



Touch Therapy

45 minute massages focus on the back, neck and shoulders. 60-90 minute massages are full body.

Swedish

Long smooth strokes, kneading, and circular movements are applied with a light to medium pressure to relax and revitalize the muscles.

45min **R370** / 60min **R510** / 90min **R620**

Aromatherapy

A light pressure massage with benefits enhanced by the use of essential oils selected in consultation with your therapist to address your specific needs.

45min **R400** / 60min **R520** / 90min **R640**

Hot Stone

A moderate pressure massage with hot polished stones transfers heat deep into the muscles to melt away tension, increase circulation and enhance flexibility.

45min **R460** / 60min **R610** / 90min **R660**

Gift Vouchers

Treat your friends, family or partner to the gift of relaxation with pampering at The Spa at Gwahumbe. Vouchers of any value can be purchased at reception.

Junior Spa

Enquire about our special spa menu with treatments for children and teens ages 8 to 16!

Hands & Feet

Luxury Manicure 50min **R290**

Luxury Pedicure 60min **R370**

Soak and exfoliation to rejuvenate your skin, shaping of the nails and meticulous grooming to restore the cuticles. Hands/feet will be wrapped in a warm paraffin mask to leave your skin renewed followed by a targeted massage for deep relaxation. Finish off with a polish of choice.

Express File & Varnish

Hands 25min **R110**

Feet 30min **R120**



Add On

Gelish Application 30min **R240**

A soft gel applied like polish but with a longer-lasting, chip and smudge free effect.

Gelish French 20min **R240**

French 20min **R190**



Client Information:

Kindly arrive 10 minutes before your treatment is scheduled to begin.

If you are having a pedicure, it is advisable to wear open toe sandals to prevent smudging.

Please advise your therapist if you are on any medication or under GP supervision. If you are pregnant, please inform the spa prior to your treatment booking.

Rates are subject to change without prior notice.

Late arrivals

If you are late for your treatment, your treatment time will be reduced accordingly whilst the full rate is charged.

Cancellation Policy

If you wish to cancel your spa booking, please do so at least 24 hours in advance or 50% of the treatment value will be charged.



The Spa

AT GWAHUMBE

Retreat to The Spa @ Gwahumbe and allow the hands of our qualified therapists and the surrounding valley to wrap your body and mind in peace and beauty.

TheraNaka Signature Treatments

These unique treatments and rituals were inspired by, designed and based on Africa's rich heritage. Understanding our mutual interdependence with earth, TheraNaka has been developed using only the finest natural ingredients while honoring the eco-system.

Gwahumbe Bath Ceremony 120min **R780**

Specifically designed to reflect Gwahumbe's natural surroundings, experience a sublime body cleansing ceremony beginning with a full body exfoliation, followed by immersion in a luxurious bath treatment to relax the muscles in preparation for an indulging full body massage.

African Wood Massage 90min **R650**

Mimicking the rhythmic patterns of an African dance, the massage blends light stretching techniques and specially designed body and facial wooden implements to relax and restore your body. Being drizzled with a warm olive and shear butter ointment will nourish and heal dry skin.

Vigour Deep Tissue Massage 45min **R420**

A warm aroma blend with circulatory-boosting essential oils is coupled with a deep tissue massage. A refreshing gel is applied, leaving your body feeling invigorated.

Serenity Treatment Packages

Pamper Package **R3,750** per couple

Includes one night of accommodation, a private dinner at the Hydro Bath, sparkling wine, breakfast and your choice of either a game drive or 45min Hot Stone or Swedish Massage each.

Luxury Pamper Package **R5,420** per couple

Includes one night of accommodation, a private dinner at the Hydro Bath, sparkling wine, breakfast, a game drive, full body Swedish massage each, Dermalogica facial for her and hand & foot treatment for him.

Ultimate Destress: Full day **R2,100**

Tea and Muffins on arrival
Full Body Exfoliation
Deep Cleanse Facial
Choice of Full Hot Stone or Aromatherapy Massage
Hydro Bath or Steam Room Session
Light Spa Lunch
Luxury Pedicure

Perfect Escape: Half day **R1,320**

Tea & Muffins on arrival
Express Facial
Back, Neck & Shoulder Massage
Hydro Bath or Steam Room Session
Luxury Pedicure
Light Spa Lunch

Mom's Retreat: 180min **R1,460**

Express Facial
Hot Stone Back Massage
Luxury Manicure
Luxury Pedicure

Head to Toe: 160min **R1,300**

Scalp & Hair Treatment
Express Facial
Swedish Back Massage
Luxury Pedicure

Tension Relief: 120min **R 850**

Full Body Swedish Massage
Scalp Massage
Hydro Bath or Steam Room Session

Revitalizing: 120min **R950**

Geranium & Pine Sugar Scrub
Express Facial
Vigour Deep Tissue Massage
TheraNaka Gift

Men's Time Out: 120min **R 840**

Scalp Massage
Vigour Deep Tissue Massage
Foot Treatment
Hydro Bath or Steam Room Session

African Indulgence 180min **R1,380**

Welcoming Foot Ritual
African Earth Salt Polish
Relaxing Aloe Ferox Wrap
Swedish Back Massage
Luxury Milk Bath
TheraNaka gift

Gwahumbe Facials

DERMALOGICA

Products formulated with the purest, finest ingredients available, all of which help improve and sustain skin health and integrity. Zone-by-zone Face Mapping® analysis is designed to allow your therapist to prescribe a product regimen especially for your skin.

dermalogica®

ESSE

A proudly South African range of organic, chemical-free skin products sourced from wild African plants to offer excellent free-radical protection. Esse's philosophy is to bring the best actives to skincare without compromising on safety or ethics.

esse
organic skincare

Customized Treatments for all-skin types

A skin analysis and consultation with your therapist will determine the most effective treatment to target your specific skin type and needs.

Dermalogica 60min **R600**

Esse 60min **R550**

Anti-Aging

Skin therapy specifically formulated for prematurely-aging, mature or devitalized skin.

Dermalogica 75min **R690**

Esse 60min **R590**

Express Facial

For clients who want maximum results in minimal time.

Dermalogica 30min **R350**

Esse 30min **R320**

ADD ON'S

Revitalizing Eye Treatment: 30min **R280**

Firm, tone and revitalize your tired eyes with a Dermalogica blend of peptides, firming proteins and therapeutic vitamins.

Lash tint:	10min	R80	Half Leg Wax	20min	R170
Brow tint:	5min	R70	Full Leg Wax	30min	R260
Brow Wax:	10min	R70	u/a wax		R120
Lip Wax:	10min	R70	bikini wax		R130
Chin Wax	10min	R70			

Body Treatments

All products used are 100 % natural blend of plant botanicals that gently and effectively eliminate dead skin cells, moisturize and leave the skin soft to the touch.

Geranium & Pine Sugar Scrub for dry skin 40min **R280**

African Earth Salt Polish for normal skin 40min **R280**

Relaxing Aloe Ferox Gel Wrap for normal to sensitive skin 60min **R540**

A full body exfoliation with a back or leg massage prepares the skin for the hydrating effects of the gel wrap.

Treatments for Men

Skin Treatment: 30min **R350**

A deep cleanse treatment that will leave your skin clean and fresh.

Hand Treatment: 40min **R220**

Attain a professional look with basic shaping of the nails, cuticle grooming, nail buff and a hydrating hand & arm massage.

Foot Treatment: 40min **R240**

Relax with nail and cuticle grooming plus an exfoliating skin scrub and a hydrating foot massage.



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