



*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.

Here's how we guide you on this journey:

- Inspirational SPACES -

steeped in the therapeutic charm of nature

- Customised TREATMENTS -

centred around your unique wellbeing needs

- Premium PRODUCTS -

designed to enhance your health and wellness

- Transformational JOURNEYS -

meticulously crafted to invigorate your body, mind, and spirit

- Enriching CONTENT -

to guide you on integrating wellness into every aspect of your life

Embark on this journey with us to break away from stress, fatigue and despair. Choose to embrace a life of meaning, vitality, and serenity.

Your journey to a happier,  
healthier you starts here.

Discover the transformative power of our skillfully crafted Signature Journeys, each designed to nurture physical vitality, emotional balance, and mental clarity. Our intention is for you to feel rejuvenated.

### KURHULA BODY RITUAL

Discover your Kurhula (inner peace) with our signature holistic body ritual. Luxuriate in a full-body massage using our coconut massage balm, followed by a revitalising mini facial. Achieve balance of body, mind, and soul in this transformative experience.

90min R 1350

### SPIRIT OF AFRICA

Our unique African massage. With the skilled use of ancient African Rungu warrior sticks, deep pressure strokes enhances circulation, aiding in the relief of muscular pain and tension.

60min R 950 | 90min R 1350

### HIMALAYAN SALT CRYSTAL RITUAL

Indulge in a restorative massage featuring warm, nourishing coconut oil that conditions the skin. Immerse yourself in the benefits of Himalayan Salt, which help boost immunity and promote an overall sense of well-being.

60min R 950 | 90min R 1350

### THE TRAVELLER

Your relaxation journey starts with a tension-releasing therapeutic mineral foot soak and coconut salt polish and massage on the legs and feet, flowing into a stress-releasing back massage to conclude your journey.

60min R 950

### THE TRAVELLER DELUXE

This extended version of The Traveller offers a tension-releasing therapeutic foot soak and coconut salt polish for your legs and feet, followed by the blissful warmth of a full body massage using nourishing coconut balm.

90min R 1350

Our signature aromatherapy collection, expertly formulated with your wellbeing in mind, harnesses the natural synergy of indigenous and botanical ingredients from the African continent. (All Massages available as a Couples Experience).

## DETOX & SLIMMING

Experience the transformative benefits of our exclusive blend featuring Black Pepper, Peppermint & Bergamot. This potent combination works harmoniously to eliminate toxins, promote healing, restore balance, and support your immune system.

60min R 825 | 90min R 1150

## IMMUNE BOOST

Enhance your body's natural defense against infections with our invigorating blend of Lemon, Tea Tree & Eucalyptus. This uplifting treatment boosts respiratory health, promotes clear breathing, and improves sleep quality with its anti-congestion properties.

60min R 825 | 90min R 1150

## MUSCLE EASE

Soothe and alleviate muscle fatigue, aches, and pains with our powerful blend of Peppermint, Marjoram & Black Pepper. This therapeutic combination accelerates your body's natural healing abilities, helping to restore energy levels and promote overall well-being.

60min R 825 | 90min R 1150

## SLEEP WELL

Escape the wired-and-tired cycle and reclaim your natural sleep patterns. Experience the soothing power of our delicate blend of Lavender, Chamomile & Geranium. Like a dream catcher, this blend creates a serene ambiance, lulling you into a blissful state that enhances deep, restful sleep.

60min R 825 | 90min R 1150

## STRESS RELEASE

A fragrant floral blend of Geranium, Bergamot & Lavender is designed to subtly calm your physical body and refresh your mind. This soothing combination gently lowers cortisol levels, reducing anxiety and stress.

60min R 825 | 90min R 1150

A selection of classic massages aimed to promote relaxation, relieve muscle tension and improve circulation.

## CLASSIC SWEDISH

Stimulate, relax, and revitalise with this traditional massage.

60min R 750 | 90min R 990

## DEEP TISSUE

Powerful therapy targeting deep muscle layers and connective tissue. Ideal for chronic muscular tension and stiffness.

60min R 800 | 90min R 1100

## LEFIKA HOT STONE

A sensory massage using heated natural river stones. Experience reduced muscle tension and enhanced circulation, activating vital life force energy.

60min R 800 | 90min R 1100

## IKETLA BACK, NECK & SHOULDERS

Alleviate muscle tension with this soothing massage targeting the back, neck, and shoulders.

