



Transform Your Life

TREATMENT MENU





Welcome to Amani Spa & Wellness

We understand your desire to live a life of happiness and inner peace. To achieve this you need to feel vibrant and healthy, both physically and emotionally. But the journey to wellness can seem overwhelming, which may make you feel vulnerable and disheartened. We deeply believe that your life is destined to be filled with joy and vitality, and we're committed to guiding you on this journey.

Having traversed the path to wellness ourselves, we're intimately familiar with the trials and triumphs that come along the way. That's why we've dedicated ourselves to showcasing the transformative power of Wellness as a way of life.

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 775 | 90min R1 050

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 775 | 90min R1 050

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 775 | 90min R1 050

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 775 | 90min R1 050

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 775 | 90min R1 050

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 690 | 90min R 950

A traditional massage to stimulate the senses, relax the body and revitalise the mind.

DEEP TISSUE

60min R 750 | 90min R1 025

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 750 | 90min R1 025

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 400 | 45min R 550

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

PRESSURE POINT FOOT MASSAGE

30min R 400

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 SOLES

45min R 550

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 750

A relaxing full body massage using specialised massage techniques to relieve muscle tension and fatigue brought on from carrying your little one.

Massage Collection - Continued

CBD

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

SPORTS & RECOVERY

Deep tissue penetration for sore or stiff muscles, pain and injury.

60min R 800 | 90min R1 075

REVIVE & REJUVENATE

Stimulation of senses, revitalisation and invigoration of the body and mind.

60min R 800 | 90min R1 075

RELAX & UNWIND

Targeting stress and anxiety by relieving tension and improving overall mood.

60min R 800 | 90min R1 075

Young Adults (Ages 11-15)

CHILL OUT MASSAGE

30min R 325

EXPRESS FACIAL

30min R 325

TEEN MANI

30min R 215

TEEN PEDI

30min R 215

Tiny Tots (Ages 6-10)

MINI BACK MASSAGE

20min R 190

HAPPY FEET MASSAGE

20min R 190

PRINCESS POLISH (Hands or Feet)

20min R 125

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 - Normal to Dry skin

60min R 825

Nourishment & hydration for dry and dehydrated skin.

CLASSIC PURIFYING FACIAL - Oily and Problematic skin

60min R 825

Clarify and treat oily and break-out prone skin.

CLASSIC VITALISING FACIAL - Age prevention

60min R 825

Regenerate, strengthen and revitalize dull and aging skin.

CLASSIC BALANCING FACIAL - Combination Skin

60min R 825

Bring balance to the skin for a fresh and refined skin tone.

CLASSIC CALMING FACIAL - Sensitive skin

60min R 825

Restore calm to a sensitive and irritated skin.

GENTLEMAN'S ENERGISING FACIAL

60min R 825

Re-energise, revitalise and smooth tired and fatigued skin with this results driven facial, tailored to men's skincare needs.

ULTIMATE GRAND CRU - Anti-Aging

90min R1 300

A luxurious facial treatment created for particularly demanding skin, with precious rose extracts to prevent skin aging and results in a smoother and more youthful complexion.

ESSE SKINCARE

ESSE SKINCARE 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 650

A moisture-infused facial to restore a healthy glow and plump out fine lines.

BRIGHTENING FACIAL 60min R 650

Revitalizing facial diminishing pigmentation and even out the skin tone. Your skin will look brighter, with renewed radiance.

ANTI-AGEING FACIAL 60min R 650

Enhanced penetration of probiotic and botanical actives restore skin vitality and promote collagen and elastin formation.

GENTLE FACIAL 60min R 650

Calming treatment with probiotics and botanicals to strengthen sensitive-prone skin.

FACIAL ADD-ONS

BABOR BEAUTY FLUID R 90

ESSE AMPOULE R 160

TINTING

EYELASH R 80

EYEBROW R 120

LASH & BROW R 180

Hydro & Body Collection

RASUL EXPERIENCE

45min For One R 550 | For Two R 850

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 315

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

AROMA-MUD BODY WRAP

60min R 750

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 100

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.

Amani Beauty

TAN CAN – per session

10min R 100

TAN CAN – course of 10

10min R 800

PURE SMILE TEETH WHITENING

45min R 895

100% Natural teeth whitening – quick, efficient and painless

Beautiful Hands & Feet

| | | |
|---|--------|-------|
| CLASSIC MANICURE | 60min | R 375 |
| CLASSIC PEDICURE | 60min | R 415 |
| CLASSIC MANI & PEDI DUO | 90min | R 675 |
| GEL MANICURE | 75min | R 470 |
| GEL PEDICURE | 75min | R 500 |
| GEL MANI & PEDI DUO | 120min | R 875 |
| GEL POLISH APPLICATION | 30min | R 250 |
| SOAK OFF PER SET - without Manicure or Pedicure | 30min | R 125 |
| SOAK OFF PER SET - with Manicure or Pedicure | 30min | R 95 |
| FRENCH POLISH | 15min | R 75 |
| RE-SHAPE, BUFF & POLISH | 20min | R 195 |
| MEDIHEEL TREATMENT | 15min | R 125 |
| GENTLEMAN'S MANICURE | 45min | R 300 |
| GENTLEMAN'S PEDICURE | 45min | R 340 |

Finishing Touches

| WAXING | LADIES | | GENTS |
|-----------|--------|-----------|-------|
| FACE | R 275 | NOSE/EAR | R 100 |
| EYEBROWS | R 100 | CHEST | R 285 |
| LIP | R 100 | ABDOMEN | R 160 |
| CHIN | R 100 | ½ BACK | R 210 |
| ½ ARM | R 190 | FULL BACK | R 340 |
| FULL ARM | R 300 | ½ LEG | R 300 |
| BIKINI | R 195 | FULL LEG | R 400 |
| G-STRING | R 240 | | |
| BRAZILIAN | R 340 | | |
| HOLLYWOOD | R 395 | | |
| ½ LEG | R 260 | | |
| ¾ LEG | R 295 | | |
| FULL LEG | R 390 | | |

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

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

- Rasul for Two
- Kurhula Body Ritual
- A bottle of bubbly served with lunch

3hrs R3 270

TIMELESS ESCAPE

- 60min Classic Swedish Massage
- 60min Classic Babor Facial
- 60min Classic Pedicure

4hrs R1 750

HIMALAYAN ROSE

- Coconut Rose Salt Body Polish
- 60min Himalayan Salt Crystal Massage
- Ultimate Grand Cru Facial

4hrs R2 250

GIFT OF WELLNESS

- Aroma Body Wrap
- 60min Aroma Wellness Massage
- 60min Esse Facial
- Wellness Bath & Body Oil Gift

4hrs R2 275

BESPOKE EXPERIENCE FOR HIM

- 60min Deep Tissue Massage
- Esse Express Facial
- Gentleman's Pedicure

3.5hrs R1 395

TOP TO TOE

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

5hrs R2 650

Tailor-Made Experiences

- Anniversaries & Special Occasions
- Birthday celebrations
- 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

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 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:

Monday to Sunday, including public holidays. From 08:00 - 20:00.

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 jewelry 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 Amani Spa & Wellness, its management or therapists, and/ or the Radisson Blu Hotel, Port Elizabeth 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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