



OUR STORY

The ultimate experience of Sub-Saharan Africa - explore an intimate journey using products encompassing the colours of the earth, the raw textures and unique fragrances created to provide a naturally enriched pampering experience. Kalahari Ancient Desert Secrets uses natural elements that capture the simple goodness that nature has to offer.

Our distinctive Kalahari-inspired treatments bring to light secrets that the people of Africa have known for generations! Kalahari Ancient Desert Secrets combines unique blends of superior plant oils and phyto-effective extracts to provide quality skincare solutions that restore and nourish your skin. Invigorate your senses with an authentic and indigenous botanical experience that will leave you feeling rejuvenated and energised.

SIGNATURE MESSAGES

AFRICAN HEAD MASSAGE | 30 minutes
Tension Release Arms, Neck and Scalp **R250**

A BLESSING TO BE A BLESSING | 90 minutes
Full Body Massage **R650**
A percentage of this massage goes to our chosen NPO:
African Blessings

WAXING

LIP	R50
CHIN	R50
EYEBROW	R100
UNDER ARM	R150
BIKINI LINE	R200
HALF LEG	R250
FULL LEG	R300

KALAHARI BODY TREATMENTS

DESERT GLOW EXFOLIATION

Unveil lustrously smooth skin with a personalised blend of the desired Kalahari Exfoliation Medium and a hydrating blend of nourishing botanical oils.

**BOTANICAL
BUFFET**
Desert Salt
Crystals
45 minutes

R300

**DESERT GLOW
EXFOLIATION**
Red Dune
Sand with Oil
45 minutes

R300

**KALAHARI
RED DUNE
EXFOLIATION**
Sugar with
Grape Seed
45 minutes

R300

DESERT GLOW EXFOLIATION

African Coffee Buff with Oil | 45 minutes

R300

AFRICAN COCOON WRAP VARIATIONS (May exfoliate & wrap in same treatment)

The Kalahari Botanical Clay Mask used for the Cocoon Wrap treatment is a very unique mineral and botanical-based body mask, which can be used as a 2-in-1 exfoliator and mask. The antioxidant rich powder base is infused with extracts from Red Bush Tea, giving it a distinct, natural and refreshing smell. Soft vegetable-based beads enhance gentle exfoliation and stimulate blood circulation.

**DESERT GLOW
COCOON
WRAP**
[E&W]
Desert Salt
with Oil
60 minutes

R460

**AROMATIC
OIL COCOON
WRAP**
Botanical Oil
& Mineral
Rich Clay
60 minutes

R480

**AFRICAN
COFFEE
COCOON
WRAP**
[E&W] with
Botanical Oil
60 minutes

R460

AROMATIC SUGAR COCOON WRAP
[E&W] with Botanical Oil | 60 minutes

R450

KHOI-KHOI ESCAPE BACK AND NECK MASSAGE

Escape to the dunes of the Kalahari desert with this deeply-relaxing Back and Neck Massage. The Kalahari Massage Stones deliver a distinct deep pressure massage which will leave you feeling relaxed and de-stressed.

**KHOI-KHOI ESCAPE
BACK AND NECK
MASSAGE**
Botanical Oil
30 minutes

R260

**KHOI-KHOI ESCAPE
BACK AND NECK
MASSAGE**
Hot Stones
45 minutes

R400

ROLLING SANDS FULL BODY MASSAGE (Options)

Experience complete relaxation with our signature Full Body Massage. Botanical Oils in combination with unique massage movements not only enhance skin tone but relieves muscle tension.

Rolling Sand Dune Full Body Massage | 90 min **R595**

Experience a deeply relaxing massage with rolling invigorating arm movement over your complete body. The fragrant massage oil will calm your senses and leave your body nourished, hydrated and deeply relaxed.

African River Stone Full Body Massage | 90 min **R495**

This ancient body treatment uses the therapeutic heat from stones that is slowly released into the muscle for a deeply relaxing distressing experience. Small, warm stones are placed on your back while warm, luxurious oils are massaged deeply into the body for a deep relaxation experience.

Botanical Buffet Journey

Create your own unique body exfoliation experience by combining lingering fragrances from Africa with organic plant extracts, botanical oils and unrefined earth mediums. Choose your distinctive ingredient favourites and fragrances to combine a personal treatment preparation that buffs away all the dull skin and leaves your body soft and nourished.

A treatment shaped by - and around - you.

