



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 Experiences, each designed to nurture physical vitality, emotional balance, and mental clarity. Our intention is for you to feel rejuvenated.

KURHULA BODY RITUAL

“Kurhula”, is a connection to inner peace and tranquility. This ritual emphasises on achieving balance and a deeper level of relaxation with a combination of our signature full-body massage using coconut massage balm, and a revitalising mini facial evoking a nurturing experience for the body and mind.

90min R 1650

SPIRIT OF AFRICA

This unique massage is inspired by traditional African elements using Rungu massage sticks, believed to represent aspects of strength and courage. A rich and therapeutic experience incorporating firm pressure techniques with a focus on relieving deep muscular tension.

60min R 1100 | 90min R 1550

HIMALAYAN SALT STONE RITUAL

A restorative ritual incorporating the therapeutic benefits of warm coconut balm, the immune-boosting properties of Himalayan salt stones, and the overall intention of promoting well-being. An experience that goes beyond traditional massages.

60min R 1100 | 90min R 1550

THE TRAVELLER

Relaxation from the feet up. Starting with a mineral-rich foot soak, Coconut Rose Salt Polish and massage on your legs and feet, concluded with a tension-releasing back or full body massage using warm coconut balm, for a well-rounded journey.

60min R 1100 | 90min R 1550

MINDFUL MASSAGE

A connection to time-tested wellness traditions promoting a sense of calm. Combining gentle yoga movements and breathing, followed by our signature Aroma Wellbeing massage to enhance the sensory experience, inspiring awareness, and contributing to your overall well-being.

60min R 1100

Our signature aromatherapy collection, expertly formulated with your wellbeing in mind, harnesses the natural synergy of indigenous and botanical ingredients from the African continent.

DETOX & SLIMMING

Experience the extensive benefits of Black Pepper, Peppermint & Bergamot. This potent combination works harmoniously to eliminate toxins, promote healing, restore balance, and support your lymphatic system.

60min R 890 | 90min R 1200

IMMUNE BOOST

Boost your body's natural defense system with our invigorating blend of Lemon, Tea Tree & Eucalyptus. This uplifting treatment with its anti-viral properties boosts respiratory health and improves the quality of sleep, vital for optimal immune function.

60min R 890 | 90min R 1200

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 890 | 90min R 1200

SLEEP WELL

Reclaim your natural sleep patterns with this delicate blend of Lavender, Chamomile & Geranium. Designed to create a serene ambiance for a better quality of sleep, balancing your body's internal clock, and promoting overall health, longevity, and mental clarity.

60min R 890 | 90min R 1200

STRESS RELEASE

A fragrant floral blend of Geranium, Bergamot & Lavender, designed to subtly calm your physical body and create a sense of calm. This soothing massage contributes to a more tranquil state of mind, reducing stress and anxiety levels.

60min R 890 | 90min R 1200



We understand that you often have unique preferences and specific areas of tension or discomfort or the need to just feel heard.

MADE-FOR-ME

Embrace your unique wellbeing needs by curating your massage experience, step-by-step.

Get creative and choose your duration by combining, or double up, your 15-minute focus area, your referred pressure, wellbeing balm and favourite enhancement. Complete the experience with your choice of cold, or hot herbal infusion tea.

60min R 900 | 75min R 1125 | 90min R 1390

Your Choices...

STEP 1: FOCUS AREA

Scalp & Neck | Back & Shoulders | Legs | Feet | Hands & Arms | Face & Décolleté

STEP 2: PRESSURE

Light | Medium | Firm

STEP 3: AMANI WELLBEING BALM

Detox & Slimming | Immune Boost | Muscle Ease | Sleep Well | Stress Release
Shea Butter

STEP 4: ENHANCEMENTS (optional)

Himalayan Salt Stones | Warm Basalt Stones | Cool Basalt Stones | Rungu Sticks

STEP 5: WELLNESS TEA

Calming | Stimulating | Refreshing | Uplifting | Detoxifying | Soothing | Invigorating



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

LEFIKA HOT STONE

A unique and comforting sensory massage using heated natural river stones to reduce muscle tension and improve circulation. The heat from the stones activates and balances vital energy flow through the body, contributing to an overall sense of well-being.

