

WHERE YOU GET TO LEAVE IT ALL BEHIND ..







WELCOME TO A HAVEN OF Effortless Relaxation...

Welcome to Mangwanani Boutique Spa, where relaxation and rejuvenation meet the rich and vibrant traditions of Africa.

Our spa offers a unique experience that embraces the African continent's healing and wellness practices, providing a tranquil escape from the stresses of modern life.

Our expert therapists are trained in a range of traditional African therapies. Whether you're seeking a soothing massage to ease tense muscles or a spa package to relax and rejuvenate, we have relaxation therapies that will leave you feeling revitalised and renewed.

We believe that wellness and relaxation are not just indulgences but essential components of a healthy and balanced lifestyle. Our spa experience will help you to reconnect with yourself, rejuvenate your senses, and restore your energy and vitality.

Let us take you on a journey of self-discovery and relaxation that will leave you feeling refreshed and relaxed.

Facial Care Collections

MANGWANANI AFRICAN RITUALS FACIAL

Mangwanani Relaxation Pressure Point Facial

This 100% Natural Facial relaxes and rehydrates the skin.

A Luxurious Milk Cleanser with cucumber extracts cleanses and an Apricot Oil and Kernel Exfoliant gently revives the skin while you enjoy a Relaxing Pressure Point Facial and Shoulder Massage using an Avocado Oil Infused Shea Butter.

A Blue Green Algae Face Mask is applied which assists with hydration, followed by an Alcohol Free Witchazel Toner which balances the PH and a Lipoderm Infused Moisturiser that nourishes the skin.

Leaving your skin feeling refreshed and renewed with an amazing glow.

60 minute | R650

BABOR FACIALS

BABOR Express Facial

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

30 minute | R565

BABOR Classic Facials

Moisturising | For normal to dry skin | 60 minute R1100

Purifying | For oily and problematic skin | 60 minute R1100

Vitalising | For first signs of ageing | 60 minute R1100

Gentleman's | Re-energise and revitalise tired and fatigued skin | 60 minute R1100

BABOR Age Control Facial

This Luxurious BABOR facial treatment is specifically designed to prevent cellular skin damage and provide a more youthful glow. An ageless experience combining stem cell extracts with individualized active ingredients to target the needs of skin that has been exposed to environmental damage. A tailored made luxurious facial experience that will restore radiance, hydration and reverse the signs of ageing. Delicate textures will melt into the skin as we nourish and restore beauty to your complexion.

Leaving your skin looking and feeling relaxed and rosy.

Cleansing | Peeling | Ampoule Application | Lifting Massage | Individual Finishing Treatment 60minute | R1 250

BABOR TheraPRO C Treatment

This antioxidant facial packed with vitamin C targets dull tired skin. Evens out irregular pigmentation, stimulates collagen synthesis and minimizes fine lines and wrinkles.

60 minute | R1 650

BABOR TheraPRO AHA Peel

Inflamm-aging is a growing concern in the aging process. This treatment is the latest innovation in non-invasive skin resurfacing. A unique blend of AHA's and controlled pH value of the TheraPRO peels work from the inside out without inflammation. Suitable for all skin types and targeting conditions of rough, dry, oily skin, enlarged pores, hyperpigmentation, tired or dull complexion. Signs of ageing are diminished immediately; the skin is more youthful over time.

60 minute | R1 500

BABOR Microneedling

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

90 minute | R1 990

BABOR Add-On Treatments

Hydra Boost Ampoule | Replenish moisture levels in the skin | R120

Algae Vitaliser Ampoule | Revitalise dull, dry skin | R120

Detox Clay Mask | Purify, refresh and clarify complexion | R225

ESSE FACIALS

ESSE Express Facial

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

30 minute | R450

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.

60 minute | 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 ESSETM Lifting Massage further enhances the treatment outcome and promotes complete relaxation.

75 minute | R1 050

ESSE Add-On Treatments

Brightening Ampoule | skin brightening booster | R200

Clarifying Ampoule | treats breakouts, inflammation & redness | R200

Hyaluronic Ampoule | deeply hydrates & plumps fine lines | R200

Hydroboost Ampoule | moisturises & rebalances skin | R200

Intensity Ampoule | reduces the appearance of expression lines | R200





MORGAN TAYLOR SPA MANICURE OR PEDICURE

Spoil yourself with a 60 minute Morgan Taylor Spa Manicure or Pedicure: file, cuticle care, exfoliation, massage and a splash of Morgan Taylor polish.

