



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 distinctive massage draws inspiration from traditional African elements, using Rungu massage sticks which symbolise strength and courage. It offers a rich and therapeutic experience, incorporating firm massage pressure techniques aimed at 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 990 | 90min R 1350

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 990 | 90min R 1350

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 990 | 90min R 1350

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 990 | 90min R 1350

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 990 | 90min R 1350



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 doubling up, your 15-minute focus area, your preferred pressure, wellbeing balm and favourite enhancement. Complete the experience with your choice of cold, or hot herbal infusion tea.

60min R 950 | 75min R 1200 | 90min R 1450

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 | Coconut Balm

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.

CLASSIC SWEDISH

Stimulate, relax, and revitalise with this traditional massage.

60min R 900 | 90min R 1200

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 1100 | 90min R 1400

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 1100 | 90min R 1400

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 550 | 45min R 825

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 550

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 850



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 1100

LYMPH DRAINAGE MASSAGE

A gentle massage using specialised rhythmic movements to encourage the flow of lymphatic fluid in the legs and abdomen, helping to alleviate swelling due to water retention, improve circulation, and enhance the body's ability to eliminate waste and toxins.

30min R 600

CBD MASSAGE

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. Choose your focus:

- Sports & Recovery** For sore and stiff muscles, pain and injury.
- Revive & Rejuvenate** Revitalise and invigorate the body and mind.
- Relax & Unwind** Relieve tension, stress and anxiety.

60min R 975 | 90min R 1320

YOUNG ADULTS (Ages 11-15)

CHILL OUT MASSAGE	30min R 500
EXPRESS FACIAL	30min R 400
SALT ROOM WITH FOOT MASSAGE	30min R 400
ROSE SALT BACK POLISH & MASSAGE	30min R 515

TINY TOTS (Ages 6-10).

MINI BACK MASSAGE	30min R 270
HAPPY FEET MASSAGE	30min R 245



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 - PER SESSION (16 years +)	45min	R 400
CHILDREN - PER SESSION (6 - 15years)	30min	R 285
SALT ROOM & PRESSURE POINT MASSAGE	45min	R 835
ADULTS - 8 SESSIONS (per course)		R2800
CHILDREN - 8 SESSIONS (per course)		R2000

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 450

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 an area-specific aroma massage, leaving your skin smooth, revitalised, and deeply nourished.

75min R 1225

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

FACILITIES DAY PASS (Per person)

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

1hr R 300 | 3hrs R 750

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 cleanse, exfoliation and moisturiser.

30min R 565

CLASSIC FACIALS

Moisturising | For normal to dry skin 60min R 1100

Purifying | For oily and problematic skin 60min R 1100

Vitalising | For first signs of ageing 60min R 1100

Gentleman's | Re-energise, revitalise, tired and fatigued skin 60min R 1100

AGE CONTROL FACIAL

A treatment designed to ease micro tensions and expression lines, leaving skin relaxed and radiant.

60min R 1250

THERAPRO C VITAMIN TREATMENT

A brightening Vitamin C facial to even pigmentation, boost collagen and reduce fine lines.

60min R 1650

THERAPRO AHA PEEL

A re-invigorating facial for instant glow and radiance, breathing life into a dull complexion.

60min R 1500

MICRONEEDLING

A safe, minimally invasive treatment to stimulate collagen and elastin production for optimal skin rejuvenation absorption.

90min R 1990

ADD-ON TREATMENTS

Hydra Boost Ampoule – replenish moisture levels in the skin R 120

Algae Vitaliser Ampoule – revitalise dull, dry skin R 120

Detox Clay Mask – purify, refresh and clarify complexion R 225

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 450

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 825

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 1050

ADD-ON TREATMENTS

Brightening Ampoule	- skin brightening booster	R 200
Clarifying Ampoule	- treats breakouts, inflammation & redness	R 200
Hyaluronic Ampoule	- deeply hydrates & plumps fine lines	R 200
Hydroboost Ampoule	- moisturises & rebalances skin	R 200
Intensity Ampoule	- reduces the appearance of expression lines	R 200

Recommended Enhancements

LASH & BROW TINT	30min R 250
PURE SMILE TEETH WHITENING	45min R 975
IKETLA BACK MASSAGE	30min R 550



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

TINTING

EYELASH	R 170
EYEBROWS	R 120
LASH & BROWS	R 250

WAXING

FACE	R 355
EYEBROWS	R 165
LIP	R 165
CHIN	R 165
UNDERARM	R 225
HALF ARM	R 235
FULL ARM	R 330
BIKINI	R 255
G-STRING	R 280
BRAZILIAN	R 400
HOLLYWOOD	R 450
FULL LEG	R 525
HALF LEG	R 350
CHEST	R 345
ABDOMEN	R 225
HALF BACK	R 290
FULL BACK	R 440



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

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
RELAXER & STYLE	R 650
RELAXER, CUT & STYLE	R 800
TREATMENT	R 350 - R 450
WASH & BLOW DRY / STYLE	R 350
CUT & STYLE	R 450
TREATMENT, CUT & STYLE	R 650
LACE WIG TREATMENT	R 650
WIG INSTALLATION	R 550
DRY CURLS	R 450
DREADLOCKS - STAR	R 800
DREADLOCKS - STYLE	R 350
DREADLOCKS - TWIST & STYLE	R 650
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, 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 an **Aroma Bath Ceremony** 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 3900

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 2400

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 2725

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 3000

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.

6hrs R 3300



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



The logo features the word "Radisson" in a white, elegant script font. A horizontal brushstroke underline is positioned beneath the letters "d", "i", and "s". Below this, the words "HOTEL & CONVENTION CENTRE" and "JOHANNESBURG, O.R. TAMBO" are written in a smaller, white, uppercase sans-serif font, stacked on two lines.

Radisson

HOTEL & CONVENTION CENTRE
JOHANNESBURG, O.R. TAMBO