60min R 900 | 90min R 1230

DEEP TISSUE

Aimed at the deeper layers of muscles and connective tissues, using firm pressure and slow strokes to reach areas that are often affected by tension and tightness. This pressure helps break up knots in the muscles, reduce pain, promote circulation and improve flexibility.

60min R 900 | 90min R 1230

IKETLA BACK, NECK & SHOULDERS

Focusing on addressing tension, discomfort, and stress in the upper body. This massage targets the areas commonly prone to tightness and muscle knots due to factors such as poor posture, stress, and sedentary lifestyles.

30min R 520 | 45min R 650

PRESSURE POINT FOOT MASSAGE

Targeting muscles and specific pressure points in the lower legs and feet, enhancing circulation, balancing energy, and contributing to overall well-being.

30min R 520

BLISSFUL SOLES

A sensory experience designed to provide relaxation and rejuvenation, with a specific emphasis on the lower legs and feet. Starting with a mineral-rich foot soak to relax the muscles and soften the skin, followed by a lower leg and foot Coconut Rose Salt Polish and a hot stone leg and foot massage.

45min R 715

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

A nourishing full body massage using gentle and caring touch. Thoughtfully created with specialised techniques, adapted to accommodate the changes in the body, to ease tension in areas prone to muscular pain and fatigue during or after pregnancy.

60min R 860

The combination of various massage techniques and CBD oil aims to promote a more profound sense of relaxation together with enhancing the therapeutic effects and objectives.

SPORTS & RECOVERY

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

60min R 925 | 90min R 1265

REVIVE & REJUVENATE

Sensory stimulation and invigoration of the body and mind.

60min R 925 | 90min R 1265

RELAX & UNWIND

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

60min R 925 | 90min R 1265

YOUNG ADULTS (Ages 11-15)

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|-------------------------|-------------|
| CHILL OUT MASSAGE | 30min R 345 |
| EXPRESS FACIAL | 30min R 410 |
| TEEN MANI | 30min R 300 |
| TEEN PEDI | 30min R 330 |

TINY TOTS (Ages 6-10)

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|--------------------------|-------------|
| BACK MASSAGE | 20min R 260 |
| HAPPY FEET MASSAGE | 20min R 225 |
| PRINCESS POLISH | 20min R 170 |



BABOR™ is a luxury, results-driven skin care range using the finest natural ingredients providing visible improvements for a lasting and healthy skin tone.

EXPRESS FACIAL

An introductory treatment, focused on your specific skin needs, creating the foundation for skin health.

30min R 550

CLASSIC FACIAL

The BABOR™ Expert Method is a skincare system that creates the foundation of a routine focused on cleansing, treating, and protecting your skin. Choose between...

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| Moisturising | Nourish & hydrate dry and dehydrated skin | 60min R 925 |
| Purifying | Clarify and treat oily and breakout-prone skin | 60min R 925 |
| Vitalising | Regenerate, strengthen and revitalise dull and ageing skin | 60min R 925 |
| Balancing | Balance, refresh and refine combination skin | 60min R 925 |
| Calming | Restore calm to sensitive, inflamed, and irritated skin | 60min R 925 |

Add-on Treatments

HYDRA BOOST AMPOULE

R 125 per ampoule

ALGAE VITALISER AMPOULE

R 125 per ampoule



ESSE™ is a South African, award-winning, probiotic skincare range that is certified organic, vegan and cruelty-free. ESSE™ is formulated to boost healthy skin and slow the ageing process.

ESSE™ EXPRESS FACIAL

A great introductory treatment for those, looking for optimal results with limited time.

