



TREATMENT MENU

2015

THERANAKA

TheraNaka™ is the perfect balance between the scents and herbs of Africa and the traditional rituals of its ancient inhabitants. Developed to take you on a journey that will open your eyes to the beauty and wonder that is Africa, TheraNaka™ will also show you the need of preserving and caring for this mother continent

THERANAKA™ MASSAGE TREATMENTS

BACK MASSAGE

Relieve the muscle tension and aches from everyday work and activities with this ever popular quick fix massage.

HOLISTIC FULL BODY MASSAGE

Enjoy the freedom of choosing your favourite scent from our selection of Marula-herb infused fusion body oils to address your every need whilst restoring balance.

TheraNaka™ African Peace - Relaxing
TheraNaka™ African Recharge - Uplifting
TheraNaka™ African Storm - Detoxifying
TheraNaka™ African Earth - Safe and soothing
TheraNaka™ African Vigour - Invigorating

REFLEXOLOGY FOOT TREATMENT

By using the zones on the feet as maps of the body that correspond to organs and systems, the gentle pressure will release blockages and restore the free flow of energy to the whole body

THERAVINE™ HAIR AND SCALP TREATMENT

Experience self-indulgence during an ultra relaxing, stress relieving scalp massage using a stimulating scalp tonic after which a conditioning hair oil and intensive hair mask is applied to leave your hair silky soft and shining.

THERANAKA™ BODY EXFOLIATION

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.

GRAPE INFUSED SPONGE SOAP EXFOLIATION

Your body is cleansed with an exfoliating sponge embedded with a concoction of red grape skin extract, redbush extract and vegetable soap – something totally unique!

BACK MASSAGE TREATMENT

A warm aroma blend infused with circulatory-boosting essential oils is coupled with a deep tissue massage relieving deep seated tension all the way to the core of the muscle. A refreshing gel is applied, leaving your body feeling refreshed and invigorated

HOT STONE MASSAGE

We comfort your muscles into relaxation by the warmth induced through heated basalt stones. It can be added to a back massage or full body massage.

EXTEND YOUR 60MIN TO 90MIN

If one hour of pure bliss just isn't enough, prolong your pleasure to 90 min.

RASUL CHAMBER EXPERIENCE

Lull yourself into serenity with our Rasul Chamber – cover yourself with mineral rich body mud and be enveloped in warm steam. 'Rain' will shower away the body mud and your stress with it.

TheraNaka™ Apricot Kernel Body Cream Scrub
TheraNaka™ Geranium And Pine Sugar Scrub
TheraNaka™ Marula And Sandalwood Suar Buff
TheraNaka™ African Earth Salt Polish

ThERANAKA™ BODY WRAP TREATMENTS

To commence this sensory journey you will receive a full body exfoliation, followed by a herbal fusion back or legs massage. Let your mind drift off 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!

TheraNaka™ Detoxifying Mud Wrap
TheraNaka™ Uplifting Mud Wrap
TheraNaka™ Relaxing Aloe Ferox Gel Wrap
TheraNaka™ Revitalising Gel Wrap
TheraNaka™ Muscle Release Mud Wrap

SCULPT-O-VINE™ CELLULITE TREATMENT

Reduces the appearance of cellulite and enhance your natural body shape by improving microcirculation, optimizing lipolysis and strengthening the epidermis of your skin with this ground-breaking new scientific, active-based treatment!

ThERANAKA™ HAND AND FOOT TREATMENTS

ThERANAKA™ HAND RITUAL/TREATMENT

Ideal for the “always working hands”. Experience the healing touch as your hands and forearms are gently exfoliated with re-mineralising Atlantic sea salts, following by an ultra relaxing massage that addresses every exhausted muscle in your hands and arms with its soothing qualities.

ThERANAKA™ FOOT RITUAL/TREATMENT

This “soleful” 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.

ThERANAKA™ MANICURE

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

ThERANAKA™ PEDICURE

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 gorgeous new feet

BLISSFUL FEET PEDICURE

Indulge your feet and unwind back muscles with a relaxing treatment starting with the foot renew treatment and back massage followed by a peaceful pedicure and enveloping paraffin wax

RENEW FOOT TREATMENT

If you have severe dry, hard and calloused skin or cracked heels this treatment will provide an immediate remedy. The Renew liquid dissolves dead skin cells under the feet that are followed by Renew foot balm, leaving your feet feeling incredibly soft

PARAFFIN WAX TREATMENT

Mollify your Hands or Feet in this warm smothering of paraffin wax.

