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 R1150

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 R 1100
A powerful therapy focusing 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 R 1100
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 focused on the back, neck, and shoulders to relieve muscular tension.

PRESSURE POINT FOOT MASSAGE 30min R 470
Focusing 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 R 1125
Deep tissue penetration for sore or stiff muscles, pain, and injury.

REVIVE & REJUVENATE 60min R 850 | 90min R 1125
Stimulation of senses, revitalisation and invigoration of the body and mind.

RELAX & UNWIND 60min R 850 | 90min R 1125
Targeting stress and anxiety by relieving tension and improving overall mood.

Young Adults (Ages 11-15)

CHILL OUT MASSAGE	30min	R 350
ESSE EXPRESS FACIAL	30min	R 350
SALT ROOM WITH FOOT MASSAGE	30min	R 350
CLEANSING BACK ROSE SALT POLISH	20min	R 250
TEEN MANI	30min	R 250
TEEN PEDI	30min	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
PRINCESS POLISH (Hands or Feet)	20min	R 125

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	R2400
CHILDREN PER COURSE	- 8 sessions	30min	R1 600
SALT ROOM & PRESSURE POINT MASSAGE		30min	R 725
ROOM EXCLUSIVITY	- max 4 pax	45min	R1 200

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, is 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

RASUL EXPERIENCE 45min For One R 650 | For Two R 950
A sensory steam experience incorporates a self-application of Coconut Rose Salt body polish and your choice of body mask from Amani's signature collection, followed by a tropical rain rinse, for that new-skin feel.

COCONUT ROSE SALT BODY POLISH 30min R 350
A cleansing exfoliation experience which leaves the skin radiant and soft to the touch.

AROMA BUBBLE BATH CEREMONY 30min R 395
An Aroma Infused bubble bath precedes an Amani signature body balm application, with a glass of bubbly to complete your ceremony. Choose between:

- | | |
|---------------------|---|
| Nurture | - Hydrate and soothe dry skin |
| Detox | - Improve circulation and skin tone |
| Immune Boost | - Strengthen body's natural defences |
| Muscle Ease | - Promotes healing for stiff and sore muscles |

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 focused abdomen, thigh and leg massage using our signature detox massage balm to stimulate circulation, digestions, and nourish the skin.

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.

CLASSIC MOISTURISING FACIAL 60min R 885
Age Prevention facial for normal to dry skin.

CLASSIC PURIFYING FACIAL 60min R 885
Age Prevention facial for oily and problematic skin.

CLASSIC VITALISING FACIAL 60min R 885
Age Prevention facial for first signs of ageing.

GENTLEMAN'S ENERGISING FACIAL 60min R 885
Re-energise, revitalise and smooth your tired and fatigued skin with this brilliant energising facial, specialised to men's skincare needs.

ULTIMATE GRAND CRU – Anti-Aging 90min R1350
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.

FACIAL ADD-ONS

Hydra Boost or Algae Vitaliser (Per ampoule) R 90
BT Micro Ultrasonic 15min R 160

DOCTOR BABOR

DR BABOR combines customized skin care specialists to satisfy the most demanding skin needs. As intensive cosmeceuticals, the innovative precision formulas are inspired by medical research. Ideal for caring for more complicated skin.

THERAPRO C VITAMIN TREATMENT - Revitalising 60min R1 200
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 200
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 250
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.

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.

Bespoke Facials - Continued

ESSE SKINCARE

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.

HYDRATING FACIAL 60min R 725
A moisture-infused facial to restore a healthy glow and plump out fine lines.

GENTLE FACIAL 60min R 725
Calming treatment with probiotics and botanicals to strengthen sensitive-prone skin.

BRIGHTENING FACIAL 60min R 725
Revitalizing facial diminishing pigmentation and even out the skin tone. Your skin will look brighter, with renewed radiance.

ANTI-AGEING FACIAL 60min R 725
Enhanced penetration of probiotic and botanical actives restore skin vitality and promote collagen and elastin formation.

