



at Mount Amanzi

## SIGNATURE MESSAGES

### A BLESSING TO BE A BLESSING

Full body massage | 90 minutes

R680

A percentage of this massage goes to our chosen NPO:  
African Blessings

## BODY TREATMENTS

### BUILD YOUR OWN BODY TREATMENT EXPERIENCE

Personalise your skin exfoliation treatment during an enlivening MY MIX Massage with your choice of our gorgeous Out of Africa fragrances. Choose your distinctive ingredient favourite between Red Dune Sand, Desert Salt Crystals, African Coffee Buff, and Crushed Sugar.

120 minutes

R820

### FULL BODY MASSAGE

Experience complete relaxation with botanical oils which will calm your senses and leave your body nourished, hydrated and deeply relaxed.

Choice of 5 different fragrances out of Africa

60 minutes

R520

90 minutes

R720

### BACK AND NECK MASSAGE

Experience a deeply-relaxing massage with botanical oils which will leave you feeling relaxed and de-stressed.

Choice of 5 different fragrances out of Africa

45 minutes

R400

Add hot stones to any body treatment

R60

## KALAHARI PHYTO-CEUTICAL TREATMENTS

These treatments include a relaxing facial massage that will hydrate and rejuvenate your skin, leaving it soft and supple. These treatments are suitable for all skin types.

### HONEYBUSH THERAPEUTIC SKIN TREATMENT

Basic professional skincare treatment suitable for hydration and nourishing benefits.

45 minutes

R340

### REJUVENATING TREATMENT

An ultra rejuvenating gel mask with AHA'S, peptides and natural moisturising properties.

45 minutes

R460

### 100% ORGANIC VITAMIN C BOOSTING TREATMENT

An organic vitamin C treatment for visible firming, brightening and rejuvenation.

45 minutes

R440

### ADD ON'S TO ENHANCE YOUR FACE TREATMENT EXPERIENCE:

Add-on treatments to enhance any treatment experience (allow an extra 15 minutes for all top-up treatments).

African Head and Scalp Treatment

R210

Therapeutic Neck & Décolleté Treatment

R180

Collagen Eye Zone Treatment

R250

Vitamin C Eye Zone Treatment includes eye patches

R250





## HANDS & FEET

### BUILD YOUR OWN HAND OR FOOT TREATMENT EXPERIENCE

Create and compound your own unique MY MIX exfoliation medium to be used in your professional treatment. Choose your distinctive ingredient favourite between Red Dune Sand, Desert Salt Crystals, African Coffee Buff, and Crushed Sugar.

A bronze mineral **Soak** with an African mint fragrance leaving you with a sparkle,

**Buff** away dead unwanted skin with your personalised MY MIX, **Massage** with your personalised choice of 5 different fragrances out of Africa.

Hand or Foot Ritual | 30 minutes **R270**

Hand & Arm Delux Ritual | 45 minutes **R295**  
*Includes an Arm Clay Mask*

Foot & Leg Delux Ritual | 45 minutes **R295**  
*Includes a Coffee Mask*

### ADD ON'S TO ENHANCE YOUR HANDS AND FEET TREATMENT EXPERIENCE:

Add-on treatments to enhance any treatment experience (allow an extra 30 minutes for all top-up treatments).

De-aging Hand & Arm Treatment **R220**

Phyto Heel Treatment **R300**

## MANI AND PEDI

**BASIC MANICURE** | 45 minutes **R300**  
*File, shape, exfoliate, moisture and paint*

**BASIC PEDICURE** | 45 minutes **R300**  
*Shape, wash, exfoliate, moisturise and paint*

**GENTS MANI OR PEDI** | 30 minutes **R250**  
*File, shape, exfoliate and moisture*

## COMBINATION TREATMENTS

### MBALI SUNRISE JOURNEY

Receive a Kalahari marula infused coffee or Kalahari organic rooibos tea and rusk on arrival.

Your experience will include a facial of your choice, and a hand or foot experience finished off with a relaxing back and neck massage. You will also receive a Mbali Spa voucher to the value of R200 to be used at the spa on the day of your treatment. T&C's apply

3 hours **R1 150**

### MBALI SUNSET JOURNEY

Your experience will include a hand and foot experience finished off with a relaxing back and neck massage. This journey will end with a glass of Amarula and a chocolate. You also get a complimentary MY MIX exfoliation of your choice to take home.

3 hours **R1 300**

## TREATMENTS FOR LITTLE PRINCESSES (3-12 years old)

A parent needs to accompany little princesses with all of the following treatments:

**MANI** | 30 minutes **R150**  
*Shape, wash, exfoliate, moisturise and paint with nail art*

**PEDI** | 30 minutes **R150**  
*Shape, wash, exfoliate, moisturise and paint*

**RELAXING FOOT MASSAGE** | 20 minutes **R140**  
*Relaxing foot massage*



## WAXING & TINTING

Under Arm Wax	<b>R180</b>	Lip Wax	<b>R100</b>
Eyebrow Wax	<b>R120</b>	Bikini Wax	<b>R250</b>
Half Leg Wax	<b>R170</b>	Eyebrow Tint	<b>R100</b>
Full Leg Wax	<b>R250</b>	Eyelash Tint	<b>R120</b>
Chin wax	<b>R120</b>		

### TERMS AND CONDITIONS

- \* To book, visit or call Mbali Spa Reception
- \* Your treatment time will only be confirmed upon receipt of payment
- \* Treatment times on this menu are only guidelines, every treatment time depends for the individual
- \* Every treatment will end five minutes before stipulated time, to prepare the room for the next guest
- \* Please shower before a massage treatment
- \* Please arrive ten minutes before your treatment
- \* Please wear a bathing suit
- \* No body treatments will be given to children under the age of 16 years.

### CANCELLATION POLICY

Cancellations must be done no later than four hours before your appointment. Failure to do so will result in the guest being liable for full payment.

### CONTRA-INDICATIONS FOR MASSAGE

High / Low Blood Pressure | Cancer | Epilepsy | Osteoporosis | Slipped Discs | Varicose Veins (Full Body) | Fever / Infections or Disease | Recent Operations Affecting the Treatment Area | Pregnancy

### CONTRA-INDICATIONS FOR MANICURES AND PEDICURES

Nail Fungus | Black Nails | Foot / Hand Sores (open) | Foot Fungus | Rheumatism | Arthritis

**Tel:** 012 381 5400

**Email:** spa@mountamanzi.co.za

**Web:** spa.mountamanzi.co.za

**Bookings:** At Reception

**Operating Hours:** 09:00 – 18:00 Daily

**Address:** R15 Old Rustenburg Road, Hartbeespoort, 0216  
**GPS Location:** S 25° 42' 58.176" E 27° 50' 29.543"

### Mbali Day Spa Locations:

Crystal Springs Mountain Lodge, Mount Amanzi, Mabalingwe Nature Reserve and Ngwenya Lodge