



*Transform Your Life*

TREATMENT MENU



# Welcome to Amani Spa & Wellness

We understand your desire to live a life of happiness and inner peace. To achieve this you need to feel vibrant and healthy, both physically and emotionally. But the journey to wellness can seem overwhelming, which may make you feel vulnerable and disheartened. We deeply believe that your life is destined to be filled with joy and vitality, and we're committed to guiding you on this journey.

Having traversed the path to wellness ourselves, we're intimately familiar with the trials and triumphs that come along the way. That's why we've dedicated ourselves to showcasing the transformative power of Wellness as a way of life.

Here's how we guide you on this journey:

- Inspirational SPACES -

steeped in the therapeutic charm of nature

- Customised TREATMENTS -

centred around your unique wellbeing needs

- Premium PRODUCTS -

designed to enhance your health and wellness

- Transformational JOURNEYS -

meticulously crafted to invigorate your body, mind, and spirit

- Enriching CONTENT -

to guide you on integrating wellness into every aspect of your life

Embark on this journey with us to break away from stress, fatigue and despair. Choose to embrace a life of meaning, vitality, and serenity.

Your journey to a happier,  
healthier you starts here.

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

### KURHULA BODY RITUAL

“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.

90min R 1650

### SPIRIT OF AFRICA

This distinctive massage draws inspiration from traditional African elements, using Rungu massage sticks which symbolise strength and courage. It offers a rich and therapeutic experience, incorporating firm massage pressure techniques aimed at relieving deep muscular tension.

60min R 1100 | 90min R 1550

### HIMALAYAN SALT STONE RITUAL

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.

60min R 1100 | 90min R 1550

### THE TRAVELLER

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.

60min R 1100 | 90min R 1550

### MINDFUL MASSAGE

A connection to time-tested wellness traditions promoting a sense of calm. Combining gentle yoga movements and breathing, followed by our signature Aroma Wellbeing massage to enhance the sensory experience, inspiring awareness, and contributing to your overall well-being.

60min R 1100

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

### 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.

60min R 990 | 90min R 1350

### IMMUNE BOOST

Boost your body's natural defense system with our invigorating blend of Lemon, Tea Tree & Eucalyptus. This uplifting treatment with its anti-viral properties boosts respiratory health and improves the quality of sleep, vital for optimal immune function.

60min R 990 | 90min R 1350

### 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.

60min R 990 | 90min R 1350

### 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.

60min R 990 | 90min R 1350

### 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.

60min R 990 | 90min R 1350



We understand that you often have unique preferences and specific areas of tension or discomfort or the need to just feel heard.

## MADE-FOR-ME

Embrace your unique wellbeing needs by curating your massage experience, step-by-step. Get creative and choose your duration by combining, or doubling 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.

60min R 950 | 75min R 1200 | 90min R 1450

### 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  
Shea Butter | Coconut Balm

#### 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.

## CLASSIC SWEDISH

Stimulate, relax, and revitalise with this traditional massage.

60min R 900 | 90min R 1200

## DEEP TISSUE

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

60min R 1100 | 90min R 1400

## LEFIKA HOT STONE

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, contributing to an overall sense of well-being.

60min R 1100 | 90min R 1400

## IKETLA BACK, NECK & SHOULDERS

Focusing on addressing tension, discomfort, and stress in the upper body. This massage targets the areas commonly prone to tightness and muscle knots due to factors such as poor posture, stress, and sedentary lifestyles.

30min R 550 | 45min R 825

## PRESSURE POINT FOOT MASSAGE

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

30min R 550

## BLISSFUL SOLES

A sensory experience designed to provide relaxation and rejuvenation, with a specific emphasis on the lower legs and feet. Starting with a mineral-rich foot soak to relax the muscles and soften the skin, followed by a lower leg and foot Coconut Rose Salt Polish and a hot stone leg and foot massage.

45min R 850



## MOM-TO-BE PREGNANCY MASSAGE (After the first trimester)

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.

60min R 1100

## LYMPH DRAINAGE MASSAGE

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.