HANDS & FEET

TSAMMA HAND TREATMENT

Refresh and unwind with the delicate aroma of Tsamma (indigenous Kalahari watermelon) and the infused fragrance of fresh wild grasses. Welcome the feeling of richly-nourished and moisturised hands and nails. Kalahari Tsamma Hand Treatment is ideal for dry, thirsty skin.

TSAMMA HAND TREATMENT | with Sugar Crystals & Botanical Oil | 20 minutes **R150**

TSAMMA HAND TREATMENT | with Botanical Massage Candle | 30 minutes **R250**

CALABASH FOOT TREATMENT

Sink into deep relaxation with an unforgettable Foot Massage. This experience, combined with Sun-baked Kalahari Calabashes and Aromatic Fragrant oils to soothe tired, aching feet.

With Desert Salt Crystals | 45 minutes **R180**

With Red Dune Sand with Oil | 45 minutes **R270**

With Sugar Exfoliator with Oil | 45 minutes **R220**

With African Coffee Buff with Oil | 45 minutes **R220**

MANI / PEDI DELUX | 60 minutes **R280**

BASIC MANICURE | 45 minutes
File, shape, exfoliate, moisturize and paint **R250**

BASIC PEDICURE | 45 minutes
File, shape, exfoliate, moisturize and paint **R250**

SOAK OFF **R160**

KALAHARI FACE TREATMENTS

HONEYBUSH FACIAL TREATMENT

The Kalahari Honeybush Facial Treatment is a deeply nourishing treatment that includes natural plant extracts and rich botanical oils. The treatment may be enjoyed with a relaxing facial massage that will hydrate and rejuvenate your skin, leaving it soft and supple. This treatment is suitable for all skin types and is suitable as a maintenance treatment.

Basic Honeybush Facial with no massage | 30min **R240**

Basic Honeybush Facial with massage | 45min **R260**

VITAMIN C TREATMENTS

This is an ultra-firming, anti-aging treatment rich in natural, organic Vitamin C and essential antioxidants. Extracted directly from the African Baobab fruit, our Vitamin C boosts collagen and elastin regeneration, making your skin appear visibly firmed, brightened and tightened. Suitable for all skin conditions.

Basic Baobab Phyto Acid Treatment with Vial
45 minutes **R400**

Phyto Acid with Revitalising Booster Gel &
massage | 50 minutes **R420**

PHYTIC CLAY MASK

The Phytic Clay Treatment is a pro-active treatment that contains Mandelic, Glycolic acid and Phytic acid derived from Soybean extract. The treatment mask effectively targets hyperpigmentation, de-aging and rejuvenation of the skin leaving it visibly brightened and rejuvenated.

Phytic clay treatment with massage | 45 minutes **R390**

Phytic clay treatment with revitalising
booster gel | 45 minutes **R400**

TREATMENTS FOR LITTLE PRINCESSES (3-12 years old)

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

MANI | 30 minutes
Shape, wash, exfoliate, moisturise and paint
with nail art **R130**

PEDI | 30 minutes
Shape, wash, exfoliate, moisturise and paint **R120**

RELAXING FOOT MASSAGE | 20 minutes
Relaxing foot massage **R110**

PACKAGES

SHEER BLISS PACKAGE | 3 hours
Rolling Sands Full Body Massage, African Head
Massage, Calabash Foot Treatment
(Includes a Welcome Drink) **R895**
per person

PAMPER ME PACKAGE | 3 hours
Rolling Sands Full Body Massage, Kalahari
Honey Bush Facial Treatment, Mani Pedi Deluxe
(Includes a Welcome Drink) **R895**
per person

COUPLES COCOON PACKAGE | 3 hours
Rolling Sands Full Body Massage with hot stones, **R1050**
Kalahari Honey Bush Facial Treatment, Mani
Pedi Deluxe (Includes a Welcome Drink) per person

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 from person to person

*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

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, Ngwenya
and Mabalingwe Nature Reserve.



SPA PACKAGES

Pamper yourself with an all-encompassing spa package a truly revitalising relaxation experience.

Sheer Bliss Spa Package

R950

Rolling Sands Full Body Massage, Kalahari Honey Bush Facial Treatment and Mani Pedi River stone foot massage

Baby Shower Spa Package

R950

Tula Tula Pregnancy Massage, Express Skin Treatment and Express Mani and Pedi

Couple's Cocoon Package

R1800

Rolling Sands Full Body Massage with candle, Kalahari Honey Bush Facial Treatment and Mani Pedi River stone foot massage

