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TREATMENT MENU





# A Warm Welcome to Amani Spa & Wellness

At Amani, wellness is more than a treatment—it's a way of life. Through expert therapies, high-performance products, and world-class care, we are your guiding hand helping you achieve balance, vitality, and inner peace.

This is not just a menu—it's a curated wellness experience designed around proven techniques, premium ingredients, and skilled professionals.

**Your journey to a happier, healthier you starts here.**

Treatment collections to nurture vibrance, relaxation and vitality, re-connecting with yourself and your wellness journey. All packages include a light spa breakfast or lunch (1 hour included in package time).

### **Just the Two of Us – per couple**

**3.5hrs R 4100**

Savour this special time together starting off with a **Sensation Shower For Two** followed by our **Signature Kurhula Body Ritual**. Complete your experience with a glass of bubbly and lunch on a private outdoor deck with a jacuzzi. Includes an Amani gift to take home.

### **African Balance**

**2hrs R 1390**

Unwind with a deeply relaxing **30-minute Iketla Back, Neck & Shoulder Massage**, designed to ease tension and restore calm. Continue your journey with a nourishing **ESSE Express Facial**, tailored to revitalise and protect your skin. After your treatments, savour our **signature drink and a delicious lunch platter** on the outdoor deck, while enjoying access to the jacuzzi and spa facilities. Includes a special spa gift to take home.

### **Sensations of Africa**

**3hrs R 1470**

Experience a revitalizing **ESSE Express Facial** that restores your skin's natural glow, followed by your choice of a **30-minute Hot Stone or Himalayan Salt Stone Back, Neck & Shoulder Massage** to melt away tension. Complete your escape with a **Classic Pedicure**, leaving your feet soft, polished, and safari-ready.



Discover the transformative power of our skillfully crafted Signature Journeys, each designed to nurture physical vitality, emotional balance, and mental clarity. Our intention is for you to feel rejuvenated.

### **Kurhula Body Ritual**

90min R 1750

"Kurhula", is a connection to inner peace and tranquility. This ritual emphasises on achieving balance and a deeper level of relaxation with a combination of our signature full-body massage using coconut massage balm, and a revitalising mini facial evoking a nurturing experience for the body and mind.

### **The Traveller**

60min R 1195 | 90min R 1650

Relaxation from the feet up. Starting with a mineral-rich foot soak, Coconut Rose Salt Polish and massage on your legs and feet, concluded with a tension-releasing back or full body massage using warm coconut balm, for a well-rounded journey.

### **Symphony Of Sensations**

60min R 1195

Begin with a citrus and marula exfoliation on the back and legs to prepare your skin, followed by a hot stones back-of-the-body massage and cooling gel application. Conclude with a soothing ice globe facial massage, perfectly harmonising this symphony of sensations.

### **Spirit Of Africa**

60min R 1195 | 90min R 1650

This unique massage is inspired by traditional African elements using Rungu massage sticks, believed to represent aspects of strength and courage. A rich and therapeutic experience incorporating firm pressure techniques with a focus on relieving deep muscular tension.

### **Himalayan Salt Stone Ritual**

60min R 1195 | 90min R 1650

A restorative ritual incorporating the therapeutic benefits of warm coconut balm, the immune-boosting properties of Himalayan salt stones, and the overall intention of promoting well-being. An experience that goes beyond traditional massages.

Our signature aromatherapy collection, expertly formulated with your wellbeing in mind, harnesses the natural synergy of indigenous and botanical ingredients from the African continent. Choose between...

60min R 920 | 90min R 1350

### **Circula Flow**

The invigorating blend of Cypress, Peppermint & Rosemary helps alleviate poor circulation, fluid retention, and inflammation. The ideal antidote to tired legs & feet and lethargic mood caused by travel or prolonged sitting.

### **Detox & Slimming**

Experience the extensive benefits of Black Pepper, Peppermint & Bergamot. This potent combination works harmoniously to eliminate toxins, promote healing, restore balance, and support your lymphatic system.

### **Muscle Ease**

Soothe and alleviate muscle fatigue, aches, and pains with our powerful blend of Peppermint, Marjoram & Black Pepper. This therapeutic combination accelerates your body's natural healing abilities, helping to restore energy levels and promote overall well-being.

### **Sleep Well**

Reclaim your natural sleep patterns with this delicate blend of Lavender, Chamomile & Geranium. Designed to create a serene ambiance for a better quality of sleep, balancing your body's internal clock, and promoting overall health, longevity, and mental clarity.

### **Stress Release**

A fragrant floral blend of Geranium, Bergamot & Lavender, designed to subtly calm your physical body and create a sense of calm. This soothing massage contributes to a more tranquil state of mind, reducing stress and anxiety levels.

