

**Packages:**

**Retreat**

Full body exfoliation  
Luxury hydro bath (Jacuzzi)  
African fusion massage  
Time/ Duration: +- 2Hrs  
Singles Retreat- R950  
Couples Retreat- R1900

**Mini Vacation for her**

Full body massage  
Pedicure or Manicure  
Appetizer facial  
Time/ Duration: +- 3Hrs  
R 1 250

**De-stress**

African fusion back massage  
African head massage  
Foot massage  
Time/ Duration: +-1 ½ Hrs  
R 800

**African Revive**

African fusion back massage  
Appetizer facial  
Express pedicure  
Time/ Duration: +-1 ½ Hrs  
R 950



**MANDARA**  
SPA & WELLNESS CENTRE

*Spa Menu*



**Body Treatments:**

**Full Body exfoliation**

Remove all your dead skin cells,  
leaving the skin soft and help clear  
any impurities from the skin  
Time/ Duration: 45Min  
R 450

**Body Wrap**

Starting with an exfoliation to remove all the  
skin cells also this aids the product to penetrate  
better. We then apply a relaxing and detoxifying  
oil to the skin and then apply the mud wrap  
over that. Lastly we let you shower off the wrap  
and then we apply a luxurious moisteriser.

**\*\*THE MUD WRAP IS NOT ADVISABLE**

**FOR PREGNANT LADIES\*\***

Time/ Duration: 75Min  
R 650

**Steam Session**

The steam opens up your pores, leaving you  
with a beautiful rejuvenated skin and  
a sense of relaxation.  
Time/ Duration: 30Min  
R 250

**African Fusion Full Body massage**

*This full body massage is done with an African fusion body oil that will give you a sense of calmness and relaxation.*

**Time/ Duration: 60min**

**R 650**

**African Fusion Back Massage**

*African fusion is a relaxing massage which is designed to relax the muscles and induce a deep sense of calmness over the body.*

**Time/ Duration: 30min**

**R 370**

**Deep Tissue Massage**

*This massage focuses on the deeper muscles and helps reduce chronic stiff and tight muscles, which will improve body posture and body alignment.*

**Time/ Duration: 60min**

**R 700**

**African Head Massage**

*This is a tension releasing massage of the head, neck and shoulders, using a hair conditioning oil.*

**Time/ Duration: 30min**

**R 350**

**Foot Massage**

*This is a relaxing massage of the feet and lower legs. Excellent for people who are on their feet all day.*

**Time/ Duration: 20min**

**R 250**



**TheraVine Appetizer Facial**

*(All skin types and conditions)*

*On the go facial that leaves the skin radiant without taking too much time out of your busy day.*

**Time/ Duration: 30min**

**R 350**

**TheraVine Balancing Facial**

*(Deep cleansing/ combination/ oily)*

*Removes impurities and decongest the skin.*

*Skin is left clean, clear and restored.*

**Time/ Duration: 60min**

**R 470**

**TheraVine Hydrating Facial**

*(Dry/ Dehydrated/ Sensitive)*

*Deeply hydrates the skin and restores moisture balance, leaving you with a radiant complexion.*

**Time/ Duration: 60min**

**R 470**

**Hands And Feet**

**Deluxe Manicure**

*(Includes reflexology massage)*

**Time/ Duration: 90min**

**R 300**

**Deluxe Pedicure**

*(Includes reflexology massage)*

**Time/ Duration: 90min**

**R 350**

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