

SPA TREATMENT MENU

Valid from 1 November 2016 to 31 October 2017

Take advantage of our exclusive & luxurious spa treatments, inspired by the pure and natural richness of Mother Earth, that will refresh and revitalise your mind, body and soul. We choose Healing Earth because it identifies with our philosophy of eco-friendliness & sustainability. All our products are chemical-free, the packaging is biodegradable and recyclable, and have not been tested on animals. 100% healthy and natural - these treatments will protect your skin as much as they protect the environment.

REFINE	BODY EXFOLIATION	
Polishing Body Ritual Hydrate and soften your skin with your choice of earth soul body polish rituals. You can choose from our Kalahari Melon, Coffee cinnamon and Orange, Mongongo Nut and African Ginger.	60min	R490
Refreshing Foot and Leg Ritual Refresh and recharge a tired body with a Mongongo Detoxing foot and leg polish. This will drain away any excess fluid while your therapist gives you an African Inspired foot ritual to simulate renewal. Followed by a detoxing masque leave you in a pure blissful state. <ul style="list-style-type: none"> • Mongongo foot and leg polish • Detoxifying foot and leg wrap • Stimulating African ritual • Feather light leg and cooling gel 	60min	R560
CLEANSE	FACIAL THERAPY	
Hydrating - Marula Quench your skins thirst and enhance your natural glow through natural actives and rose crystals.	60min	R650
Baobab - Anti aging Restore and renew your skin's health through nourishing omegas.	60min	R650
Balancing - Neroli Regain control and matify the skin by balancing the use of pore botanicals and balancing Jade roller crystals.	60min	R650
Men's Face Treatment A special treat, tailored for the unique skincare needs of men. A deep thorough cleansing and exfoliation that will leave skin smooth, healthy and refreshed.	60min	R650
High Performance Facial A multi-sensory experience to enhance your skins own ability to heal and renew. With Collagen producing ingredients ensuring an effective anti-aging benefit. Jade rollers are used to soothe and revitalize the skin.	120min	R990

SIGNATURE AFRICAN EMBRACE MASSAGE		
African Earth Soul Massage	90min	R790
Alleviate all stress by experiencing our Signature Massage with the combination of Calabash and Bamboo massage tools for an unforgettable full body massage		
TOUCH MASSAGE THERAPY		
Healing Full Body	60min / 90min	R660 / R850
Listen to your body and select a massage ritual that will uplift, de-stress or detox.		
Duo Relaxation	60min / 90min	R1150 / R1550
Share a bonding experience and create new memories by celebrating the memories of your treasured partnership. Includes a Full body massage.		
Back & Scalp Massage	45min	R550
Nurture this beautiful time in your life by relaxing and taking in those special moments with your soon to be new arrival.		
Traditional Back, Neck & Shoulder Ritual	45min	R560
Allow the techniques of ancient therapy to ease muscle tension while encouraging it to return to its normal relaxed state and alleviate any built-up stress.		
African Revitalising Foot Ritual	45min	R560
Reflexology is an ancient healing art dating back many centuries that works on the feet to assist in restoring balance to the mind, body and soul. It relieves aches and pains by helping the body reach equilibrium with the use of Eucalyptus and Peppermint detoxing circular gel.		
BLISS		
Footprint Celebration	60min	R420
Melt your stress away with this special pedicure which will leave your feet feeling not only relaxed but also silky smooth and beautifully moisturised using relaxing oils and moisturising Shea butters.		
Handprint Celebration	60min	R420
Give your hands a more youthful looking skin that is hydrated, replenished and protected with our unique manicure.		
INDULGE SPA PACKAGES		
Couples Journey	150min	R2900
Release all stresses by indulging in a head to toe indulgent Vino delight. <ul style="list-style-type: none"> • Pinotage Facial • Hand & Foot Ritual 		



<p>Radiant Glow</p> <p>Discover the true path of radiance by indulging in a body polish, body wrap and full body massage. You can choose from the following pure African rituals:</p> <ul style="list-style-type: none"> • Kalahari Melon Hydrate • African Potato Heal & Repair • Marula & Neroli Relax 	<p>150min</p> <ul style="list-style-type: none"> • African Ginger Fit & Firm • Mongongo Nut Detox • Coffee Cinnamon & Orange Define & Sculpt 	<p>R1450</p>
<p>Gentlemen's Bliss Ritual</p> <p>Revive and Restore your body to its natural state of well being.</p> <ul style="list-style-type: none"> • Men's Reviving Facial 	<p>120min</p> <ul style="list-style-type: none"> • Full Body Massage 	<p>R1150</p>
<p>Healing Touch</p> <ul style="list-style-type: none"> • 45min Full Body Massage • 60min Anti-Ageing Facial 	<p>135min</p> <ul style="list-style-type: none"> • 30min Foot Ritual 	<p>R1550</p>
<p>African Moonlight Spa</p> <p>Escape to the out-of-Africa style spa for an evening of dinner and relaxation with your partner. Enjoy a 3-course private dinner, spa treatments and a bottle of Cap Classique:</p> <ul style="list-style-type: none"> • 30min African Earth Soul Massage • 20min African Revitalizing Foot Ritual 	<p>70min</p> <ul style="list-style-type: none"> • 20min African Head Ritual 	<p>R2100</p>

*Pregnancy safe treatments are available. One of our professionally trained spa staff will gladly customise the ultimate mother-to-be spa package for you.

RESERVATIONS AND MARKETING

TELEPHONE: +27 31 333 6723 FAX: 086 239 9425
 E-MAIL: RESERVATIONS@NAMBITIHILLS.COM
 SKYPE: NAMBITIHILLSRESERVATIONS
 WWW.NAMBITIHILLS.COM

