

# KARIEGA

GAME RESERVE

Eastern Cape · South Africa

## Kariega Wellness Centre Spa Menu

### Massage Treatments

#### African scalp massage 20min R250

A relaxing scalp, decollette and face massage.

#### Back, neck & shoulder 30min R350

Massage focused to release stress and tension.

#### Foot loose massage 20min R200

Massage focused on pressure points in your feet.

#### Basic full body massage 50min R500

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 R650

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 individuals needs.

### Facials

#### • Mini Aqua Vital Facial 30min R350

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

#### • Hydro Nutrition Facial 50min R480

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

#### • Hydro Detox Facial 50min R480

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

#### • Stem C Facial 60min R650

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 R500

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

#### CND Hand and Foot Journey

- CND Manicure with Vinylux Polish 50min R280
- French Manicure with Vinylux Polish 50min R300
- CND Pedicure with Vinylux Polish 60min R350

- French Pedicure with Vinylux Polish 60min R370
- CND Shellac Colour Overlay (with nail maintenance) 60min R300
- CND Shellac French overlay (with nail maintenance) 60min R350

- Shellac Soak Off 15min R100
- Paraffin Pedicure 60min R380

#### Finishing Touches

- Eyebrow shaping R60
- Eyebrow tinting R80
- Eyelash tinting R100

#### Waxing

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

### Spa Favourite

#### Spa Journey for Him 90min R1000

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

#### Spa Journey For Her 150min R1300

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

#### Big 5 Great Escape 180min R1600

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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