Manicure R350 | Pedicure R400

MANGWANANI AFRICAN EXPRESS MANICURE OR PEDICURE

In a hurry? Take 30 minutes out of your busy schedule for a Mangwanani African Express Manicure or Pedicure:

Nail work, cuticle work, file and buff.

Manicure or Pedicure R200

MANGWANANI EXECUTIVE MEN'S GROOMING

60 minute Manicure or pedicure:

Nail work, cuticle care, buff, shine, scrub and massage

Manicure R 250 Pedicure R 320

GFLISH

Gelish Manicure or Pedicure: 21 days of long wear with no chipping or nail damage, soak off gel that applies like a polish but dries instantly with superior colour and a high gloss.

Gelish Manicure R 500 File, cuticle care, exfoliation, massage with a Gelish application

Gelish Pedicure R 500 Nail shape, cuticle care, exfoliation, foot file, massage with a Gelish application

ACRYLIC

NEW SET	ACRYLIC SET	ACRYLIC GEL HYBRID SET
1 Nail Demo	15min	15min
Sculptured Acrylic Nails 1-4	90min R550	120min R650
Sculptured Acrylic Nails 5 – 7	150min R650	150min R750
Sculptured Acrylic Nails 8 – 10	150min R850	180min R950
Acrylic Overlay on Natural Nails	90min R400	90min R480
Tips with Acrylic Overlay	75min R500	
Add Gel Polish	30min R250	30min R250
Add manicure	20min R150	20min R150
MAINTAIN YOUR SET		
Acrylic fill - 1 Week	45min R170	60min R170
Acrylic fill - 1.5 Week	45min R220	60min R220
Acrylic fill - 2 Week	60min R270	70min R270
Acrylic fill - 2.5 Week	60min R320	70min R320
Acrylic fill - 3 Week	60min R370	70min R370
Acrylic fill - 3.5 Week	60min R420	70min R420
Acrylic fill - 4 Week	60min R470	90min R470
File Down (Shorten)	30min R80	30min R80
Shape & Buff (Reshape)	30min R180	30min R180
Acrylic File Off (80%) add new colour	90min R470	90min R470
Acrylic Soak Off / File Off	60min R100	60min R100
One Acrylic Nail Repair	30min R55-R85	30min R55-R85
- add Gel Polish	30min R250	
- add Manicure	20min R150	



ADD NAIL ART

Marble Nail Art per nail	15min	R25
2-3 Dazzle Stones per nail	15min	R25
Encapsulated Dried Flower Nail Art per nail	15min	R35-R80
Basic Nail Art per nail	15min	R25-R80
Basic Nail Art 4 fingers	30min	R80
Full Set Basic Nail Art	60min	R250
Bridal Nail Art per nail	30min	R35-R60
Bridal Nail Art per nail (lace Encapsulation 3D)	30min	R50-R100
Chrome per nail	15min	R25
Full Set Chrome	45min	R200
Swarovski One Stone	5min	R10
Swarovski half nail	10min	R25-R50
Swarovski full nail	15min	R50-R100
3D Nail Art	30min	R35-R80

Lash Extensions

Full set	R500
2 Week fill	R250
Removal	R150

Teeth Whitening - 45 minutes

Tinting & Waxing

TINTING	
EYELASH	R170
EYEBROWS	R120
LASH & BROWS	R250
WAXING	
FACE	R355
EYEBROWS	R165
LIP	R165
CHIN	R165
UNDERARM	R225
HALF ARM	R235
FULL ARM	R330
BIKINI	R255
G-STRING	R280
BRAZILIAN	R400
HOLLYWOOD	R450
FULL LEG	R525
HALF LEG	R350
CHEST	R345
ABDOMEN	R225
HALF BACK	R290
FULL BACK	R440





Mangwanani Massage Collections

MOLALA

(North African Head, Neck and Shoulder Massage)

An enchanting North African Head, Neck and Shoulder massage with your choice of our Mangwanani Signature Natural Aromatic Oils - Calming, Revitalizing or Nurturing, This massage uses acupressure points to relax and relieve tension.

> 30 minute | R450 60 minute | R750

NEO MAOTO

(Royal African Foot Pressure Point Massage)

An Uplifting Royal African Pressure Point Foot Massage with a Luxurious Lemongrass Cream Infusion.

Take a moment to replenish, revitalise and re-energise.

