



## 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 Journeys, 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**

### **Symphony Of Sensations**

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.

**60min R 1100**

### **Spirit Of Africa**

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.

**60min R 1100 | 90min R 1550**

### **Himalayan Salt Crystal 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**





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

**60min R 930 | 75min R 1160 | 90min R 1390**

#### 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

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 890 | 90min R 1250

### **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:**

- Coconut Rose salt body polish OR Citrus Body Polish
- Aroma mud body wrap



A bespoke massage collection using specialised techniques to offer a unique experience | Subject to therapist availability.

### **Deep Tissue Massage**

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.

**60min R 1100 | 90min R 1380**

### **Cooling Therapy Massage**

An area-focused massage designed to reduce pain, swelling, and inflammation concentrating on trigger points with cold basalt stones and a cooling recovery gel. Choose your focus area: back of legs, front of legs, back & shoulders, or arms.

**30min R 575**

### **Warm Trigger Point Massage**

An area-specific massage focused on trigger points to provide deep relaxation, using hot basalt stones or salt crystals. Choose your focus area: back of legs, front of legs, back & shoulders, or arms.

**30min R 575**

### **Reflexology**

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

**45min R 650**

### **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 575**

### **Mom-to-be Pregnancy Massage** (After 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 890**





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

### **CBD Massage**

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.

60min R 925 | 90min R 1285

### **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, instilling an overall sense of well-being.

60min R 1100 | 90min R 1380

### **Blissful Soles**

A sensory experience focused on the lower legs and feet, featuring a mineral-rich foot soak, lower leg and foot exfoliation, and a hot stone foot massage.

45min R 715

### **Iketla Back, Neck & Shoulders**

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.

30min R 475 | 45min R 700

### **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 475

### **Indian Head Massage**

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.

30min R 475



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

### **Sensation Shower Experience**

A sensory shower 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 nourishing body butter application.

**30min R 470 | For TWO R 820**

### **Rose Salt Body Polish**

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

**30min R 450**

### **Body Brushing**

Encourages lymphatic flow, detoxifies the skin and helps to get rid of dead skin cells and encourages better product absorption.

**30min R 325**

### **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. 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.

**75min R 1200**



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**

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.

30min R 455

**ESSE™ Experience Facial**

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.

60min R 910

**ESSE™ Live Probiotic Experience**

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.

75min R 1045

**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 and a well-groomed finish, with a touch of personal style

### **Express Manicure OR Express Pedicure**

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

**30min R 300**

### **Classic Manicure**

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.

**60min R 470**

### **Classic Pedicure**

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.

**60min R 520**

### **Classic Mani & Pedi Duo**

A wonderful combination of our Classic Manicure and Pedicure.

**120min R 840**

### **Gentleman's Manicure**

A luxurious grooming treatment to renew and revitalise hands. Including an exfoliation, nail shaping, cuticle work and a relaxing hand and arm massage. Completed with a buff and shine of the nails.

**45min R 350**

### **Gentleman's Pedicure**

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.

**45min R 390**

### **Gentleman's Mani & Pedi Duo**

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

**90min R 660**



Gelish® Soak-Off Gel combines the vibrant, glossy finish of traditional polish with the long-lasting strength of the gel, ensuring your nails look flawless for weeks.

**Gel Polish Manicure**

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

75min R 570

**Gel Polish Pedicure**

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

75min R 600

**Gel Polish Mani & Pedi Duo**

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

150min R 995

Enhance your natural nails with length, strength, and a flawless finish. Soft Gel Tips offer a lightweight, natural-looking alternative to traditional nail extensions.

Soft Gel Tips   Nail Lacquer .....	45min	R 465
Soft Gel Tips   Gel Polish .....	60min	R 570
Backfill with polish .....	30min	R 330
Backfill with Gelish .....	45min	R 435

**Add-on Treatments**

Mediheel Treatment .....	15min	R 170
Gel Polish Soak Off .....	30min	R 100
Soft Gel Tips Soak Off .....	30min	R 100
Gel Polish Application .....	30min	R 260
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

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

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



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 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.

**3.5hrs R 4100**

**Me Time** | A refreshing Citrus & Marula Body Polish, followed by a blissful Bath Ceremony. Journey further into relaxation with a 60min Aroma Wellbeing Stress Release Massage and step out with your best foot forward, ending off with a Classic Pedicure and Nourishing Foot Mask.

**4hrs R 2200**

**Timeless Escape** | A classic escape from your daily stresses. Unwind and recharge with a 90min CBD Massage, a nourishing 30min Express Facial and a picture-perfect 60min Express Mani/Pedi Duo.

**4hrs R 2230**

**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 2650**

**Gift Of Wellness** | Give yourself the gift of wellness with this beautiful spa journey of therapeutic synergies. Begin with a 75min Aroma-Mud Body Wrap of your choice, followed by a complementing 60min Aroma Wellbeing Massage. The 30min Indian Head Massage with an added Eye Treatment provides the perfect conclusion, leaving you feeling relaxed and refreshed Includes a Spa Gift to take home.

**4hrs R 2875**

**Top To Toe** | An invigorating Rose Salt Body Polish, followed by 60min Aroma Wellbeing Massage, 60min ESSE™ Experience Facial and 90min Classic Mani/Pedi Duo will complete your top-to-toe treat.

**5hrs R 3100**



The same philosophy as skincare, KEVIN.MURPHY products are weightlessly designed to deliver performance, strength and longevity; combining hi-tech scientific knowledge with the best natural ingredients available, while always remaining kind to the environment.

Cut & Blow Dry

Kids Cut (under 13yrs)	R 175
Girls Cut & Blow Dry (under 13yrs)	R 245
Ladies Cut (only)	R 225
Gents Cut	R 180
Gents Wash & Style	R 125

	Short	Medium	Long	X-Long
Blow Dry (only)	R 210	R 260	R 310	R 360
Cut & Blow Dry	R 300	R 350	R 400	R 450
Upstyle	R 450	R 350	R 450	R 575

MIZANI – Award-winning professional products for wavy, curly, and coily hair.  
No matter the texture, we've got you covered.

Ethnic Hair

Wash & Blow Dry	R 285
Wash & Blow Dry with Treatment	R 395


Add-on Treatments

Curling OR Flat Iron	R 90
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## 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



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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 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 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 background of the entire page is a vibrant teal color with a complex, wavy pattern of fine, concentric lines that create a sense of movement and depth, resembling a stylized ocean or a close-up of a textured surface.

# Radisson

SAFARI HOTEL  
HOEDSPRUIT

*Transform your life*