BATH CEREMONIES

Experience a sublime body cleansing ceremony of your choice, beginning with a full body exfoliation, thereafter immersion in a luxurious bath treatment to relax the muscles in preparation of an indulging full body massage, with its roots originating in African tribal influences of our region.

RE-MINERALISING BATH CEREMONIES 120min

PEACE BATH CEREMONY – Relaxing **R1750**
WAVE BATH CEREMONY – Uplifting **R1750**
STORM BATH CEREMONY – Detoxifying **R1750**

MOISTURISING MILK BATH CEREMONIES 120min

FOREST STREAM MILK BATH CEREMONY – Relaxing **R1750**
RIVER RAPIDS MILK BATH CEREMONY – Uplifting **R1750**
WATERFALL MILK BATH CEREMONY – Detoxifying **R1750**

DESERT ROSE ILLUMINATING SALT BATH 60min **R950**

Take a sensorial journey to the plains of Africa and escape from a busy day. Indulge in your bath time and unwind with these luxurious Rose Gold Atlantic Bath Salts. Shimmers of bronze and infusions of sensual Rose fragrance help to rejuvenate and ease your body and mind.

YLANG-YLANG TREATMENT JOURNEY 90min **R1340**

Escape, unwind and awaken your senses with this 3 phase spa journey designed to capture the healing essences of a tropical adventure. Enjoy a full body scrub and relaxing bath session where Ylang-Ylang and Jasmine contributes to an overall balanced mood followed by a rhythmical balm massage rich in Coconut Oil, Shea Butter and Baobab Oil leaving dry skin nourished with a natural radiant glow.

FACIALS

Solum Spa Signature Facial 60min **R940**

SOLUM SPA
BY
TREATMENT ROOM

FASCIASTRETCH & CUPPING

FASCIASTRETCH FACIAL CUPPING 30min **R415**

An alternative facial therapy creating local suction for a more contoured, smoother and glowing skin. Through increased micro-circulation, the delivery of oxygen and nutrients to skin cells is optimised which in turn rejuvenates and brightens the skin.

FASCIASTRETCH BODY CUPPING 60min **R1185**

A specialised body procedure which aids with improving blood circulation to help eliminate waste products and promote lymphatic drainage through creating localised suction. Address a range of needs from sluggish circulation causing orange peel effect, lethargy and overall irritability to skin rejuvenation with this alternative therapy

INVIGORATING BACK+NECK CUPPING 45min **R980**

INVIGORATING LEG CUPPING 45min **R600**

FASCIASTRETCH FACE+BODY CUPPING JOURNEY 90min **R1450**

A specialised signature face and body therapy which aids with improving facial and body contours and micro-circulation to help optimise skin glow and eliminate waste products. Overall lymphatic drainage is improved through creating localised suction using German grade silicone precision for a head to toe body rejuvenating experience.

STEAM ROOM

Solo session	**R345**
2 Friends	**R300 pp**
3 Friends	**R275 pp**
4 Friends	**R250 pp**
5 Friends	**R225 pp**
6 Friends Maximum Capacity	**R200 pp**
Add a self body scrub session	**R70**

INFRARED SAUNA

Solo session	**R300**
3 Friends	**R250 pp**
4 Friends Maximum Capacity	**R225 pp**
Add a self body scrub session	**R70**

Subscribe to our Sauna + Steam Room services. The amount save you will be able to use as a voucher towards any of the treatments on our Menu.