Product selection will be tailored to your unique skin needs after a thorough skin analysis.

30min R 450

ESSE™ EXPERIENCE FACIAL

This bespoke facial harnesses the power of advanced pre and probiotics which improves the microbial mix on your skin, tailored to address your specific skin concerns and needs. The inclusion of an acupressure facial massage relieves stress and tension from the facial area and clears energy blockages, promoting relaxation, skin health and balance.

60min R 750

ESSE™ LIVE PROBIOTIC EXPERIENCE

The treatment is designed to restore microbial balance and rewild your skin, ensuring long-term skin health. In addition to the application of live microbes to your skin, the application of either the ESSE™ Anti-inflammatory or ESSE™ Lifting massage, will further enhance treatment outcomes and promote complete relaxation.

75min R 995

Add-on Treatments

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|---|-------------|
| AMPOULE – Hyaluronic Hydro Boost Clarifying Brightening | R 160 |
| STRESS RELEASE EYE MASSAGE | 10min R 195 |
| LIFTING MASSAGE | 30min R 200 |
| ANTI-INFLAMMATORY MASSAGE | 30min R 200 |
| PROBIOTIC AMPOULE & EXCLUSION MASK | 30min R 450 |



Amani's bespoke wellbeing body care range focuses on improving skin texture , restoring balance and inducing sensory harmony and rejuvenation.

RASUL EXPERIENCE

A sensory steam experience incorporating 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 more youthful and hydrated-looking skin.

45min R 675 | FOR TWO 45min R 1150

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 400

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.

75min R 1200

Choose between...

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| Hydrating | Hydrates and nourishes 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 |

Recommended Enhancements

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|-------------------------------|------------|
| ESSE™ EXPRESS FACIAL | 30min R450 |
| IKETLA BACK, NECK & SHOULDERS | 30min R520 |
| PRESSURE POINT FOOT MASSAGE | 30min R520 |

Essential care for your hands and feet for healthy-looking nails and a well-groomed finish, with a touch of personal style

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|-----------------------------------|--------|-------|
| EXPRESS MANICURE | 30min | R 300 |
| EXPRESS PEDICURE | 30min | R 300 |
| CLASSIC MANICURE | 60min | R 420 |
| CLASSIC PEDICURE | 60min | R 445 |
| CLASSIC MANI & PEDI DUO | 90min | R 785 |
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| GEL MANICURE | 75min | R 530 |
| GEL PEDICURE | 75min | R 565 |
| GEL MANI & PEDI DUO | 120min | R 985 |
| GEL POLISH APPLICATION | 30min | R 230 |
| SOAK-OFF | 30min | R 140 |
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| GENTLEMAN'S MANICURE | 45min | R 300 |
| GENTLEMAN'S PEDICURE | 45min | R 385 |
| GENTLEMAN'S MANI & PEDI DUO | 90min | R 620 |
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| CLASSIC MEDIHEEL PEDICURE | 75min | R 610 |
| GEL MEDIHEEL PEDICURE | 90min | R 730 |

Add-on Treatment

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|-----------------------------|-------|-------|
| PRESSURE POINT FOOT MASSAGE | 30min | R 520 |
| BLISSFUL SOLES | 45min | R 715 |



Going beyond the basic grooming routine, offering precision and attention to detail, enhancing your natural beauty with expert care and skill.

TINTING

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| EYELASH | R 150 |
| EYEBROW | R 120 |
| LASH & BROWS | R 215 |

WAXING

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|-----------------|-------|
| FACE | R 275 |
| EYEBROW | R 120 |
| LIP | R 120 |
| CHIN | R 120 |
| UNDERARM | R 230 |
| HALF ARM | R 210 |
| FULL ARM | R 300 |
| BIKINI | R 235 |
| G-STRING | R 275 |
| BRAZILIAN | R 365 |
| HOLLYWOOD | R 425 |
| FULL LEG | R 480 |
| HALF LEG | R 320 |
| CHEST | R 300 |
| ABDOMEN | R 200 |
| HALF BACK | R 250 |
| FULL BACK | R 450 |

Treatment collections to nurture vibrance, relaxation and vitality, re-connecting with yourself and your wellness journey.

