



Kariega Wellness Centre Spa Menu

KARIEGA

GAME RESERVE

Eastern Cape · South Africa

River Lodge Treatments



Massage Treatments

Indian Head Massage 20min R210
(A relaxing scalp, décolleté and face massage)

Back, Neck and Shoulders 45min R400
(A massage focused to relieve stress and tension)

Basic Full Body Massage 50min R500
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 R600
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.

Spa Favourites

- **Big 5 Treatment** 90min R800
Holistic massage, Indian Head massage and Pressure point Foot massage.

How to Spa

Where are Treatments provided?

All Treatments provided in the comfort of your own suite.

Bookings

At the Lodge.

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.