

# KARIEGA

GAME RESERVE

Eastern Cape · South Africa

## Kariega Wellness Centre Spa Menu

### Massage Treatments

African scalp massage 20min R400

A relaxing scalp, décolleté and face massage.

Back, neck & shoulder 30min R500

Massage focused to release 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 your muscles.

Specialized body massage 60min R900

Your choice between:

- Hot stone therapy massage  
The use of basalt stone to massage the body to induce the complete relaxation and stress relief.
- Holist Massage  
A combination of 4 massage techniques to completely relax the body.
- Aromatherapy Massage  
A light soothing massage oils suited to individual needs.

### Facials

• Mini Facial 30min R400

A basic facial aimed to cleanse the skin and leave it refreshed and moisturised.

• Spa Facial 50min R550

Treatment for dry skin, rough and dull skin which needs an extra nourishing.

• Hydro Detox Facial 50min R550

Treatment with real experience of freshness, purity and deep moisturising for all skin types.

• Stem C Facial 60min R700

An exclusive treatment incorporating Plant Stem cell technology that reverses chronological ageing and delays deterioration of essential skin cells by acting on fibroblasts and stimulating collagen formation.

• Harmonie Tendresse Facial 50min R600

Intensive treatment for sensitive skin that needs regeneration, an improvement in micro circulation to reduce or treat skin tightness and flakiness due to its fragile nature.

### Hands and Feet Treatments

Hand and Foot Journey

- Spa Manicure with Vinylux Polish 50min R400
- French Manicure with Vinylux Polish 50min R400
- Spa Pedicure with Vinylux Polish 60min R450

- French Pedicure with Vinylux Polish 60min R450
- Spa Shellac Colour Overlay (with nail maintenance) 60min R450
- Spa Shellac French overlay (with nail maintenance) 60min R450
- Shellac Soak Off 15min R200
- Paraffin Pedicure 60min R550

### Finishing Touches

- Eyebrowshaping R100
- Eyebrow tinting R120
- Eyelash tinting R150

### Waxing

- Lip 10min R100
- Brows 15min R120
- Underarm 20min R150
- Bikini 20min R200
- ½ Leg 30min R250
- ½ leg & bikini 45min R400
- Full leg 45min R350
- Full leg & bikini 60min R500

### Spa Favourite

Spa Journey for Him 90min R1200

Hot Stone Therapy Massage, African Scalp Massage finish with Foot Loose Massage.

Spa Journey For Her 150min R1500

Swedish body Massage, Hydro Detox Facial with Scalp Massage followed by Paraffin Pedicure.

Big 5 Great Escape 180min R2000

Holistic Full Body Massage, Hydro Detox Facial, Manicure and Pedicure with Vinylux Colour of your choice.

### How to Spa

#### Bookings

At the Wellness Centre - ext. 260.

#### 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 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.

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