



Spa Menu



ANANTARA

SPA



TheraNaka™

TheraNaka™ means “Beauty of Africa”. Our unique treatments and rituals provide the ultimate sensory experience, offering complete relaxation and rejuvenation based on Africa’s rich heritage and created to celebrate mother earth and her connection with life. Understanding our mutual interdependence with earth, TheraNaka™ has been developed using only the finest natural ingredients available from nature while honouring the eco-system.

TheraVine™

Surrender your senses and experience a facial treatment second to none. Carefully developed by a specialised team using extensive clinical and scientific studies, the TheraVine™ range boast. indigenous Pinotage cultivar grape derivatives to which internationally acclaimed active ingredients, powerful anti-oxidant ingredients and organically grown indigenous botanicals have been added.
3 ingredient pillars - 3 scientific disciplines – 3 times the results



TheraNaka™ Signature Experiences

TheraNaka™ AFRICAN
WOOD MASSAGE

90MINUTES

USD 130.00

Mimicking the rhythmical patterns of an African dance, the TheraNaka™ signature massage blends light stretching techniques and specially designed body and facial wooden implements to relax and restore your weary body. Being drizzled with a warm Olive and Shea butter ointment with soft notes of mandarin and neroli will nourish; and heal dry skin whilst experiencing blissful relaxation and rejuvenation.

Be transported to a majestic bushveld experience! The treatment commences with a back polish to slough off dead skin cells leaving the skin feeling comfortably smoothed. This nurturing massage journey uses a 100% vegan superior blend of plant waxes and butters infused with coconut, jasmine, and ylang-ylang oils to enhance this soothing and stress relieving experience. Simply relax and feel the tension melt away.

**THERANAKA™
VEGAN
INDULGENCE**
75 MINUTES
USD120.00



TheraNaka™ Body Indulgence

Inspired by the people of Africa's use of the circular form, this unique ritual was created to encompass our connection with nature and celebrating the circle of life. Small blocks of citrus infused Shea butter are placed on different areas of your body which will aid circulation and relaxation of the body. Experience the soothing warmth as the butter melts under your therapist's hands, leaving you utterly relaxed and your skin nourished and hydrated.

A warm aroma blend infused with circulatory- boosting essential oils is coupled with a deep tissue massage designed to relieve pain and muscle tension throughout the body.

The powerful synergy of Rosemary, Pine, Black Pepper and Marjoram creates a gentle warmth, improving range of motion, dissolve tension and encourages muscle relaxation. A refreshing gel is applied, leaving your body feeling refreshed and invigorated. The ideal massage for active individuals and frequent travelers in need of a circulation boost.

Enjoying the freedom of choosing your favourite massage mediums from our selection of luxurious herb-infused Avo and Shea- massage butters or Marula-herb infused Fusion body oils. Heavenly exotic aromas and natural essences are used to calm the soul, rebalance, and uplift the mind.

Choose from our Signature Blends:

African Sunset (relaxing) African Daybreak (uplifting)
African Storm (detoxifying) African Earth (pregnancy safe)

**THERANAKA™
TRI-SCENTED
NUGGET
MASSAGE**
90 MINUTES
USD 120.00

**THERANAKA™
TENSION
RELEASE DEEP
TISSUE MASSAGE**
60 MINUTES
(FULL BODY)
USD 95.00
30 MINUTES
(BACK & NECK)
USD 65.00

**THERANAKA™
LUXURY FUSION
RELAXATION
MASSAGE**
60 MINUTES
(FULL BODY)
USD 95.00
30 MINUTES
(BACK & NECK)
USD 65.00



TheraNaka™ Body Indulgence

Experience a gentle massage therapy facilitated by our uplifting Marula-herb infused Fusion body oil to address your jet lag whilst restoring vitality, realign muscles and tissues. To allow for a greater balance and harmony, the use of essential oils

of lime, lavender and sweet orange is followed by an invigorating pressure point foot massage to restore your energy. Your treatment will be concluded by a relaxing scalp massage leaving you feeling refreshed and revitalised.

