



Kariega Wellness Centre  
**Spa Menu**

# KARIEGA

## GAME RESERVE

Eastern Cape · South Africa

### Massage Treatments

**Indian Head Massage** 20min R160  
(A relaxing scalp, décolleté and face massage)

**Back, Neck and Shoulders** 45min R350  
(A massage focused to relieve stress and tension)

**Basic Full Body Massage** 50min R450  
Your choice between:

- Swedish Massage  
A Light soothing massage.
- Deep Tissue Massage  
Aimed at tension relief this massage uses deep pressure.
- Aromatherapy Massage  
A light massage using essential oils suited to individual needs.

**Specialized Full Body Massage**  
60min R550

Your Choice Between:

- Hot Stone Therapy Massage  
Basalt stones are used to massage the body to induce complete relaxation and stress relief.
- Lomi - Lomi / Hawaiian Massage  
A flowing and rhythmical massage using the forearms and elbows to mimic the waves in the ocean.
- Holistic Massage  
A Combination of 4 massage techniques to completely relax the body.

### Facials

• **Mini Spa Facial** 30min R250  
A Basic facial aimed to cleanse the skin and leave it refreshed and moisturized.

• **Spa Facial** 50min R400  
A Basic facial teamed with a deeply relaxing facial massage using aromatherapy oils to compliment your skin type.

• **Finishing Touches**  
Eyebrow Shaping R40  
Eyebrow Tinting R35  
Eyelash Tinting R45

### Hands and Feet Treatments

- Spa Manicure 45min R170
- Spa Pedicure 60min R280

### Spa Favourites

- **Kariega Spa Journey** 120min R850  
A full body Aromatherapy massage followed by a Spa Facial and Indian Head Massage.
- **Big 5 Treatment** 90min R750  
Holistic massage, Indian Head massage and Pressure point Foot massage.

### How to Spa

#### Bookings

At the Wellness Centre at the Main Lodge restaurant or call 225.

#### Dual Treatments

Dual Treatments are available for couples and friends.

#### When should I arrive for my appointment?

Please arrive 10 minutes prior to your appointment. In the case of late arrivals, the treatment duration may be reduced.

#### What should I bring?

Robes and towels are provided by the spa.

#### Do you have treatments for both men and women?

All of our spa treatments cater for both men and women. Treatments not listed are available on request.

#### 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.