Buy 3 Sessions R850 (save R50)
Buy 6 sessions R1650 (save R150)
Buy 12 Sessions R3300 (save R300)

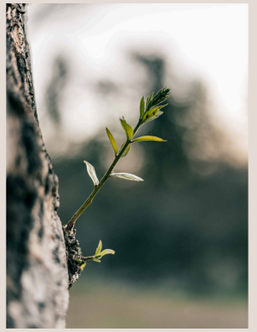
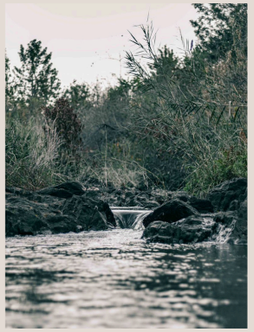
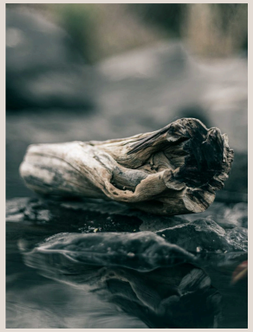
HAND TREATMENTS

MANICURE 45min **R510**

Indulge in an African inspired spa manicure, treating your hands and forearms to a gentle exfoliation followed by an African Earth fusion hand massage, including nail and cuticle attention, followed by a nail colour of your choice for your rejuvenated younger-looking hands.

HAND RITUAL 30min **R350**

Experience the healing touch as your hands and forearms are gently exfoliated with re-mineralising Atlantic sea salts, followed by an ultra relaxing massage that addresses every exhausted muscle in your hands and arms with its soothing qualities. The healing properties of an Aloe Ferox gel mask soothes and hydrates the hands whilst the application of a Baobab infused lotion will leave the hands soft to the touch.

FOOT TREATMENTS

PEDICURE 60min **R580**

Pamper tired feet and legs during a soothing spa pedicure, focusing on exfoliation of rough skin, a customised nourishing African Shea butter dumbbell massage, including nail and cuticle attention. Choose a dazzling nail colour for your new feet. Add Gel **R250**.

FOOT RITUAL 45min **R425**

This "soulful" journey will take your feet through a Geranium and Pine sugar exfoliation whilst soaking in a herbal salt foot bath. Allowing your feet and legs to relax completely, a muscle soothing foot and leg massage with wooden implements will commence followed by a cool, revitalising mask. Nourishing Baobab infused lotion will be applied to prepare your feet for their journey ahead. Add Gel **R250**.

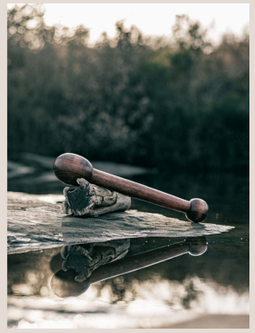
SIGNATURE MASSAGES

AFRICAN WOOD MASSAGE 90min **R1235**
Mimicking the rhythmical patterns of an African dance, the TheraNaka® signature massage blends light stretching techniques and specially designed body and facial wooden implements to relax and restore your weary body. Being drizzled with a warm Olive and Shea butter ointment will nourish and heal dry skin whilst experiencing blissful relaxation and rejuvenation.

TRI-SCENTED SHEA NUGGET MASSAGE 90min **R1235**
Inspired by the people of Africa's use of the circular form, this unique ritual was created to encompass our connection with nature and celebrating the circle of life. Small blocks of citrus infused Shea butter are placed on different areas of your body which will aid circulation and relaxation of the body. Experience the soothing warmth as the butter melts under your therapist's hands, leaving you utterly relaxed and your skin nourished and hydrated.

AFRICAN AWAKENING MASSAGE 90min **R1235**
Drawing inspiration from the Marula tree and the African traditional healing beliefs, an ultra relaxing indulgent full body massage was created. The skillful combination of contracting and oxygenating enhancing breathing techniques will awaken your senses and revive your body and mind. Enjoy the freedom of choosing your favourite scent from our selection of Marula-herb infused Fusion body oils to address your every need..