30min R 600

## CBD MASSAGE

The combination of various massage techniques and CBD oil aims to promote a more profound sense of relaxation together with enhancing the therapeutic effects and objectives. Choose your focus:

- Sports & Recovery** For sore and stiff muscles, pain and injury.
- Revive & Rejuvenate** Revitalise and invigorate the body and mind.
- Relax & Unwind** Relieve tension, stress and anxiety.

60min R 975 | 90min R 1320

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## YOUNG ADULTS (Ages 11-15)

CHILL OUT MASSAGE .....	30min R 500
EXPRESS FACIAL .....	30min R 400
TEEN MANI .....	30min R 320
TEEN PEDI .....	30min R 320

## TINY TOTS (Ages 6-10)

BACK MASSAGE .....	20min R 270
HAPPY FEET MASSAGE .....	20min R 245
PRINCESS POLISH .....	20min R 190





Sit back, relax, and breathe... Enhance your physical and mental wellbeing with the healing benefits of Salt Therapy. A 100% natural, risk free and effective treatment, offering everyone from children to adults, a drug free alternative to treat and control a variety of ailments and allergies.

ADULTS - PER SESSION (16 years +)	45min	R 400
CHILDREN - PER SESSION (6 - 15years)	30min	R 285
SALT ROOM & PRESSURE POINT MASSAGE	45min	R 835
ADULTS - 8 SESSIONS (per course)		R2800
CHILDREN - 8 SESSIONS (per course)		R2000

## Benefits of Salt Therapy

Salt Therapy focuses on the source of the problem, and does not just suppress the symptoms.

Benefits include:

- Kills viruses, bacteria and allergens
- Detoxifies the respiratory system (Asthma, Bronchitis & Sinusitis)
- Aids in healing skin conditions (Eczema & Psoriasis)
- Speeds up recovery from physical exhaustion or fatigue
- Promotes relaxation, calmness and better sleep
- Increases metabolism and promotes better digestion
- Helps to alleviate depression, anxiety and stress
- Elevates mental concentration and performance
- Strengthens the immune system

Salt enters the respiratory system, not the stomach, heart or kidneys. It is clinically proven that natural healing methods, such as Salt Therapy, is extremely effective with children, as it is a non-invasive therapy and medication free, children are unaware that they are undergoing therapy, as they passively inhale the micro-particles of salt.

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

## RASUL EXPERIENCE

A sensory steam experience incorporating a self-application of Coconut Rose Salt Body Polish and your choice of body mask from Amani's signature collection, followed by a tropical rain rinse, for more youthful and hydrated-looking skin.

45min R 715 | FOR TWO R 1200

## COCONUT ROSE SALT BODY POLISH

Experience the sublime touch of our Coconut Rose Salt Body Polish as it cleanses and exfoliates, leaving your skin radiant and irresistibly soft.

30min R 450

## AROMA BUBBLE BATH CEREMONY\*

An Aroma Infused bubble bath precedes an Amani signature body balm application, with a glass of bubbly to complete your ceremony.

30min R 395

## AROMA-MUD BODY WRAP\*

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.

75min R 1225

### \*Choose between...

<b>Hydrating</b>	Hydrates and nourishes dry skin
<b>Detox &amp; Slimming</b>	Improves circulation, eliminates toxins and promotes skin elasticity
<b>Immune Boost</b>	Strengthens body's natural defenses against immune-compromising infections
<b>Muscle Ease</b>	Promotes healing for muscular aches, pain & fatigue

A luxury, results-driven skin care range using the finest natural ingredients to provide visible improvements for a lasting and healthy skin tone.

## EXPRESS FACIAL

An introductory facial focusing on the essentials for skin health with a cleanse, exfoliation and moisturiser.

30min R 565

## CLASSIC FACIALS

**Moisturising** | For normal to dry skin . . . . . 60min R 1100

**Purifying** | For oily and problematic skin . . . . . 60min R 1100

**Vitalising** | For first signs of ageing . . . . . 60min R 1100

**Gentleman's** | Re-energise, revitalise, tired and fatigued skin . . . . . 60min R 1100

## AGE CONTROL FACIAL

A treatment designed to ease micro tensions and expression lines, leaving skin relaxed and radiant.

60min R 1250

## THERAPRO C VITAMIN TREATMENT

A brightening Vitamin C facial to even pigmentation, boost collagen and reduce fine lines.