30 minute | R450 60 minute | R750

NFO MATSOGO

(Royal African Hand Pressure Point Massage)

An Indulgent Royal African Hand Massage with a Luxurious Lemongrass Cream Infusion followed by a Pressure Point Stress Relieving Hand Massage to restore balance and relieve tension.

> 30 minute | R450 60 minute | R750



171MANGA

(Rejuvenating Full Body Hot Stone Massage)

A Traditional Full Body Massage using Hot Stones to channel heat and energy for complete muscle stimulation and relaxation. Using our 100% Mangwanani Natural Aromatic Oils with your choice of either a Calming, Nurturing or Revitalising oil blend that places the mind and body at complete stillness and relaxation whilst relieving muscle aches and tension.

60 minute | R1 100 90 minute | R1 400

UMHLANE

(Reviving Full Back Massage)

A Full Back Massage using our 100% Mangwanani Natural Aromatic Oils with your choice of either a Calming, Nurturing or Revitalising oil blend - the ultimate in relaxation and rejuvenation.

30 minute | R600 60 minute | R800

CLASSIC SWFDISH

Stimulate, relax, and revitalise with this traditional massage.

60 minute | R900 90 minute | R1 200

DFFP TISSUF

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.

60 minute | R1 100 90 minute | R1 400



Signature Massage Collections

MANGWANANI HIMALAYAN SALT STONE RITUAL

A restorative ritual incorporating the therapeutic benefits of Mangwanani African Rituals Shea Butter, the immune-boosting properties of Himalayan salt stones, and the overall intention of promoting well-being.

An experience that goes beyond traditional massages.

60 minute | R1 100 90 minute | R1 550

MANGWANANI SOUL OF AFRICA JOURNEY

Relaxation from the soles up. Starting with a mineral-rich foot soak, a Grapeseed and Crystal Polish followed by a luxurious foot and leg massage, concluded with a tension-releasing back or full body massage using Mangwanani African Rituals Shea Butter, for a well-rounded journey.

60 minute | R1 100 90 minute | R1 550

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.

60 minute | R 975 90 minute | R1 320

MANGWANANI AFRICAN RITUALS BODY SCRUB

A vigorous and rejuvenating Full Body Exfoliation that combines modern knowledge with ancient African wisdom to cleanse the body of dead and aging skin cells. For younger, more radiant and rejuvenated Skin.

60 minute | R600

YOUNG ADULTS (Ages 11-15)	
CHILL OUT MASSAGE	30 minute R500
EXPRESS FACIAL	30 minute R400
SALT ROOM WITH FOOT MASSAGE	30 minute R400
MANGWANANI AFRICAN RIUTUALS BACK SCRUB & MASSAGE	30 minute R515
TINY TOTS (Ages 6-10)	
MINI BACK MASSAGE	30 minute R270
HAPPY FFFT MASSAGE	30 minute R245

FACILITIES DAY SPA (per person)

Access to the Wellness Centre Sauna, Steam Room and Heated Indoor Pool.

60 minute | R300 180 minute | R750



The Salt Room

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 +)	45 minute R400
CHILDREN - PER SESSION (6 - 15years)	30 minute R285
SALT ROOM & PRESSURE POINT MASSAGE	45 minute R835
ADULTS - 8 SESSIONS (per course)	R2 800
CHILDREN - 8 SESSIONS (per course)	R2 000

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.



Signature Spa Packages

All packages include a light spa breakfast or lunch (1 hour included in package time)

MANGWANANI AFRICAN REVITALISATION FULL DAY SPA

Escape and enjoy a day of pure serenity from 9am-5pm.

Your fulln day spa package Includes a breakfast and bubbly on arrival followed by a lunch.

You are treated to six luxurious 60 minute Mangwanani African Rituals Treatments that include: A Mangwanani Relaxation Facial with a special Facial Pressure Point Massage; A Full Body Exfoliation; a Full Body Massage with Hot Stones with your choice of our three 100% natural Mangwanani Aromatic Oils – Calming, Revitalising and Nurturing; an enchanting North African Head, Neck and Shoulder Massage; an uplifting therapeutic Foot Pressure Point Massage with a Warm Rose Petal Soak and Sugar Exfoliation and an indulgent African Hand Massage with an African Cleansing Ritual.

