

IN-ROOM SPA TREATMENTS



Experience the ultimate in African luxury at Kwandwe Spa. Our treatments combine the best of both worlds: the scientifically advanced skincare of TheraVine and the indigenous wisdom of TheraNaka. Indulge in rejuvenating facials that harness the power of grape derivatives and botanical extracts, followed by soothing massages using natural African ingredients. Let our expert therapists guide you on a journey of relaxation and renewal.

Signature Massages

AFRICAN WOOD

90 min

R 1200

Light stretching techniques and specially-designed body and face wooden implements are used to relax and restore. A warm olive and shea butter ointment will assist in nourishing and healing dry skin while allowing you to experience blissful relaxation and rejuvenation.

AFRICAN AWAKENING

90 min

R 1200

The skillful combination of contracting and oxygenating-enhancing breathing techniques will awaken your senses and revive your body and mind. Choose your favourite scent from our selection of marula herb-infused body oils to address your every need.

AFRICAN VIGOUR BACK, NECK & SHOULDER

45 min

R 850

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

CBD-INFUSED HEATED BALM MASSAGE

60 min

R 950

Melt away the troubles of life with gentle stroking movements using a heated pure CBD-infused balm to relax the body. Indulge in the synergistic calming effect of CBD, ylang-ylang, geranium and lavender as the warmth of the balm caresses your body and your senses naturally relax. Contains the legal limit dose of 20mg CBD.

Full Body Massage, Exfoliation & Wraps

AFRICAN FUSION MASSAGE

60 min | 90 min

R950 | R1200

Choose your treatment type and select your favourite scent from our selection of marula herb-infused body oils.

PEACE Relaxing | RECHARGE Uplifting | STORM Detoxifying | EARTH Safe and soothing | VIGOUR Invigorating

EXPRESS EXFOLIATION

45 min

R750

A gentle cleansing full body exfoliation, using botanical extracts that effectively eliminate lifeless skin cells. Baobab lotion is applied leaving your skin feeling silky soft.

Full Body Massage, Exfoliation & Wraps (continued)

BODY WRAPS

60 min

R950

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

Detoxifying Mud Wrap | Uplifting Mud Wrap | Relaxing Ferox Gel Wrap

Skincare Essentials

THERAVINE BALANCING FACIAL

60 min

R800

A deep-cleansing facial to gently remove surface impurities using a customised purifying mask while specially selected aromatic botanicals restore balance to the skin.

HYDRAVINE FACIAL

60 min

R800

A revolutionary cloth mask containing Hyaluronic Acid intensely moisturises the skin and 'locks in' active ingredients for up to 3 weeks – perfect for very dry, sensitive skin needing intense hydration.

THERAVINE DELUXE ANTI-AGING FACIAL

60 min | 90 min

R800 | R1000

This replenishing treatment assists in reducing fine lines and wrinkles with peptide-rich boosters and serums to combat the signs of ageing while a plasticizing mask further enhances the actions of the active ingredients

Pamper Hands & Feet

MANICURE

60 min

R600

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

PEDICURE

60 min

R650

Pamper tired feet and legs during a soothing spa pedicure, focusing on exfoliation and including a nourishing African shea butter dumbbell massage with nail and cuticle attention. Choose a dazzling nail colour to finish your gorgeous new feet.

FOOT RITUAL

30 min | 45 min

R400 | R500

Indulge tired, aching feet with a luxurious detoxifying foot soak, scrub and foot and leg massage. Pure bliss for feet in need of some love.

Kwandwe Spa Packages

KWANDWE ESCAPE

1 hr 45 min

R1800

Experience a relaxing African Fusion Back massage, a rejuvenating TheraNaka™ facial, and end with a luxurious foot ritual.

PURE REJUVENATION

2 hrs

R2000

Start your rejuvenation journey with a cleansing ritual that symbolises the renewal of the body. Let your mind drift off whilst you are cocooned in a comforting African wrap, then replenish the skin with a full body massage.

SOUL REVIVAL

1 hr 45 min

R1800

An ultra-relaxing facial with unique movements followed by an energising back neck and shoulder massage, and rounding off with a full manicure or pedicure.