60min R 1650

## THERAPRO AHA PEEL

A re-invigorating facial for instant glow and radiance, breathing life into a dull complexion.

60min R 1500

## MICRONEEDLING

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

90min R 1990

## ADD-ON TREATMENTS

Hydra Boost Ampoule – replenish moisture levels in the skin R 120

Algae Vitaliser Ampoule – revitalise dull, dry skin R 120

Detox Clay Mask – purify, refresh and clarify complexion R 225

ESSE is a South African, award winning, probiotic skincare technology boosting healthy skin to slow aging. It is a certified organic, vegan and cruelty free product.

### EXPRESS FACIAL

An introductory results-focused treatment for those who are looking for optimal results with limited time.

30min R 450

### ESSE EXPERIENCE FACIAL

A bespoke skincare experience, tailored to address your specific skin concerns based on a detailed skin analysis, harnessing the power of advanced pre- and probiotics to improve and protect your skin health.

60min R 825

### ESSE LIVE PROBIOTIC EXPERIENCE FACIAL

A skin treatment designed to address the signs of ageing by restoring microbial balance and rewilding the skin, ensuring long-term skin health. The ESSE™ Lifting Massage further enhances the treatment outcome and promotes complete relaxation..

75min R 1050

### ADD-ON TREATMENTS

Brightening Ampoule	- skin brightening booster	R 200
Clarifying Ampoule	- treats breakouts, inflammation & redness	R 200
Hyaluronic Ampoule	- deeply hydrates & plumps fine lines	R 200
Hydroboost Ampoule	- moisturises & rebalances skin	R 200
Intensity Ampoule	- reduces the appearance of expression lines	R 200

### Recommended Enhancements

LASH & BROW TINT	30min R 250
PURE SMILE TEETH WHITENING	45min R 975
IKETLA BACK MASSAGE	30min R 550



Essential care for your hands and feet for healthy-looking nails and a well-groomed finish, with a touch of personal style

EXPRESS MANICURE .....	30min	R 335
EXPRESS PEDICURE .....	30min	R 335
CLASSIC MANICURE .....	60min	R 510
CLASSIC PEDICURE .....	60min	R 540
CLASSIC MANI & PEDI DUO .....	90min	R 870

GEL MANICURE .....	75min	R 600
GEL PEDICURE .....	75min	R 635
GEL MANI & PEDI DUO .....	120min	R1100
GEL POLISH APPLICATION .....	30min	R 275
SOAK-OFF .....	30min	R 165

GENTLEMAN'S MANICURE .....	45min	R 385
GENTLEMAN'S PEDICURE .....	45min	R 410
GENTLEMAN'S MANI & PEDI DUO .....	90min	R 715

MEDIHEEL TREATMENT .....	15min	R 175
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SPRAY TAN .....	30min	R 460
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SPRAY TAN WITH BODY EXFOLIATION .....	45min	R 650
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PURE SMILE TEETH WHITENING

100% Natural teeth whitening – quick, efficient, and painless.

45min R 975

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

## TINTING

EYELASH .....	R 170
EYEBROWS .....	R 120
LASH & BROWS .....	R 250

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## WAXING

FACE .....	R 355
EYEBROWS .....	R 165
LIP .....	R 165
CHIN .....	R 165
UNDERARM .....	R 225
HALF ARM .....	R 235
FULL ARM .....	R 330
BIKINI .....	R 255
G-STRING .....	R 280
BRAZILIAN .....	R 400
HOLLYWOOD .....	R 450
FULL LEG .....	R 525
HALF LEG .....	R 350
CHEST .....	R 345
ABDOMEN .....	R 225
HALF BACK .....	R 290
FULL BACK .....	R 440

## CUT & BLOW DRY

	Short	Medium	Long	X-Long
LADIES CUT	R 450	R 500	R 550	R 650
BLOW DRY	R 350	R 450	R 550	R 650
CUT & BLOW DRY	R 500	R 600	R 700	R 750

KIDS CUT (under 13yrs) ..... R 300

GIRLS CUT & BLOW DRY (under 13yrs) ..... R 400

## KERATIN SMOOTH TREATMENT

	Short	Medium	Long	X-Long
FINE HAIR	R 1000	R 1400	R 2000	R 2400
THICK HAIR	R 1200	R 1800	R 2400	R 2800

