



Safari Wellness Menu

*Amani is a
state of wellbeing.*



*Lived,
not offered.*



A Warm Welcome to Amani Spa & Wellness.

At Amani, wellness is more than a treatment—it's a way of life.

Through expert therapies, high-performance products, and world-class care, we are your guiding hand helping you achieve balance, vitality, and inner peace.

This is not just a menu—it's a curated wellness experience designed around proven techniques, premium ingredients, and skilled professionals.

Your journey to a happier, healthier you starts here.

Amani Signature Journeys & Rituals

Discover the transformative power of our skillfully crafted Signature Journeys, each designed to nurture physical vitality, emotional balance, and mental clarity. Our intention is for you to feel rejuvenated.



Kurhula Body Ritual

90 minutes

"Kurhula" embodies a journey to inner peace and tranquility. This body ritual focuses on achieving harmony and deep relaxation through a combination of our signature full-body massage with a nourishing coconut massage balm and a revitalising mini facial. It is designed to create a nurturing experience for both the body and mind.

Spirit of Africa

90 minutes • 60 minutes

This unique massage is inspired by traditional African elements using Rungu massage sticks, believed to represent aspects of strength and courage. A rich and therapeutic experience incorporating firm pressure techniques with a focus on relieving deep muscular tension.

Himalayan Salt Crystal Ritual

90 minutes • 60 minutes

A restorative ritual incorporating the therapeutic benefits of warm coconut balm, the immune-boosting properties of Himalayan salt stones, and the overall intention of promoting well-being. An experience that goes beyond traditional massages.

The Traveller

90 minutes • 60 minutes

Relaxation from the feet up. Starting with a mineral-rich foot soak, Coconut Rose Salt Polish and massage on your legs and feet, conclude with a tension-releasing back or full body massage using warm coconut balm, for a well-rounded journey.

Amani Tailored Wellness

A personalised massage experience shaped around how you want to feel and the time you have. Working step by step with your therapist, you select the focus, pressure and botanical blend that speak to your body's needs on the day.

Each element is then woven together into a seamless, intuitive treatment guided by expertise and care.



Made-For-Me Massage

90 minutes • 60 minutes

Your Choices

01

Focus Area

- Scalp & Neck
- Face & Décolleté
- Back & Shoulders
- Legs
- Feet
- Hands & Arms

02

Pressure

- Light
- Medium
- Firm

03

Amani Wellbeing Balm

- Circula Flow
- Coconut
- Detox & Slimming
- Muscle Ease
- Sleep Well
- Stress Release

04

Enhancements

(optional)

- Himalayan Salt Stones
- Warm Basalt Stones
- Cool Basalt Stones
- Rungu Sticks

Aroma Wellbeing Massage Collection

Our signature aromatherapy collection, expertly formulated with your wellbeing in mind, harnesses the natural synergy of indigenous and botanical ingredients from the African continent.



Circula Flow

90 minutes • 60 minutes

A rhythmic full-body massage using a blend of Cypress, Peppermint and Rosemary to stimulate circulation, ease fluid retention and restore a sense of lightness — particularly beneficial after long journeys or extended periods of inactivity.

Detox & Slimming

90 minutes • 60 minutes

A focused massage using a warming blend of Black Pepper, Peppermint and Bergamot to support the body's natural cleansing processes, encourage lymphatic flow and restore internal balance.

Muscle Ease

90 minutes • 60 minutes

A therapeutic massage using a blend of Peppermint, Marjoram and Black Pepper to ease muscular fatigue, release tension and support the body's natural recovery, restoring ease and physical comfort.

Sleep Well

90 minutes • 60 minutes

A deeply calming massage using a gentle blend of Lavender, Chamomile and Geranium to quiet the nervous system, support natural sleep patterns and restore a sense of stillness and ease.

Stress Release

90 minutes • 60 minutes

A soothing full-body massage using a grounding blend of Geranium, Bergamot and Lavender to calm the body, ease mental tension and restore a natural sense of quiet and balance.

Add-on Treatments

— Stones

Basalt · Himalayan Salt Crystal

— Area Focused Body Mask

Detox · Muscle Ease · Hydrating

— Back Exfoliation

15 minutes

Classic Massage Collection

A selection of classic massages aimed to promote relaxation, relieve muscle tension and improve circulation.



Deep Tissue Massage

90 minutes • 60 minutes

Targets deep muscle layers with firm pressure and slow strokes to relieve tension, reduce pain, break up knots, boost circulation, and enhance flexibility.

Lefika Hot Stone

90 minutes • 60 minutes

A soothing massage using heated stones to ease muscle tension, boost circulation, balance energy flow, and promote overall well-being.

CBD Massage

90 minutes • 60 minutes

The integration of soothing massage techniques and CBD oil promotes deeper relaxation while enhancing therapeutic benefits and outcomes.

Choose your focus:

- *Sports & Recovery*
- *Revive & Rejuvenate*
- *Relax & Unwind*

Mom-To-Be Massage *(After first trimester)*

60 minutes

A gentle full-body massage using caring touch and specialised techniques to ease muscle tension and fatigue, tailored to the needs of pregnancy or postpartum recovery.

Iketla Back, Neck & Shoulders

45 minutes • 30 minutes

A targeted massage focusing on relieving tension and discomfort in the upper body, such as tightness and muscle knots from poor posture and sedentary lifestyles.

Blissful Soles

45 minutes

A sensory experience focused on the lower legs and feet, featuring a mineral-rich foot soak, lower leg and foot exfoliation, and a hot stone foot massage.