#### **Recommended Enhancements:**

- **Rose Salt Body Polish**
- **Aroma Mud Body Wrap**

We understand that you may have unique preferences, specific areas of tension or discomfort, or simply the need to feel heard.

### Made-For-Me

60min R 975 | 75min R 1290 | 90min R 1390

Embrace your unique wellbeing needs by curating your massage experience, step-by-step. Get creative and choose your duration by combining, or double up, your 15-minute focus area, your preferred pressure, wellbeing balm and favourite enhancement. Complete the experience with your choice of cold, or hot herbal infusion tea.

#### YOUR CHOICES...

##### Step 1: Focus Area

Scalp & Neck | Back & Shoulders | Legs | Feet | Hands & Arms | Face & Décolleté

##### Step 2: Pressure

Light | Medium | Firm

##### Step 3: Amani Wellbeing Balm

Detox & Slimming | Immune Boost | Muscle Ease | Sleep Well | Stress Release | Coconut

##### Step 4: Enhancements (optional)

Himalayan Salt Stones | Warm Basalt Stones | Cool Basalt Stones | Rungu Sticks

##### Step 5: Wellness Tea

Calming | Stimulating | Refreshing | Uplifting | Detoxifying | Soothing | Invigorating

A selection of classic massages aimed to promote relaxation, relieve muscle tension and improve circulation.

### **Iketla Back, Neck & Shoulder Massage**

**45min R 795**

A targeted massage focusing on relieving tension and discomfort in the upper body, such as tightness and muscle knots from poor posture and sedentary lifestyles.

### **Deep Tissue Massage**

**60min R 1250 | 90min R 1425**

Aimed at the deeper layers of muscles and connective tissues, using firm pressure and slow strokes to reach areas often affected by tension and tightness. This pressure helps break up muscle knots, reduce pain, promote circulation and improve flexibility.

### **CBD Massage**

**60min R 995 | 90min R 1485**

The integration of soothing massage techniques and CBD oil promotes a deeper relaxation while enhancing therapeutic benefits and outcomes. Choose your focus:

- **Sports & Recovery** for sore and stiff muscles, pain and injury.
- **Revive & Rejuvenate** to revitalise and invigorate the body and mind.
- **Relax & Unwind** to relieve tension, stress and anxiety.

### **Lefika Hot Stone**

**60min R 1250 | 90min R 1480**

A unique and comforting sensory massage using heated natural river stones to reduce muscle tension and improve circulation. The heat from the stones activates and balances vital energy flow through the body, instilling an overall sense of well-being.

### **Reflexology**

**60min R 775**

An ancient practice using pressure point techniques to stimulate nerve endings on the feet to promote relaxation and targeted pain relief.

### **Mom-to-be Pregnancy Massage** (After first trimester)

**60min R 925**

A nourishing full body massage using gentle and caring touch. Thoughtfully created with specialised techniques, adapted to accommodate the changes in the body, to ease tension in areas prone to muscular pain and fatigue during or after pregnancy.



A selection of classic massages aimed to promote relaxation, relieve muscle tension and improve circulation.

### **Iketla Back, Neck & Shoulder Massage**

**30min R 525**

A targeted massage focusing on relieving tension and discomfort in the upper body, such as tightness and muscle knots from poor posture and sedentary lifestyles.

### **Pressure Point Foot Massage**

**30min R 495**

Targeting muscles and specific pressure points in the lower legs and feet, enhancing circulation, balancing energy, and contributing to overall well-being.

### **Indian Head Massage**

**30min R 495**

A relaxing holistic pressure point massage focusing on the head, face, neck, and shoulders, providing relief from stress, balancing the body's energy, and nurturing mental and emotional well-being.

### **Lymph Drainage Massage**

**30min R 575**

A gentle massage using specialised rhythmic movements to encourage the flow of lymphatic fluid in the legs and abdomen, helping to alleviate swelling due to water retention, improve circulation, and enhance the body's ability to eliminate waste and toxins.

#### **Recommended Enhancements:**

- Coconut Rose salt body polish OR Citrus Body Polish
- ESSE Express Facial



Amani's bespoke wellbeing body care range focuses on improving skin texture, restoring balance and inducing sensory harmony and rejuvenation.

### Rose Salt Body Polish

30min R 475

Experience the exquisite touch of our Coconut or Citrus & Marula Rose Salt Body Polish as it cleanses and exfoliates your skin, leaving it radiant and irresistibly soft.

### Aroma Mud Body Wrap

75min R 1200

Immerse yourself in the rejuvenating bliss of our therapeutic body treatment. This experience combines a gentle exfoliation, an aromatherapy-infused mud mask, and concludes with an area-specific Aroma Massage, leaving your skin smooth, revitalised, and deeply nourished.

