



AMANI
SPA & WELLNESS

Treatment Menu



*Welcome to
Amani Spa & Wellness
at Sabi Sabi Bush Lodge*

For decades, Sabi Sabi Bush Lodge has been Sabi Sabi's "luxury home in the bush", famed for its warmth, vibrancy and legendary hospitality. A favourite amongst travellers in search of luxury accommodation, Bush Lodge is a luxurious safari escape set in the heart of the Sabi Sabi bushveld overlooking a waterhole and an African plain. Here you will savour uncompromising high standards of service, efficiency and personalised attention.

Amani Spa and Wellness at Bush Lodge is a haven of well-being in a tranquil setting that is rustic, earthy and natural yet luxurious. The Spa offers three spacious treatment rooms, all with views of the African bushveld. Two single rooms and an intimate VIP couple's suite with its own exclusive hydro bush bath.

Experience Amani's holistic Signature journeys, relaxing and revitalizing massages and hydro body collection, deluxe facials, manicures, pedicures and Safari Spa packages, uniquely designed to calm the mind, body and soul.

For the health and safety of each and every person who walks through our doors, The Spa has stringent COVID-19 Safety Protocols in effect at all times, maintaining a high standard of cleanliness and sanitation by thoroughly sanitising and disinfecting all areas of the facility systematically.

Signature Journeys

Integrating the 5 elements of wellbeing, our Signature Journeys have been skilfully crafted to evoke a true sense of rejuvenation, transformation and overall wellbeing.

KURHULA BODY RITUAL

90min R1320

Discover your Kurhula, "inner peace", as you indulge in our signature holistic body ritual. A lavish full body massage, using our signature coconut massage balm, flows into a reviving mini facial, bringing balance to body, mind, and soul.

SPIRIT OF AFRICA

60min R 880 | 90min R1320

This unique African massage starts with a nourishing full body exfoliation before incorporating ancient African Rungu warrior sticks to deliver deep pressure strokes, facilitating tissue manipulation, promoting pain reduction and improving circulation.

HIMALAYAN SALT CRYSTAL RITUAL

60min R 880 | 90min R1320

A restorative and energising massage using warm nourishing coconut oil to condition the skin while balancing Himalayan Salt Crystals offer the benefits of increased immunity and an enhanced feeling of wellbeing.

THE TRAVELLER

60min R 880

Blending a tension-releasing therapeutic mineral-rich foot soak and coconut salt polish on your legs and feet, with a stress-releasing back massage, delivering optimal rejuvenation.

THE TRAVELLER DELUXE

90min R1320

An extended version of The Traveller - a tension-releasing therapeutic mineral-rich foot soak and coconut salt polish on your legs and feet, followed by a warm coconut balm full body massage.

Massage Collection

All Massages available as a Couples Experience

AROMA WELLBEING

DETOX & SLIMMING

60min R 790 | 90min R1150

Utilising the powerful properties of Black Pepper, Peppermint & Bergamot to assist in eliminating toxins, stimulate healing, keeping the body in balance and supporting the immune system.

IMMUNE BOOST

60min R 790 | 90min R1150

Strengthen your body's defence against immune-compromising infections with this uplifting blend of Lemon, Tea Tree & Eucalyptus. The anti-congestion properties boost respiratory health and enhance your quality of sleep.

MUSCLE EASE

60min R 790 | 90min R1150

Fast track the recovery time of muscle fatigue, aches and pains. The therapeutic benefits of Peppermint, Marjoram & Black Pepper assist in accelerating the body's natural healing abilities and restore energy levels.

SLEEP WELL

60min R 790 | 90min R1150

Uncoil from that wired-and-tired spiral and restore your natural sleep patterns. A delicate blend of Lavender, Chamomile & Geranium creates a dream catcher's delight as you drift off into a blissful state that enhances deep sleep.

STRESS RELEASE

60min R 790 | 90min R1150

A fragrant floral blend of Geranium, Bergamot & Lavender subtly calm your physical body, refresh and invigorate your mind, and gently lowering cortisol levels to reduce anxiety and stress.