Enjoy a herbal tea infusion while you relax at our spa facilities: Indoor Spa Pool | Steam Room | Sauna

8 Hours | R3 999pp (excludes additional beverages)

MANGWANANI HARMONIOUS HALF DAY SPA

Indulge in tranquillity and enjoy a Half Day Breakfast or Lunch Spa with bubbly on arrival and three rejuvenating 60 minute Mangwanani African Ritual Therapies:

a Full Body Massage with Hot Stones and your choice of our three 100% natural Mangwanani Aromatic Oils – Calming, Revitalising and Nurturing; an enchanting North African Head, Neck and Shoulder Massage; an uplifting Therapeutic Foot Pressure Point Massage with a Warm Rose Petal Soak and Sugar Exfoliation.

A morning or afternoon of pure bliss for the ultimate relaxation retreat.

R1 899pp

8am to 12am (Breakfast) or 1pm to 5pm (Lunch) (excludes additional beverages)

MANGWANANI ROYAL AFRICAN MOONLIGHT SPA

Relax into the evening with our Royal African Night spa as you allow the healing hands of our therapists to rejuvenate your mind and body. Package includes bubbly on arrival, a delectable buffet style dinner with juice station and three rejuvenating 60 minute African Ritual Therapies:

a Full Body Massage with Hot Stones and your choice of our three 100% natural Mangwanani Aromatic Oils – Calming, Revitalising and Nurturing; an enchanting North African Head, Neck and Shoulder Massage; an uplifting Therapeutic Foot Pressure Point Massage with a Warm Rose Petal Soak and Sugar Exfoliation.

4 Hours | R1 999pp (excludes additional alcoholic beverages)

MANGWANANI COUPLES BLISS SPA

Savour this special time together with a session in our jacuzzi followed by our signature 90 minute Mangwanani Full Body Hot Stone Massage. Finish with a bottle of bubbly.

3.5 Hours | R3 900 per couple

MANGWANANI TRAVELLERS REVIVE

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

4 Hours | R2 400 per person

MANGWANANI HIMALAYAN SALT SIGNATURE JOURNEY

Experience the balancing and mineral-rich benefits of Himalayan Salt with a smoothing 30 minute Grapeseed and Crystal Polish followed by a restorative and energising 60 minute Himalayan Salt Stone Massage, a revitalising 75 minute ESSE Ampoule Probiotic Live Facial and a 15 minute Royal African Foot Massage.



MANGWANANI AFRICAN TRANQUILITY

Restore your energy levels with an invigorating 60 minute Traditional Full Body Massage with hot stones, followed by a stress reducing 60 minute North African Head, Neck and Shoulder Massage. Making this a perfect relaxation retreat.

3 Hours | R1 799 per person

MANGWANANI MOM-TO-BE MARULA OIL PREGNANCY MASSAGE

Escape and take some much needed time-out to recharge, restore and renew with a 60 minute Mangwanani African Rituals Facial followed by a 60 minute Marula-Infused Expectant Mom Massage. An indulgent treat for mom-to-be using our Signature Marula Oil Blend which is considered sacred.

The Marula Tree is linked to fertility and happiness. This essential oil is extracted from the Marula fruit kernels which are rich in antioxidants and amino acids. According to Venda culture the bark infusions from the Marula Tree can be used to determine if your baby is a boy or girl. Pregnancy is accompanied by constant hormonal and body changes and Marula Oil assists in strengthening the skins elasticity for lesser occurance of skin damage from your growing bundle of joy. Enjoy the feeling of complete tranquility, alleviate common aches, growing body pains and enhance relaxation allowing you to embrace your gift of new life.

3 Hours | R2 299 per person

MANGWANANI HIMALAYAN SPA RETREAT

An Out-of-this-World Spa Experience! This Himalayan Salt Experience will transport the body and mind into a realm of rejuvenation, leaving you feeling invincible. Its grounding properties help to improve sleep and balance the central nervous system.

Your journey starts with a Full Body Grapeseed and Crystal polish which renews skin cells and reveals soft glowing skin. Once the scrub is showered off, your body is pampered with an expert stress-dissolving 60 minute Full Body Massage with our Signature Mangwanani Shea Butter and Oil Blend with your choice of either Calming, Nurturing or Revitalising. This relaxing experience ends off with a 30 minute Salt Room Relaxation.