Choose between:

- **Hydrating** to nourish and soothe dry skin.
- **Detox & Slimming** to improve circulation, eliminate toxins and promote skin elasticity.
- **Muscle Ease** to promote healing for muscular aches, pain & fatigue.

#### Recommended Enhancements:

- **Aroma Wellbeing Massage**
- **Esse Experience Facial**

ESSE™ is an award-winning, South African skincare range known for its probiotic formulations. Certified organic, vegan, and cruelty-free products designed to enhance skin health and slow the aging process.

### ESSE™ Express Facial

30min R 455

A great introductory treatment for those, looking for optimal results with limited time.

Product selection will be tailored to your unique skin needs after a thorough skin analysis.

### ESSE™ Experience Facial

60min R 965

This bespoke facial utilises advanced prebiotics and probiotics to improve your skin's microbial balance, addressing your unique concerns and needs. The acupressure facial massage relieves stress and tension, promoting relaxation and overall skin health.

### ESSE™ Live Probiotic Experience

75min R 1145

The treatment is designed to reduce inflammation, enhance barrier function and address signs of ageing by restoring microbial balance and rewilding the skin, ensuring long-term skin health. The unique ESSE™ massage further enhance results and promotes deep relaxation.

### Micro-needling

A safe, minimally invasive treatment to stimulate collagen and elastin production for optimal skin rejuvenation absorption.

Face ..... 60min R 1100

Face, Neck & Décolleté ..... 75min R 1325

### Add-on Treatments

Ampoule – Hyaluronic | Hydro Boost | Clarifying | Brightening ..... R 200

Eye Tension Release Massage ..... 10 min R 230

Anti-Inflammatory Massage ..... 30min R 200

Lifting Massage ..... 30min R 200





Essential care for your hands and feet for healthy-looking nails.

## HANDS & FEET

### Classic Mani & Pedi Duo

120min R 840

A wonderful combination of our Classic Manicure and Pedicure.

### Gentleman's Mani & Pedi Duo

90min R 660

A wonderful combination of our classic Gentleman's Manicure and Pedicure.

### Gel Polish Mani & Pedi Duo

150min R 995

For the confidence of impeccable nail care and flawless feet, a Gelish Mani & Pedi combo.

## HANDS

### Express Manicure

30min R 365

Essential grooming for your hands – cuticle & nail shaping, lacquer application and moisturiser.

### Classic Manicure

60min R 475

A luxurious revitalising hand treatment with an exfoliation, nail shaping, cuticle work and relaxing hand and arm massage. Complete with your chosen shade of nail lacquer.

### Gel Polish Manicure

75min R 570

Beauty meets resilience in this perfect fusion of colour and durability. Our Classic Manicure with gel polish for longer-lasting results.

### Spa Manicure

90min R 525

A rejuvenating treatment for tired hands. Includes a soothing soak, nail and cuticle grooming, exfoliation, revitalising hand and arm massage, and hydrating mask to deeply nourish the skin. Followed by a polish of your choice for the perfect finishing touch. This extended manicure goes beyond the basics to deliver lasting softness, improved circulation, and total relaxation.

### Gentleman's Manicure

45min R 390

A grooming treatment for the hands that includes an exfoliation, nail shaping, cuticle work and a relaxing hand and arm massage. Completed with a buff and shine of the nails.

## FEET

### Express Pedicure

30min R 365

Essential grooming for your feet – cuticle & nail shaping, lacquer application and moisturiser.

### Classic Pedicure

60min R 520

Immerse your feet into a world of bliss to be soothed, softened and hydrated with a nourishing massage and mask, cuticle care, nail shaping and your chosen shade of nail lacquer.

### Gel Polish Pedicure

75min R 600

Beauty meets resilience in this perfect fusion of colour and durability. Our Classic Pedicure with gel polish for longer-lasting results

### Spa Pedicure

90min R 650

This deluxe experience begins with a revitalizing foot soak, followed by detailed nail and cuticle care, an invigorating exfoliation to remove rough, dry skin, and a hydrating mask to deeply nourish the skin. Followed by a relaxing foot and lower leg massage to relieve tension and improve circulation, and nail polish of your choice.

### Gentleman's Pedicure

45min R 390

Immerse your feet into a world of bliss to be soothed, softened and hydrated. The treatment includes a nourishing massage, cuticle care, nail shaping with a buff and shine of the nails.

## Add-on Treatments

Mediheel Treatment ..... 15min R 170

Soak Off ..... 30min R 100

Mask Application - Hands OR Feet ..... 15min R 135

Going beyond the basic grooming routine, offering precision and attention to detail, enhancing your natural beauty with expert care and skill.