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BODY MASSAGES

AFRICAN FUSION 60min **R1095**
Enjoy the freedom of choosing your favourite scent from our selection of Marula-herb infused Fusion body oils.
AFRICAN PEACE - Relaxing
AFRICAN RECHARGE - Uplifting
AFRICAN STORM - Detoxifying
AFRICAN EARTH - Safe and soothing
AFRICAN VIGOUR - Invigorating
Back Massage 30min **R735**

AVO+SHEA BODY BUTTER 60min **R1095**
Enjoy the freedom of choosing your favourite scent from our selection of luxurious herb-infused Avo and Shea- massage butters.
AFRICAN SUNSET - Relaxing
AFRICAN DAYBREAK - Uplifting
AFRICAN STORM - Detoxifying
AFRICAN EARTH - Safe and soothing
Back Massage 30min **R735**

AFRICAN RAIN HYDRATING CANDLE MASSAGE 60min **R1135**
Replenish the skin's moisture barrier and be encompassed by the revitalising aroma that follows a rainstorm with this skin nourishing melted Soy Oil and Shea Butter candle massage.

CBD-INFUSED HEATED BALM MASSAGE 60min **R1185**
Melt away the troubles of life as gentle stroking movements using a heated pure CBD infused balm helps to relax the body. Indulge in the synergistic calming effect of CBD, Ylang-Ylang, Geranium and Lavender as the warmth of the balm caresses your body and your senses naturally chillax. Contains the legal limit dose of 20mg CBD.

EXOTIC ISLAND YLANG-YLANG BALM 60min **R1095**
Be transported on an exotic island experience as your senses are tantalised by this tropical indulgence vegan friendly massage.Flaunting the anti-ageing benefits of Coconut Oil, the protective properties of Shea Butter, the moisturising skin softening benefits of Baobab Oil, the balancing effect provided by Ylang-Ylang and the uplifting impact of Jasmine, dry skin is nourished leaving it looking radiant.

AFRICAN VIGOUR BACK MASSAGE 45min **R880**
A warm aroma blend infused with circulatory-boosting essential oils is coupled with a deep tissue massage relieving deep tension all the way to the core of the muscle. A refreshing gel is applied, leaving your body feeling refreshed.

BODY EXFOLIATIONS

A cleansing ritual that symbolises the renewal of the body. Our cleansing preparatory body scrubs are made with a 100% natural blend of plant botanicals to gently and effectively eliminate dead skin cells, moisturise and leave the skin soft to the touch. Feel invigorated and revitalised as a message of new life and renewal will be weaved.

GERANIUM+PINE SUGAR SCRUB 40min **R610**
MARULA+SANDALWOOD SUGAR BUFF 40min **R610**
AFRICAN EARTH SALT POLISH 40min **R610**
EXOTIC ISLAND FULL BODY POLISH 40min **R610**

BODY WRAPS

HYDRA-SOOTHE HYALURONIC ACID WRAP 60min **R1275**
Ultra hydrated, soft, supple and radiant skin awaits - quench your skin's thirst as it is gently polished with a botanical rich body exfoliating cream followed by the application of the skin plumping vegan friendly Hyaluronic and Lactic Acid Shea Butter preparation (a full body massage option can be requested – add 60min) before being cocooned in a warm oil application of hydrating Olive and Shea Butter.

STEAMED BODY WRAP 60min **R1485**
Experience this entire body wrap ritual in the steam room; opening up the senses to the true spa feel.

Indulge in the refreshing aromatic experience of Geranium, Peppermint and Lavender essential oils while your skin is drenched in moisture. Ideal for dry skin in need of intense nourishment, excellent for post-holiday. To commence this sensory journey you will receive a full body exfoliation, followed by a herbal fusion oil application. Let your mind drift off whilst you are cocooned in a comforting envelopment of fragrant oils and African wraps from our therapeutic range. Choose the wrap that will treat, renew or invigorate the skin and drift away during a relaxing scalp massage. Bringing this journey to a close is the healing touch of your therapist applying nourishing Baobab lotion. An experience out of Africa!

DETOXIFYING MUD WRAP 60min **R1270**
UPLIFTING MUD WRAP 60min **R1270**
RELAXING ALOE FEROX GEL WRAP 60min **R1270**
REVITALISING GEL WRAP 60min **R1270**
MUSCLE RELEASE MUD WRAP 60min **R1270**
AFRICAN EARTH NURTURING WRAP (Pregnancy) 60min **R1270**