30min R 470 | 45min R 620

## PRESSURE POINT FOOT MASSAGE

Targeting tender muscles in the lower legs and feet, this massage relieves tension build-up and enhances circulation, leaving you with a renewed spring in your step.

30min R 470

## BLISSFUL SOLES

Float into deep relaxation with a soothing lower leg and foot exfoliation, followed by a blissful hot stone foot massage.

45min R 620

## MOM-TO-BE PREGNANCY MASSAGE (After first trimester)

Relax with a soothing full body massage tailored for expecting mothers. Specialised techniques are used to relieve muscle tension and fatigue caused by carrying your little one.

60min R 800



CBD

Experience the benefits of cannabis oil’s skin moisturisation, improved circulation, and 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 850 | 90min R 1125

REVIVE & REJUVENATE

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

60min R 850 | 90min R 1125

RELAX & UNWIND

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

60min R 850 | 90min R 1125

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 .....	30min R 250

TINY TOTS (Ages 6-10).

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



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.

ADULTS (16 years +)   per session	45min R 350
CHILDREN (6-15yrs)   per session	30min R 250
ADULTS PER COURSE   8 sessions	45min R 2400
CHILDREN PER COURSE   8 sessions	30min R 1600
SALT ROOM & PRESSURE POINT FOOT MASSAGE	30min R 725
ROOM EXCLUSIVITY   max 6 pax	45min R 1800

### 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.



Aroma infused body treatments focused on improving skin texture and restoring balance and health.

## COCONUT ROSE SALT BODY POLISH

Experience the sublime touch of our Coconut Rose Salt Body Polish as it cleanses and exfoliates, leaving your skin radiant and irresistibly soft.

30min R 350

## AROMA-MUD BODY WRAP

Immerse yourself in the rejuvenating bliss of our therapeutic body treatment. This experience combines a gentle exfoliation, an aromatherapy-infused mud mask, and concludes with a nourishing body butter application, leaving your skin smooth, revitalised, and deeply nourished.

60min R 850

### Choose between...

Hydrating	Hydrates and soothes dry skin
Detox & Slimming	Improves circulation, eliminates toxins and promotes skin elasticity
Immune Boost	Strengthen body's natural defenses against immune-compromising infections
Muscle Ease	Promotes healing for muscular aches, pain & fatigue

## CLEANSE & DETOX TREATMENT

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 nourish the skin and stimulate digestion and circulation.

90min R 1250

## FACILITIES DAY PASS (Per person)

Access to the Wellness Centre sauna, steam room and heated indoor pool.

1hr R 250 | 3hrs R 600

### Recommended Enhancements

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

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

### EXPRESS FACIAL

An introductory facial focusing on the essentials for skin health with a facial cleanse, exfoliation and moisturiser.

30min R 495

### CLASSIC MOISTURISING FACIAL

A classic moisturising treatment offering intensive long-lasting hydration to dry and dehydrated skin, focused on restoring skin health.

60min R 885

### THERAPRO C VITAMIN TREATMENT

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.

60min R 1230

### THERAPRO AHA PEEL

An invigorating peel that instantly rejuvenates the skin, breathing new life to a dull complexion leaving you with an instant glow and beautiful radiance.

60min R 1345

### ULTIMATE DETOX TREATMENT

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.

75min R 1200

### MICRONEEDLING

A safe, minimally invasive treatment triggering the production of collagen and elastin by creating microchannels to assist in the absorption of active ingredients for optimum skin rejuvenation.

90min R 1500

#### Add-on Treatments

HYDRA PLUS AMPOULE – replenish moisture levels in the skin

R 90

ALGAE VITALISER AMPOULE – revitalise dull, dry skin

R 90



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.

## EXPRESS FACIAL

An introductory results-focused treatment for those who are looking for optimal results with limited time.

30min R 350

## ESSE EXPERIENCE FACIAL

A bespoke skincare experience, tailored to address your specific skin concerns based on a detailed skin analysis, harnessing the power of advanced pre- and probiotics to improve and protect your skin health.

60min R 695

## ESSE LIVE PROBIOTIC EXPERIENCE FACIAL

A skin treatment designed to address the signs of ageing by restoring microbial balance and rewilding the skin, ensuring long-term skin health. The ESSE™ Lifting Massage further enhances the treatment outcome and promotes complete relaxation..