### TINTING

Eyelash .....	R 140
Eyebrow .....	R 105
Lash & Brows .....	R 220

### WAXING

Face .....	R 260	Half Leg .....	R 230
Eyebrows, Lip or Chin .....	R 110	Full Leg .....	R 420
Underarm .....	R 150	Chest .....	R 260
Bikini .....	R 240	Abdomen .....	R 175
Brazilian .....	R 330	Half Back .....	R 240
Hollywood .....	R 375	Full Back .....	R 365

All children need to be accompanied by an adult when in the Spa.

### TINY TOTS (Ages 6-10)

Tiny Tot Back Massage .....	20min	R 240
Happy Feet & Leg Massage .....	20min	R 230
Pretty Polish (Hands OR Feet) .....	20min	R 180

### YOUNG ADULTS (Ages 11-15)

Young Adult Facial .....	30min	R 410
Chill Out Back-of-Body Massage .....	30min	R 345
Rose Salt Back Polish .....	30min	R 300
Gorgeous Manicure .....	30min	R 250
Gorgeous Pedicure .....	45min	R 350



## Unlock everyday luxury with our Wellness Membership

### WELLNESS MEMBERSHIP

R 1690

Prioritise your wellness – body, mind, and soul – in the heart of the bush

Your membership will give you access to:

- Our gym with state-of-the-art fitness equipment
- Infrared Sauna
- Our outdoor pool overlooking bushveld views
- Jacuzzi Facilities
- 45-minute Back, Neck, and Shoulder Massage
- 30ml Cooling Recovery Gel
- Additional 10% off spa and salon services

### 30-Day Membership

Limited memberships available

Ts & Cs Apply



## Ways Of Wellness

Tailor-made experiences for any occasion

- Yoga, Pilates, Breath Work and Meditation
- Lifestyle & Fitness Consultations
- Special Occasion Celebrations
- Corporate Wellness Packages
- Team Building Events
- Wellness Workshops
- Pamper Parties



Contact us for a personalised wellness experience and we'll curate the perfect program based on your desired focus, activities, group size and budget.



**Spa Operating Hours:**

Mondays to Sundays, including Public Holidays, from 09:00 – 18:00

**Spa Treatments:**

All treatments are subject to therapists' availability. Prices are subject to change without notice and are inclusive of VAT.

**Age Restriction:**

We welcome guests over the age of 16 to make use of our services and facilities however guests younger than 16 years will require adult supervision.

**Spa Facilities:**

Please turn mobile phones on silent to keep with the serene atmosphere of the spa.

**Punctuality:**

We kindly ask that you arrive at least 15 minutes before your scheduled treatment time to fill out a consultation form and get comfortable in a robe and slippers. Please note that arriving late may necessitate a shortened or forfeited treatment.

**Consultation:**

Please inform your therapist of any medical conditions, allergies, intolerances or needs before your treatment. Please note, certain treatments are not permitted for women within their first trimester of pregnancy.

**Change Rooms:**

For your comfort and in compliance with our no-nudity policy, we offer a complementary gown and slippers for the duration of your spa visit. Additionally, we provide lockers for the safekeeping of your personal belongings during your spa experience.

**Safety Regulations:**

We recommend that you keep all valuables, including mobile phones and jewelry in your hotel room safe.

**Payment:**

We are a cash less property and therefore only accept debit and credit cards for payment as well as room charges for all Hotel Guests. In certain instances, a pre-payment may be required to secure your booking.

**Cancellation Policy:**

A booking cancellation fee of 50% is charged on all bookings cancelled within 8 hours or less of the appointment time; in the case of a "no-show", the full cost is charged.

**Gift Vouchers:**

Gift vouchers are available and can be issued for specific treatments or for a specific value. Vouchers are valid for 3 years from date of issue unless otherwise stated on the voucher. The original gift voucher must be presented at your appointment to be honoured. All Gift Vouchers are non-refundable and may not be redeemed for cash.

**Discount Vouchers:**

Discount Vouchers are only valid for spa treatments and not for retail purchases. Special offers and promotions may not be used in conjunction with discount vouchers or loyalty programs.

**Disclaimer:**

Every person entering the spa or utilising the facilities and equipment on these premises does so entirely at their own risk and agrees that Amani Spa & Wellness, its management or therapists, and/or the Radisson Safari Hotel Hoedspruit shall not be held liable or responsible, whether jointly or severally, for any loss, injury or death, damages, claim and/or compensation of whatsoever nature. Such person by their entry to these premises for any reason whatsoever waives any and all claims against the aforementioned.





The logo features the word "Radisson" in a white, elegant script font with a thin horizontal line underneath. To the right, the words "SAFARI HOTEL" and "HOEDSPRUIT" are stacked in a clean, white, sans-serif font.

*Radisson*  
SAFARI HOTEL  
HOEDSPRUIT