



Ndhula Spa



CHOOSE FROM THE FOLLOWING TREATMENTS

Aroma Relaxation Massage	R 615/R780
A relaxing light to medium pressure full-body massage to help you drift away while enjoying the African ambience. Choose your beautifully blended aromatherapy oil of preference: Condition & Hydrate, Detox & Uplift or Relax & Destress.	60 minutes/90 minutes
Traditional Hot Stone Massage	R750/R980
Relax with this full-body massage using special warmed basalt stones to stimulate circulation and ease muscle tension. The combination of manual massage and heat from the stones helps treat focus areas while creating a rejuvenating massage experience.	60 minutes/90 minutes
Tension Back, Neck & Shoulder Massage	R415
A targeted back, neck & shoulder massage expertly curated to melt away tension and promote relaxation. Completed with a cooling gel to leave you feeling refreshed and invigorated.	30 minutes
Foot Massage	R415
Perfect for tired, achy legs and feet. Start with exfoliation of the lower limbs to boost circulation, followed by a foot scrub to remove dead skin and calluses. Finish with a soothing foot and leg massage to leave your feet feeling smooth and rejuvenated.	30 minutes
Manicure	R280
Indulge in a refreshing manicure, including a soak, scrub, and precise cuticle removal to leave your hands feeling soft and pampered.	30 minutes
Pedicure	R280
Give your feet the care they deserve with a quick and revitalising pedicure, perfect for a refresh in under an hour.	30 minutes
Manicure & Pedicure	R500
Enjoy the best of both worlds with a combined manicure and pedicure session, ensuring hands and feet are fully pampered.	60 minutes
Soak Off	R280
Gentle soaking and removal of gel polish, keeping nails healthy and ready for their next look.	30 minutes