



Sala Menu

KARIEGA

GAME RESERVE

Eastern Cape South Africa

River Lodge Treatments



Massage Treatments

African Scalp Massage 20min R400
(a relaxing scalp, décolleté and face massage)

Back, Neck and Shoulders 30min R500
(massage focused to relieve stress and tension)

Foot Loose Massage 20min R400
(massage focused on pressure points in your feet)

Basic Full Body Massage 50min R750
Your choice between:

- Swedish Body Massage (a light soothing massage)
- Deep Tissue Massage (this massage uses pressure aimed at relieving tension on your muscles)

Specialized Full Body Massage 60min R900

Your Choice Between:

- Hot Stone Therapy Massage (the use of basalt stones to massage the body to induce complete relaxation and stress relief)
- Holistic Massage (a combination of 4 massage techniques to completely relax the body)
- Aromatherapy Massage (a light massage using essential oils suited to individual needs)

Facials

Mini Spa Facial 30min R400
(a basic facial aimed to cleanse the skin and leave it refreshed and moisturized)

Spa Facial 50min R550
(a deep cleansing facial with a relaxing facial massage)

Spa Favourites

• Kariega Spa Journey 120min R1500
(a full body Aromatherapy massage followed by a Spa Facial and Indian Head Massage)

• Big 5 Treatment 90min R1200
(Holistic body massage, Indian Head massage and Pressure point Foot massage)

Hands and Feet Treatments

Spa Hand and Foot Journey
No artificial nails or removal of Gel

- Spa manicure 50min R400
- Spa French manicure 60min R400
- Spa pedicure 60min R450
- Spa French pedicure 70min R450

How to Spa

Where are Treatments provided?
All treatments take place in the Sala.

Bookings
At the Lodge.

What if I have any health considerations?
Please be sure to inform your therapist prior to your treatment of any health considerations for example: Diabetes, High blood pressure, Pregnancy, Epilepsy etc.

Cancellations
2hrs advance notice is required for cancellations, after which the full treatment price will be charged. We will however assist in rescheduling your appointments where possible.