Massage Collection - Continued

THE CLASSICS

Select all your favourite elements to personalise your massage, perfect for both ladies and gents. Let your therapist know your preferred areas of focus.

CLASSIC SWEDISH 60min R 750 | 90min R 990
A traditional massage to stimulate the senses, relax the body and revitalise the mind.

DEEP TISSUE 60min R 790 | 90min R1100
A powerful therapy focusing on the deeper layers of muscle & connective tissue which is especially helpful for chronic muscular tension and stiffness.

LEFIKA HOT STONE 60min R 790 | 90min R1100
A sensory massage using natural river stones radiant with heat, reducing muscle tension while stimulating circulation to activate vital life force energy.

CBD RELAX & UNWIND 60min R 850 | 90min R1125
Experience the benefits of cannabis oil's skin moisturization, improved circulation, and a boosting of the immune system, while targeting stress and anxiety to relieve tension and improving overall mood.

MOM-TO-BE PREGNANCY MASSAGE (*Only after 1st trimester) 60min R 800
A relaxing full body massage using specialised massage techniques to relieve muscle tension and fatigue brought on from carrying your little one.

IKETLA BACK & SHOULDERS 30min R 470 | 45min R 620
A relaxing massage focused on the back, neck, and shoulders to relieve muscular tension.

PRESSURE POINT FOOT MASSAGE 30min R 470
Focusing on the tender muscles of the lower legs and feet to alleviate tension build-up and improve circulation to give you a renewed bounce in your step.

BLISSFUL SOLES 45min R 620
A relaxing lower leg and foot exfoliation with a relaxed hot stone foot massage, leaving you feeling as though you were floating.

Bespoke Facials

ESSE SKINCARE is a South African, award winning, probiotic skincare technology boosting healthy skin to slow aging. It is a certified organic, vegan and cruelty free product.

EXPRESS FACIAL 30min R 420
A gentle facial with probiotics and botanicals to strengthen the skins defense against environmental exposure.

HYDRO BOOST FACIAL 60min R 780
A moisture-infused facial to restore a healthy glow and plump out fine lines.

AGE DEFYING FACIAL 60min R 780
Enhanced penetration of probiotic and botanical actives restore skin vitality and promote collagen and elastin formation.

FACIAL ADD-ONS

ESSE AMPOULE R 160
EYELASH TINT R 145
EYEBROW TINT R 110
LASH & BROW TINT R 215

Bush Babies (Ages 6-12)

BUSY BEE BACK MASSAGE 20min R 200
HAPPY FEET FOOT MASSAGE 20min R 200
LITTLE PAWS POLISH (Hands or Feet) 20min R 115
PRINCESS MINI FACIAL 30min R 285

Hydro & Body Collection

COCONUT ROSE SALT BODY POLISH

30min R 350

A cleansing exfoliation experience which leaves the skin radiant and soft to the touch.

AROMA BUBBLE BATH CEREMONY

30min R 395

An Aroma Infused bubble bath precedes an Amani signature body balm application, with a glass of bubbly to complete your ceremony.

Choose between:

- | | |
|--------------|---|
| Nurture | - Hydrate and soothe dry skin |
| Detox | - Improve circulation and skin tone |
| Immune Boost | - Strengthen body's natural defences |
| Muscle Ease | - Promotes healing for stiff and sore muscles |

AROMA-MUD BODY WRAP

60min R 850

An invigorating therapeutic body treatment combining a smoothing exfoliation and aromatherapy-infused mud mask, finishing off with a nourishing body butter application.