NAIL ENHANCEMENTS

Fibre/Silk, Acrylic or Gel
Improve or embellish your natural nails with tips of your choice

ADD GEL POLISH TO ANY
HAND OR FOOT TREATMENT
30 Min



THERAVINE

TheraVine™'s facials provide the perfect skin maintenance to hydrate, rebalance, nourish and stop time in its tracks while its aroma and texture provides for a multi-sensory experience. Each of our treatments can be further enhanced with eye, hand, foot or scalp treatments for the ultimate indulgence therapy

THERAVINE™ APPETIZER FACIAL

Experience an express Vinetherapy facial boost customized to your specific skin concerns in just thirty minutes.

THERAVINE™ BALANCING FACIAL

A deep-cleansing facial customised to gently remove surface impurities followed by a personalised mask while utilising specially selected aromatic botanicals for restoring balance to the skin, leaving your skin soft and restored

PURIFYING SEBUVINE™ FACIAL

A specialised treatment recommended for those with oily skin, dilated pores, thick texture and constant shine. This treatment incorporates multi-active ingredients which help clarify, purify and re-balance the skin by normalizing the production of sebum and preventing blocked pores.

ULTRAVINE™ ADVANCE - CELLULAR GOLD FACIAL

The embodiment of science and opulence. Based on TheraVine™'s breakthrough anti-oxidant technology, the UltraVine™ Advance anti-ageing concept promotes the skin's DNA repair system while luxuriously soft and delicately scented creams, serums and balms transport your skin to an advanced state of renewal and serenity. Our anti-ageing jewel, a collagen film mask imbedded with pure, soft 24K gold and sparkling diamond dust coupled with a concentrated serum infused with super-charged actives, will visibly tone, polish and brighten the skin leaving it glowing with illumination.

THERAVINE™ INTENSIVE EXFOLIATING FACIAL

A professional skincare treatment containing a 70% Glycolic Acid recommended for mature, sun damaged, wrinkled skins as well as deep acne scarring or other facial scarring. This peeling consists of a natural fruit acid of deeper concentration than enzyme peelings but is still a safer alternative to harsh chemical peels and resurfacing treatments. A course of peels is recommended.

THERAVINE™ TIMECARE EYE TREATMENT

An intensive treatment resulting in the reduction of fine lines and easing of deeper wrinkles leaving your eyes fresh and rejuvenated – either incorporated into a facial or as a separate treatment.

THERAVINE™ HYDRATING FACIAL

A facial designed for extreme relaxation with the aromatic scent of essential oils designed to deeply hydrate your skin, leaving you with a radiant complexion.

THERAVINE™ MATURE FACIAL

A facial performed to firm and visibly tone the skin whilst smoothing out wrinkles. Your skin is left looking serene and the complexion more radiant and uniform.

ADD A SPECIALIZED MACHINE TO
ANY FACIAL 30 Min

Iontophoresis, High Frequency,
Microcurrent, Muscle Stimulation

TINTING OF LASHES OR BROWS

Blue-black, Black or Brown tint will make your natural lashes appear fuller and longer

BROW GROOMING

A well-shaped brow can lift and open your eyes, making you look younger, more sophisticated and more rested.

EYELASH EXTENSIONS

Eyelash extensions is an exciting new technique for thicker, longer and naturally abundant looking lashes through application of individual lashes directly attached to the natural eyelash with a specially formulated bonding agent. Whatever the occasion, eyelash extensions enhance your natural beauty without changing who you are

MAKE-UP

Let us apply your makeup suitable to the event, whether it is evening, bridal or other special occasions. Or learn how to do the make-up with a lesson personalized to you.

HAIR REMOVAL

Waxing is generally considered the most effective means of removing hair. Although it is somewhat painful to some clients it is the chosen method of holiday hair removal as you can depend on it lasting for a few weeks without the embarrassing re-growth

FULL LEG

Smoothen your legs using honey strip wax.

HALF LEG

Smoothen legs to just above the knee using honey strip wax.

ARMS/CHEST/STOMACH

Soften the touch to your arms, chest or stomach by removing hair using honey strip wax.

BIKINI/UNDERARM

Clean up your bikini line or underarms using hot wax or strip wax.

FACIAL AREAS

Choose any of the following areas to be waxed with hot wax strip wax: Lip, Chin, Cheeks or Eyebrows



“The time to relax is when you don't have time for it.”

-Sydney J. Harris

Opening Times

Mon, Wed, Fri	9am – 5pm
Tue, Thu	9am – 7pm
Saturdays	9am – 5pm
Sundays	Closed
Public holidays	9am – 2pm

Spa Etiquette

Arrive 10min before the start of your treatment.

Cancel your booking the previous day if unable to attend.

Bring your swimwear along if you have body treatments booked.

Be sure to mention any preferences or concerns you have.

Payment methods

Cash, card or pre-arranged electronic transfers are welcome.

Gift vouchers are available

Spoil someone special with a treatment they desire.

The envelope will be embellished and elegantly presented.

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