75min R 950

## ADD-ON TREATMENTS

Brightening Ampoule	– skin brightening booster	R 160
Clarifying Ampoule	– treat breakouts, inflammation & redness	R 160
Hyaluronic Ampoule	– deeply hydrate & plump fine lines	R 160
Hydroboost Ampoule	– moisturise & rebalance skin	R 160
Intensity Ampoule	– reduce the appearance of expression lines	R 160

### Recommended Enhancements

• LASH & BROW TINT	30min R 215
• PURE SMILE TEETH WHITENING	45min R 920
• IKETLA BACK MASSAGE	30min R 470



## TINTING

EYELASH .....	R 145
EYEBROW .....	R 110
LASH & BROWS .....	R 215

## WAXING

	Ladies	Gents
FACE .....	R 210	R 220
EYEBROW .....	R 110	R 110
LIP .....	R 110	R 110
CHIN .....	R 110	R 110
UNDERARM .....	R 200	R 210
1/2 ARM .....	R 215	R 225
3/4 ARM .....	R 260	R 290
FULL ARM .....	R 330	R 335
BIKINI .....	R 215	
G-STRING .....	R 280	
BRAZILIAN .....	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
NOSE/EARS .....		R 110
CHEST .....		R 255
ABDOMEN .....		R 195
1/2 BACK .....		R 230
FULL BACK .....		R 350

## TEETH WHITENING

### PURE SMILE

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

**45min R 900**



## CUT & BLOW DRY

	Short	Medium	Long	X-Long
LADIES CUT	R 300	R 350	R 400	R 500
BLOW DRY	R 350	R 400	R 500	R 550
CUT & BLOW DRY	R 450	R 550	R 650	R 750

KIDS CUT (under 13yrs) . . . . . R 200

GIRLS CUT & BLOW DRY (under 13yrs) . . . . . R 300

## Micro Keratin Smooth Treatment

	Short	Medium	Long	X-Long
FINE HAIR	R 800	R 1200	R 1800	R 2200
THICK HAIR	R 1000	R 1600	R 2200	R 2600

## 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	R 1000
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	R 1000	R 1200	R 1450
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 - 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
DREADLOCKS - STAR .....	R 500
DREADLOCKS - STYLE .....	R 250
DREADLOCKS - TWIST .....	R 350
PONDO .....	R 350
PONDO LONG .....	R 450
UNDO BRAIDS .....	R 200
S-CURL & CUT .....	R 550

## BARBERING

GENTS CUT .....	R 280
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
EXPRESS FACIAL & SHAVE .....	45min R 650



Treatment collections to nurture vibrance, relaxation and vitality, initiating your transformation to Wellness as a way of life. All Spa Journeys includes a 1-hour lunch in the package price and time.

## JUST THE TWO OF US

Savour this special time together with a glass of bubbly during your **Aroma Bubble Bath Ceremony** followed by our signature **90min Kurhula Body Ritual**. Includes a **Spa Gift** to continue your journey at home.

2hrs R 3300

## TIMELESS ESCAPE

Escape your daily stresses and unwind with a **60min Classic Swedish Massage**, a nourishing **60min Babor Classic Moisturising Facial** and a **60min Tammy Taylor Pedicure**.

4hrs R 1850

## HIMALAYAN ROSE

Experience the balancing and mineral-rich benefits of Himalayan salt and coconut with a skin-smoothing **30min Coconut Rose Salt Body Polish** followed by a restorative and energising **60min Himalayan Salt Stone Massage** and revitalising **90min Babor Ultimate Detox Facial with Algae Vitalising Ampoule**. Complete the experience with a **30min Salt Room session, Foot Massage** and a **Spa Gift** to take home.

5.5 hrs R 2650

## GIFT OF WELLNESS

Give yourself the gift of wellness with this top-to-toe spa journey. Begin your journey with a **60min Aroma-Mud Body Wrap** of your choice, followed by a complimenting **60min Aroma Wellbeing Massage**. The **75min Esse Live Probiotic Facial** reduces fine lines and wrinkles and redefines skin health, while the added **Eyebrow Tint** completes your look. Includes a **Spa Gift** to take home.

4.5 hrs R 2400

## BESPOKE EXPERIENCE FOR HIM

Be swept away to a destination of grooming and relaxation with our **60min Deep Tissue Massage** followed by a **45min Hot Towel Shave and Gents Haircut**.

3.25hrs R 1730

Add a Blow Dry to any Spa Journey for R 300



Tailor-made Experience – 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 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 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 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.





*Transform Your Life*





# Radisson

HOTEL & CONVENTION CENTRE  
JOHANNESBURG, O.R. TAMBO



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