Choose between:

- | | |
|------------------|---|
| Hydrating | - Hydrate and soothe dry skin |
| Detox & Slimming | - Improve circulation and skin tone |
| Immune Boost | - Strengthen body's natural defences |
| Muscle Ease | - Promotes healing for stiff and sore muscles |

Recommended Enhancements:

LASH & BROW TINT	30min	R 215
BACK & NECK MASSAGE	30min	R 470
CLASSIC PEDICURE	60min	R 490

Beautiful Hands & Feet

CLASSIC MANICURE

60min R 465

CLASSIC PEDICURE

60min R 490

GELISH MANICURE

75min R 520

GELISH PEDICURE

75min R 550

GENTLEMAN'S MANICURE

45min R 350

GENTLEMAN'S PEDICURE

45min R 375

RE-SHAPE, BUFF & POLISH

20min R 235

SOAK OFF PER SET- NO MANICURE/PEDICURE

30min R 150

SOAK OFF PER SET- WITH MANICURE/PEDICURE

30min R 80

Spa Journeys

JUST THE TWO OF US

2hrs R2 950

- 30min Aroma Bubble Bath Ceremony
- 90min Kurhula Body Ritual
- Spa Gift

ME-TIME

2hrs R1 250

- 30min Iketla Back Massage
- 30min Express Facial
- 60min Express Mani / Pedi Duo

AROMA WELLNESS

2hrs R1 500

- 60min Aroma Body Wrap
- 60min Aroma Wellness Massage
- Wellness Aroma Bath & Body Oil Gift

SPA FACILITIES:

In keeping with the serene atmosphere within the Spa, we kindly request that cell phones are switched off or on silent.

PUNCTUALITY:

Guests are requested to arrive 15 minutes or more prior to your treatment time in order for you to complete the consultation card. A late arrival may result in a shorter treatment, or possibly even a forfeited treatment.

SPA OPERATING HOURS:

From Monday to Sunday, including Public Holidays, from 08:00 -17:00. Earlier or later appointments can be arranged upon request.

SPA TREATMENTS:

All treatments are subject to therapist availability. Prices are subject to change without prior notice, and are inclusive of VAT.

CONSULTATION:

Please inform your therapist of any medical conditions, allergies, intolerances or needs before your treatment. Please note, certain treatments are not permitted for women within their first trimester of pregnancy.

SAFETY REGULATIONS:

We recommend that you do not wear any jewellery during your visit, and that you keep all valuables (including cell phones) safe in your locker. Your locker key should be kept with you, personally, at all times.

PAYMENT:

All Guests are required to pay for their treatment/s by way of signing the treatment/s to their room account. Amani does not accept cash, credit cards or debit cards.

PRODUCT REFUND POLICY:

Products may be returned within 48 hours of purchase, provided the product has been unopened, unused and is in the same condition in which it was purchased. A refund will be provided in the form of an Amani Spas gift voucher for the value of the original product purchase price.

AGE RESTRICTION:

Guests of 16 years and over are welcome at Amani Spas. Adult supervision is required for children under 16.

CANCELLATION POLICY:

A booking cancellation fee of 50% will be charged on all bookings that are cancelled within 8 hours or less of the appointment time; in the case of a "no-show", the full cost will be charged. Should the booking be confirmed with a gift voucher, a cancellation fee of 50% of the value of the gift voucher will be charged, and in case of a "no show", the full value of the gift voucher will be considered as redeemed. Should a group consisting of 5 persons or more wish to cancel their booking, they are requested to provide at least one week's notice or the full value of the group booking will be charged.

GIFT VOUCHERS:

Gift vouchers are available from the spa and are redeemable at any Amani Spa nationwide. Vouchers can be issued for specific treatments or for a specific value. The original gift vouchers must be presented at an appointment in order to be honoured. Gift vouchers may not be redeemed for cash.

SPECIAL OFFERS:

May not be used in conjunction with discount vouchers or loyalty programmes.

DISCLAIMER:

Every person entering the spa facilities or utilizing the facilities and equipment on these premises does so entirely at their own risk and agrees that Amani, its management or therapists and/or the Lodge owners, management and employees shall not be held liable or responsible, whether jointly or severally, for any loss, injury, damages, claim and/or compensation of whatsoever nature. Such person by their entry to these premises, for any reason whatsoever, waives any and all claims against the aforementioned.

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