Welcoming Ritual; Back Massage; Foot Massage; Invigorating Gel; Scalp Massage

THERANAKA™
UPLIFTING JET
LAG RITUAL

60 MINUTES

USD 110.00

De-stress and sooth. A relaxing blend of jasmine, geranium and lavender is expertly applied to ensure complete relaxation, followed by the hydrating comfort of an aloe ferox and rooibos gel envelopment which immediately soothes, calms, and promotes healing. Relax while your skin is drenched in enriching actives.

THERANAKA™
RELAXING ALOE
AFTER SUN GEL
WRAP

60 MINUTES

USD 120.00

Thera Vine™ Facial Treatments

This replenishing treatment assists in reducing fine lines and wrinkles with peptide-rich boosters and serums to combat the signs of ageing while a plasticizing mask further enhances the actions of the active ingredients.

THERAVINE™
DELUXE ANTI-
AGING FACIAL
90 MINUTES
USD 130.00
60 MINUTES
USD 90.00

A revolutionary cloth mask containing Hyaluronic Acid intensely moisturises the skin and 'locks in' active ingredients for up to 3 weeks – perfect for very dry, sensitive skin needing intense hydration!

HYDRAVINE™
FACIAL
90 MINUTES
USD 130.00
60 MINUTES
USD 90.00

A tailored facial custom designed for extreme relaxation with the aromatic scent of essential oils constructed to deeply hydrate your skin, gently remove surface impurities, and restore balance to the skin.

THERAVINE™
HARMONIZING
FACIAL
60 MINUTES
USD 75.00



For Men

THERAVINE™ MEN
DAILY ACTIVE FACIAL
60 MINUTES
USD 75.00

3 key fundamentals: cleanse, hydrate and revitalise help restore freshness and clarity whilst leaving the skin comfortably soothed.

HYDRAVINE™ MEN
SOOTHING BACK
TREATMENT
60 MINUTES
USD 75.00

Aimed at refining the skin texture while comforting tension areas on the back, neck and shoulders, this rebalancing treatment combines deep cleansing exfoliation while hydrating actives restore a weary mind, body, and soul.

THERANAKA™ MEN
REVIVE PEDICURE
45 MINUTES
USD 55.00

Ideal for active men. Your therapist will pay attention to cuticle and nail care, removal of excess skin on heels, rounded off with a cool, revitalising mask to stimulate circulation



Youth/Kids Corner

A facial designed to keep young skin shine free and moisturised while counteracting daily aggressors leaving the skin with a clear, healthy and radiant complexion.

PRO-YOUTH
HYDRA-MATTE
FACIAL

60 MINUTES
USD 45.00

A wellbeing massage experience using a 100% safe and natural blend of plant butters.

THERANAKA™
BACK, NECK
& SHOULDER
MASSAGE

60 MINUTES
USD 40.00

Become your favourite princess for a day. The package consists of a mini manicure, mini pedicure, including a foot soak & scrub.

**Back massage can be added*

THERANAKA™
AFRICAN
PRINCESS

45 MINUTES
USD 55.00



SPA ETIQUETTE & POLICIES

Appointments: Booking in advance is recommended

Punctuality: Please ensure you are ready when your therapist arrives; should you begin later than your scheduled appointment, your treatment time will be reduced or cancelled, with the full treatment fee charged regardless

Cancellation policy: A 4-hour notice period is required; appointments not cancelled in time will be charged for in full

Mobile phones: Kindly ensure your device is switched to silent mode or off

Children: A childminding service is also available at the lodge should parents wish to enjoy spa time to themselves

Prices: All prices are subject to change without prior notice

Indemnity: The spa, its therapists and TheraNaka™/TheraVine™ will not be held responsible for any injuries, adverse reactions or complications before, during or after a treatment/s; or for any theft, damage, loss or accident that occurs on the premises.

CONTACT

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