## COLOUR

	Short	Medium	Long	X-Long
TINT	R 650	R 750	R 850	R 1150
HALF HEAD HIGHLIGHTS	R 750	R 850	R 950	R 1150
FULL HEAD HIGHLIGHTS	R 950	R 1150	R 1350	R 1650
TONER	R 350	R 450	R 500	R 650
TREATMENT	R 350	R 450	R 550	R 600

## BARBERING

GENTS CUT ..... R 375

CLIPPER CUT ..... R 300

WASH & STYLE ..... R 150

NECK & EAR TIDY ..... R 200

### Hair Treatment Add-on:

CURLING / FLAT IRON

R 100

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

Savour this special time together with an **Aroma Bath Ceremony** or **Rasul for Two** followed by our signature **90min Kurhula Body Ritual**. Finishing with a glass of bubbly, and a **Spa Gift** to continue your journey at home.

**3.5hrs R 3900**

### TIMELESS ESCAPE

A classic escape from your daily stresses. Unwind and recharge with a **60min Swedish Massage**, a nourishing **Babor™ Moisturising Facial** and a picture-perfect **Classic Pedicure**.

**4hrs R 2400**

### HIMALAYAN ROSE

Experience the balancing and mineral-rich benefits of Himalayan salt and coconut with a smoothing **30min Coconut Rose Salt Body Polish** followed by a restorative and energising **60min Himalayan Salt Stone Massage** and revitalising **75min ESSE™ Live Probiotic Facial** and **15min Foot Massage**.

**4hrs R 2725**

### GIFT OF WELLNESS

Give yourself the gift of wellness with this beautiful spa journey. Begin your journey with a **75min Aroma-Mud Body Wrap** of your choice, followed by a complementing **60min Aroma Wellbeing Massage**. The **60min ESSE™ Facial** redefines skin health, while the added **EyeBrow Tint** complements your look. Includes a **Spa Gift** to take home.

**4.5hrs R 3000**

### TOP TO TOE

The ultimate in immersive me-time. Start off with a cleansing **Rasul Experience**, followed by a **60min Aroma Wellbeing Massage** and **ESSE™ Experience Facial**. A delightful **Classic Manicure** and **MediHeel Pedicure** will complete your top-to-toe treat.

**6hrs R 3300**





## Tailor-made Experiences - pricing on request

Experience our unique therapeutic SALT ROOM. Perfect for any occasion:

- Yoga and meditation
  - Sound therapy journeys
  - Lifestyle workshops
  - Pamper groups
  - Bridal or baby showers
  - Book clubs
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## Spa Corporate Wellness

We recognise companies' requirements, and have the facilities and expertise to facilitate each corporate's objectives and budget for:

- Staff motivation
- Optimising employee performance levels
- Executive & employee wellbeing
- Enhancing client relationships with value-adding benefits:

Spa Days

Pop-Up Spas

Corporate Gifts

Executive Retreats

Getaways

Teambuilding Events



**SPA OPERATING HOURS:**

Monday to Sunday, including public holidays. From 08:00 – 20:00.

**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:**

Please arrive at least 15-minutes prior to your treatment time to complete the registration process. A late arrival may result in a shorter treatment, or possibly even a 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:**

We will provide you with a gown and a pair of slippers to support our no-nudity policy as well as a locker for safe storage of your personal items for the duration of your spa visit.

**SAFETY REGULATIONS:**

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

**PAYMENT:**

We accept cash, 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 an 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 utilizing the facilities and equipment on these premises does so entirely at their own risk and agrees that the Amani Spa, its owners, directors, the management, therapists and employees, and/ or the Radisson Blu Hotel Waterfront Cape Town, its owners, directors, the management and employees 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. To its right is a dark blue square containing the word "BLU" in white, uppercase, sans-serif font. Below "Radisson" is a thin blue horizontal line. Underneath the "BLU" square, the words "HOTEL WATERFRONT" and "CAPE TOWN" are stacked in a white, uppercase, sans-serif font.

Radisson **BLU**  
HOTEL WATERFRONT  
CAPE TOWN