2,5 Hours | R1 899

Hair Salon

CUT & BLOW DRY	Short	Medium	Long	X-Long
LADIES CUT	R300	R350	R400	R500
BLOW DRY	R350	R400	R500	R550
CUT & BLOW DRY	R450	R550	R650	R750
KIDS CUT (under 13yrs)				R200
GIRLS CUT & BLOW DRY (under 13yrs)				R300
KERATIN SMOOTH TREATMENT	Short	Medium	Long	X-Long
FINE HAIR	R800	R1 200	R1 800	R2 200
THICK HAIR	R1 000	R1 600	R2 200	R2 600
COLOUR	Short	Medium	Long	X-Long
TINT	R450	R590	R790	R990
BLEACH (only)	R570	R630	R700	R800
BLEACH & TINT	R770	R830	R950	R1 000
HIGHLIGHTS (per foil)	R60	R75	R90	R110
1/2 HEAD HIGHLIGHTS	R560	R700	R800	R990
FULL HEAD HIGHLIGHTS	R750	R1 000	R1 200	R1 450
TONER	R280	R350	R400	R570

Hair Treatment Add-on:

Please enquire at the salon for more information



ETHNIC HAIR

RELAXER	R550
RELAXER & STYLE	R650
RELAXER, CUT & STYLE	R800
TREATMENT	R350 - R450
WASH & BLOW DRY / STYLE	R350
CUT & STYLE	R450
TREATMENT, CUT & STYLE	R650
LACE WIG TREATMENT	R650
WIG INSTALLATION	R550
DRY CURLS	R450
DREADLOCKS - STAR	R800
DREADLOCKS - STYLE	R350
DREADLOCKS - TWIST & STYLE	R650
PONDO	R350
PONDO LONG	R450
UNDO BRAIDS	R200
S-CURL & CUT.	R550
BARBERING	
GENTS CUT	R280
CLIPPER CUT	R200
HEAD SHAVE (BALD)	R300
WASH & STYLE	R100
NECK & EAR TIDY	R100
EAR / NOSE WAX	R110
BEARD TRIM	R150
HOT TOWEL SHAVE	30min R490
EXPRESS FACIAL & SHAVE	45min R650



Mangwanani African Spa is a True African Spa

Destination Experience, Committed to

Empowerment and Responsible Tourism.

By marrying Western Cultures with Ancient African Rituals, guests are pampered with decadent therapies for total relaxation of body, mind and soul. Mangwanani is suitable for couples, groups and individuals of all ages.

By unleashing the natural, inherent ability of previously disadvantaged women through training and development, Mangwanani offers a rare experience of African indulgence that blesses the body and soul through Ancestral Therapies.

Mangwanani is committed to serving a social responsibility, sustainable development and empowerment through job creation.

By uplifting local communities nationally, Mangwanani provides a quality african Experience, and value for money, by committed, empowered and happy people.



SPA ETIQUETTE

Mangwanani Boutique Spa would like all guests to have the most tranquil and indulgent experience possible when visiting any of our spas, nationwide. With this aim in mind, we have produced a general set of etiquette guidelines for you to keep in mind before your decadent experience with us.

We have created these guidelines to ensure that everyone visiting Mangwanani Boutique Spa Radisson has the very best experience possible: therefore, we deeply appreciate and respect your adherence to these guidelines.

- Arrive 15-20 minutes prior to treatments to complete an indemnity card
 - Ensure to wear bathing suits when using facilities or wet areas
- Please keep your cell phone switched off throughout your experience at the spa the reason: cell phones can be disruptive to your revitalisation experience and can interfere with treatments as well as being disturbing to other guests.
- Please note that other guests will be present at the spa during your stay and we ask that you keep noise to a minimum so that the tranquil experiences of other guests are not disrupted.
 - Please only smoke in designated areas, smoking in non-designated areas is illegal and prohibited.
 - If necessary, please moderate your alcohol intake as excessive consumption can lead to unruly behaviour This can impact on your treatments as well as the serene experiences of other guests.
- Please refrain from sexually suggestive and/or inappropriate behaviour as it distracts from Mangwanani's philosophy of peace and tranquillity.
- Our therapists are trained to make your stay with us as comfortable as possible, should you feel in anyway uncomfortable with our treatments or service please advise an on-site manger immediately.
 - Demeaning and/or abusive behaviour towards our therapists and staff members will not be tolerated: should you wish to make a complaint please notify an on-site manger immediately.





OPERATING HOURS:

Monday to Saturday from 08h00am – 21h00pm

Sunday from 08h00am - 18h00pm

Address: 3rd Avenue, Bredell AH, Kempton Park, Johannesburg, 1620

Please call reception on: (010) 541 1320 if you would like to make a Reservation

Central Reservations: 087 809 0055 Email: info@mangwanani.co.za www.mangwanani.co.za



