All packages include a light spa breakfast or lunch (1 hour included in package time)

JUST THE TWO OF US – per couple

Savour this special time together with a **Rasul for Two** followed by our signature 90min Kurhula **Body Ritual**. Finishing with a glass of bubbly, and a **Spa Gift** to continue your journey at home.

3.5hrs R 3750

TIMELESS ESCAPE

A classic escape from your daily stresses. Unwind and recharge with a 60min **Swedish Massage**, a nourishing **Babor™ Moisturising Facial** and a picture-perfect **Classic Pedicure**.

4hrs R 2100

HIMALAYAN ROSE

Experience the balancing and mineral-rich benefits of Himalayan salt and coconut with a smoothing 30min **Coconut Rose Salt Body Polish** followed by a restorative and energising 60min **Himalayan Salt Stone Massage** and revitalising 75min **ESSE™ Live Probiotic Facial** and 15min **Foot Massage**.

4hrs R 2470

GIFT OF WELLNESS

Give yourself the gift of wellness with this beautiful spa journey. Begin your journey with a 75min **Aroma-Mud Body Wrap** of your choice, followed by a complementing 60min **Aroma Wellbeing Massage**. The 60min **ESSE™ Facial** redefines skin health, while the added **Eyebrow Tint** complements your look. Includes a **Spa Gift** to take home.

4.5hrs R 2855

BESPOKE EXPERIENCE FOR HIM

Be swept away to a destination of blissful relaxation with our **Back Exfoliation** and 60min **Deep Tissue Massage** followed by a **ESSE™ Express Facial** and **Gentleman's Pedicure**.

3.5hrs R 1925

TOP TO TOE

The ultimate in immersive me-time. Start off with a cleansing **Rasul Experience**, followed by a 60min **Aroma Wellbeing Massage** and **ESSE™ Experience Facial**. A delightful **Classic Manicure** and **MediHeel Pedicure** will complete your top-to-toe treat.

5.5hrs R 3350



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.

AGE RESTRICTION:

We welcome guests over the age of 16 to make use of our services and facilities however guests younger than 16 years will require adult supervision.

SPA FACILITIES:

Please turn mobile phones on silent to keep with the serene atmosphere of the spa.

PUNCTUALITY:

Please arrive at least 15-minutes prior to your treatment time to complete the registration process. A late arrival may result in a shorter treatment, or possibly even a forfeited treatment.

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:

We will provide you with a gown and a pair of slippers to support our no-nudity policy as well as a locker for safe storage of your personal items for the duration of your spa visit.

SAFETY REGULATIONS:

We recommend that you keep all valuables, including mobile phones and jewelry in your hotel room safe.

PAYMENT:

We accept cash, debit and credit cards for payment as well as room charges for all Hotel Guests. In certain instances, a pre-payment may be required to secure your booking.

CANCELLATION POLICY:

A booking cancellation fee of 50% is 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 and 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 voucher must be presented at an appointment to be honoured. All Gift Vouchers are non-refundable and may not be redeemed for cash.

DISCOUNT VOUCHERS:

Discount Vouchers are only valid for spa treatments and not for retail purchases. Special offers and promotions may not be used in conjunction with discount vouchers or loyalty programs.

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 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.

The logo for Radisson Blu Hotel, Port Elizabeth. The word "Radisson" is written in a white, elegant script font. To its right, the word "BLU" is written in a white, sans-serif font inside a dark blue square. Below "Radisson" is a thin blue horizontal line. Below the entire logo, the text "HOTEL, PORT ELIZABETH" is written in a white, sans-serif font.

Radisson **BLU**
HOTEL, PORT ELIZABETH