FACIAL ADD-ONS

Esse Ampoule R 160
BT Micro Ultrasonic 15min R 160

Recommended Enhancements:

LASH & BROW TINT	30min	R 215
ULTIMATE LASH LIFT/CURL	30min	R 550
PURE SMILE TEETH WHITENING	45min	R 920
IKETLA BACK MASSAGE	30min	R 470

Beautiful Hands & Feet

CLASSIC MANICURE 60min R 465

CLASSIC PEDICURE 60min R 490

CLASSIC MANI & PEDI DUO 90min R 790

GELISH MANICURE 75min R 520

GELISH PEDICURE 75min R 550

GELISH MANI AND PEDI DUO 120min R 900

GENTLEMAN'S MANICURE 45min R 350

GENTLEMAN'S PEDICURE 45min R 375

FRENCH POLISH 15min R 100

MEDIHEEL TREATMENT 15min R 145

RE-SHAPE, BUFF & POLISH 20min R 215

GEL POLISH APPLICATION 30min R 270

SOAK OFF PER SET - NO MANICURE/PEDICURE 30min R 150

SOAK OFF PER SET - WITH MANICURE/PEDICURE 30min R 120

Amani Beauty

SPRAY TAN 30min R 420

SPRAY TAN WITH BODY EXFOLIATION 45min R 570

ULTIMATE LASH LIFT / CURL 30min R 550

Keratin lash lift or curl with last tint. A natural alternative to lash extensions.

PURE SMILE TEETH WHITENING 45min R 920

100% Natural teeth whitening - quick, efficient and painless.

Finishing Touches

TINTING

EYELASH		R 145
EYEBROW		R 110
LASH & BROWS		R 215

WAXING

	Ladies	Gents
FACE	R 310	R 340
EYEBROWS	R 145	R 145
LIP	R 145	R 145
CHIN	R 145	R 145
NOSE / EARS		R 145
UNDERARMS	R 200	R 215
1/2 ARM	R 215	R 235
3/4 ARM	R 260	R 290
FULL ARM	R 330	R 365
BIKINI	R 215	
G-STRING	R 280	
BRAZILLIAN	R 350	
HOLLYWOOD	R 395	
1/2 LEG	R 320	R 345
3/4 LEG	R 355	R 380
FULL LEG	R 450	R 510
CHEST		R 300
ABDOMEN		R 195
1/2 BACK		R 250
FULL BACK		R 380

THREADING

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

Hair Salon & Barbering

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)

GIRLS CUT & BLOW DRY (Under 13yrs)				R 200
				R 300

KERATIN SMOOTH

	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
HIGHLIGHTS per foil	R 60	R 75	R 90	R 110
1/2 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

BARBERING

GENTS CUT				R 250
CLIPPER CUT				R 200
HEAD SHAVE (BALD)				R 300
WASH & STYLE				R 100
NECK & EAR TIDY				R 100
BEARD TRIM				R 150
HOT TOWEL SHAVE*				R 490
EXPRESS FACIAL & SHAVE*				R 650

*Subject to Barber availability

Spa Journeys

All Packages include a welcome drink & a choice of a light spa breakfast or lunch. 1 hr included in package time. Add a Blow Dry to any Spa Journey for R250.

JUST THE TWO OF US

3hrs R3 300

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

- 30min Aroma Bubble Bath Ceremony
- Kurhula Body Ritual
- A bottle of bubbly served with lunch
- Spa Gift

TIMELESS ESCAPE

4hrs R1 850

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

HIMALAYAN ROSE

4.5hrs R2 650

- Coconut Rose Salt Body Polish
- 60min Himalayan Salt Crystal Massage
- 60min Babor Classic Facial
- Wellness Aroma Bath & Body Oil Gift

GIFT OF WELLNESS

4hrs R2400

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

BESPOKE EXPERIENCE FOR HIM

3.5hrs R1 775

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

TOP TO TOE

5hrs R2 990

- Rasul Experience
- 60min Wellbeing Massage
- 60min Hydro Boost Facial
- 60min Manicure
- 75min MediHeel Pedicure

Tailor-Made Experiences

- 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 FACILITIES:

Sauna and Vitality Pool can be accessed during Spa Operating hours and are strictly available to guests age 16 and older only. 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 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 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 are required for treatments on guests younger than 16 years.

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 utilizing the facilities and equipment on these premises does so entirely at their own risk and agrees that the Amani Spa, its owners, directors, the management, therapists and employees, and/ or the Radisson Blu Hotel Waterfront Cape Town, its owners, directors, the management and employees 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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