

## MASSAGE RITUALS

Aromatherapy Massage	60min	R1,000
	90min	R1,350
Swedish Massage	60min	R1,000
	90min	R1,400
Deep Tissue Massage	60min	R1,100
	90min	R1,500
Bellabaci Massage	70min	R1,250
	90min	R1,600
Hot Stone Full Body Massage	70min	R1,250
	90min	R1,600
Detox Jet-lag Treatment	45min	R1,050
Face and Scalp Massage	30min	R650
A massage focusing on pressure points		
Therapeutic Hand and Foot Massage	30min	R650
	45min	R850
African Balancing Massage	30min	R650
A massage focusing on the upper back neck, shoulders, arms, scalp, chest and face		
Pressure Point Foot Massage	30min	R650
	45min	R850
De-stress, Back, Neck & Shoulder Massage	30min	R650
	45min	R900
	60min	R1,200

## ADD ON TREATMENTS

Bellabaci Cups on an area of your choice	R100
Hot stones on an area of your choice	R100
Back scrub and detox wrap	R250
Rungu "knobkierrie" on area of your choice	R100

## GROOMING

### HAIR REMOVAL

Full Leg Wax	60min	R410
¾ Leg Wax	40min	R360
½ Leg Wax	30min	R300
½ Arm Wax	30min	R175
Back Wax	30min	R350
Chest Wax	30min	R350
Underarm Wax	15min	R180
Bikini Wax	30min	R220
Brazilian Wax	45min	R350
Hollywood Wax	45min	R380
Eyebrow, Lip or Chin Wax	15min	R150
Lip & Chin Wax or Eyebrow	15min	R200
Lip, Chin & Brow Wax	30min	R250

### TINTING

Eyelash Tint	30min	R160
Eyebrow Tint	15min	R120
Eyelash & Eyebrow Tint	30min	R230
Eyebrow Shape	15min	R150

## HAMMAM EXPERIENCE

Experience an ancient Turkish steam room that is supremely good at relieving stress, increasing circulation and helping tired muscles to ease and relax.

Re-Mineralizing Hammam Ritual	30min	R800
Clarifying & Sculpting	60min	R1600
This exquisite body treatment is a body polish and mud wrap with a de-stress back massage		
Purifying Hammam	30min	R650
A cleansing ritual with Dead Sea Soap and massage with botanical oils. Each guest receives a soap to take home in order to continue the process of healing and immunity balancing of the skin		



REFLECTIONS SPA MENU

## SIGNATURE TREATMENTS

**Royal Face & Body – 3hrs**      Single R3,200  
 Body scrub and wrap, steam      Dual R6,300  
 & 1 hour massage & facial

**African Fusion Massage**      70min R1,250  
 A tailor-made massage using a      90min R1,600  
 combination of massage techniques

**The Royal Thaba Massage**      70min R1,250  
 An invigorating deep tissue      90min R1,600  
 massage incorporating the African  
 “Knobkierrie” to loosen stress muscles

**African Harmony**      60min R2,400  
 A medium pressured massage  
 performed by two therapists

**African Romance**      60min R2,400  
 A romantic couples’ massage      90min R3,100

**African Journey**      2hrs  
 Choose any combination of treatments below for a  
 personal tailor-made experience to suit your needs

### 30 MIN TREATMENT

Mini Mani or Pedi  
 Express Facial  
 Face & Scalp  
 Body Wrap  
 Body Exfoliation  
 Hand & Foot Massage  
 African Balancing Massage

### 60 MIN TREATMENT

Swedish Massage  
 Deep Tissue Massage  
 Aromatherapy Massage  
 Deep Cleanse Facial  
 Hydrating Facial  
 Royal Manicure  
 Malewane Pedicure

## ADD ON TREATMENTS

### Healing Earth Balm

A balm will be chosen to best suit your  
 needs for the maximum results for your skin

## HAND & FEET CEREMONIES

**Royal Manicure**      60min R480  
 Exclude Paint      45min R450  
 A luxury manicure consisting of hand exfoliation,  
 nail & cuticle grooming, massage & nail painting

**Malewane Pedicure**      60min R530  
 Exclude Paint      45min R470  
 A luxury pedicure consisting of foot exfoliation,  
 nail & cuticle grooming, massage & nail painting

**Shellac Manicure**      75min R580  
 A luxury manicure consisting of nail & cuticle  
 grooming, shellac application, ending off with  
 a hand exfoliation & massage

**Shellac Pedicure**      75min R660  
 A luxury manicure consisting of nail & cuticle  
 grooming, shellac application, ending off with  
 a hand exfoliation & massage

**Medi Heel Pedicure**      60min R660  
 Pedicure using Medi-Heel’s signature Chemical Peel,  
 AHA exfoliation as well as nail & cuticle care. This is the  
 ideal treatment for dry & cracked heels. Nails are painted  
 for a perfect finish

**Mini Manicure**      30min R360  
 An express treatment that incorporates nail & cuticle  
 grooming, as well as nail painting

**Petite Pedicure**      30min R360  
 An express treatment that incorporates nail & cuticle  
 grooming, as well as nail painting

## ADD ON TREATMENTS

French polish      10min R40  
 Medi-Heel      30min R380  
 Soak-Off      20min R120  
 Re-vanish (no cuticle work)      15min R160

## SPA BODY RITUALS

**African Bath**      30min R600  
 Experience the hot and cold baths while exfoliating  
 yourself with natural salt scrub in a romantic private  
 setting. This is a great treatment for couples to use  
 before or after spa treatments

**Exfoliating Body Scrub**      40min R600  
 Treatment

**Body Wraps**      40min R600  
 Hydrating  
 Detoxifying  
 Slimming & Draining

**Vichy Shower**      R380  
 In addition to having a body wrap or exfoliating scrub,  
 allow warm and cool jets of water to massage your body

**Body Scrub & Wrap**      60min R1,050

**Purifying Back Treatment**      60min R1,300  
 Designed to rid muscles of stress and skin impurities  
 (Cleanse, exfoliate, steam, massage, mask and  
 moisturize)

## FACE RITUALS

AGE Smart anti-ageing Facial      70min R1,500  
 Environmental/Hydrating Facial      70min R1,350  
 Ultra-Calming Facial      70min R1,300  
 Deep Cleanse Facial      70min R1,300  
 Express Facial      40min R900

## ADD ON TREATMENTS

Anti-ageing Eye Rescue      20min R400  
 Bellabaci Facial Drainage      10min R100  
 Hot Stone Facial Relaxation      10min R100