Pressure Point Foot Massage

30 minutes

Targeting muscles and specific pressure points in the lower legs and feet, enhancing circulation, balancing energy, and contributing to overall well-being.

Esse Facial Collection

Esse Skincare, an award-winning South African brand renowned for its probiotic skincare technology, dedicated to enhancing skin health and sustainable skincare solutions.



Express Facial

30 minutes

A great introductory treatment for those looking for optimal results with limited time. Product selection will be tailored to your unique skin needs after a thorough skin analysis.

Experience Facial

60 minutes

This bespoke facial utilises advanced prebiotics and probiotics to improve your skin's microbial balance, addressing your unique concerns and needs. The acupressure facial massage relieves stress and tension, promoting relaxation and overall skin health.

Live Probiotic Experience

75 minutes

The treatment is designed to reduce inflammation, enhance barrier function and address signs of ageing by restoring microbial balance and rewilding the skin, ensuring long-term skin health. The unique Esse massage further enhances results and promotes deep relaxation.

Add-on Treatments

- **Ampoule**
Hyaluronic · Hydro Boost · Clarifying · Brightening
- **Eye Boost Treatment**
10 minutes
- **Face and Décolleté Gua Sha Massage**
10 minutes

Body Collection

A selection of body treatments focused on improving skin texture, relaxation and wellbeing.



Aroma Mud Body Wrap

75 minutes

A sensory experience combining a gentle exfoliation and botanical mud mask with an area-specific Aroma Massage, leaving your skin smooth, nourished and invigorated.

Choose between:

- Hydrating
- Detox & Slimming
- Muscle Ease

Coconut Rose Salt Body Polish

30 minutes

A gentle exfoliating treatment using a blend of coconut and Himalayan Salt to restore the skin's natural softness and radiance.

Hands & Feet

Essential care for your hands and feet for healthy-looking nails and a well-groomed finish, with a touch of personal style.

Express Manicure or Pedicure	30 min
Classic Manicure	60 min
Classic Pedicure	60 min
Gentleman's Manicure	45 min
Gentleman's Pedicure	45 min

Gel Polish Manicure	75 min
Gel Polish Pedicure	75 min
Gel Polish Soak Off	30 min
Gel Polish Application	30 min

Spa Journeys

Treatment collections to nurture vibrance, relaxation and vitality, initiating your transformation to Wellness as a way of life. Fully immerse in the therapeutic essence of nature, re-connecting with yourself and your wellness journey.



Just The Two of Us *(per couple)*

2 hours

Savour this special time together starting with an Aroma Bath Ceremony and a glass of bubbly, followed by our Signature Kurhula Body Ritual.

**This includes an Amani gift to take home.*

Me Time

2 hours

Journey into relaxation with a 30-minute Iketla Back Massage followed by an Esse Express Facial and step out with your best foot forward, ending off with an Express Mani & Pedi Duo.

Gift of Wellness

2 hours

Give yourself the gift of wellness with this beautiful spa journey of therapeutic synergies. Choose an Aroma Mud Body Wrap of your choice, followed by a complementing 60-minute Aroma Wellbeing Massage.

**This includes an Amani gift to take home.*

Bush Babies

Ages 6-12. Fun and enjoyable mini spa experiences for young ones.

Busy Bee Back Massage

Happy Feet Foot Massage

Little Paws Polish (Hands or Feet)

20 minutes

20 minutes

20 minutes

Spa Etiquette



Spa Arrival & Operating Hours: The spa is open daily from 08:00 to 17:00, including public holidays. We invite you to arrive at least 15 minutes prior to your treatment to ease into the experience. Earlier or later appointments may be arranged on request, subject to availability.

Your Spa Experience: Your journey is guided by presence, care and personalisation. Each experience begins with a thoughtful conversation to ensure your time is aligned to your individual needs and wellbeing

Wellness & Care: Your comfort and safety are important to us. Please inform your therapist of any health conditions, injuries or pregnancy so that your treatment can be tailored accordingly.

Spa Environment: To preserve a calm and tranquil atmosphere, kindly silence mobile devices. Smoking is not permitted within or around the spa.

Spa bookings: We recommend reserving your treatments in advance to secure your preferred time. Guests under the age of 18 are welcome with parental consent.

Pricing & Payment: All prices are inclusive of VAT and subject to change. Payments shall be charged to your room account or paid in advance to the Lodge. Bookings outside of operating hours may be subject to an additional surcharge. Prices may be subjects to change without prior notice.

Retail Products: We invite you to extend your wellness journey at home with our curated product selection. Unopened products may be returned within 24 hours of purchase.

Cancellation Policy: Should your plans change, we kindly request a minimum of 4 hours' notice. Late cancellations may incur a 50% charge, while missed appointments will be charged in full.

Valuables: For your peace of mind, we recommend storing valuables in your room safe or designated lockers.

Disclaimer: Use of the spa facilities is at your own discretion. Amani Spa & Wellness, its management, therapists, and associated property owners and staff accept no liability for any loss, injury, damage, or claim. Entry to the spa constitutes acceptance of these terms.



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Amani Rate Card

			Midweek (Mon - Thur)	Weekend (Fri - Sun)
Amani Signature Journeys & Rituals				
Kurhula Body Journey	90 min		R2500	R2750
Himalayan Salt Crystal Ritual	90 min		R1800	R1980
	60 min		R1700	R1870
Spirit of Africa	90 min		R2000	R2200
	60 min		R1890	R2080
The Traveller	90 min		R2600	R2860
	60 min		R2000	R2200
Amani Tailored Wellness				
Made-For-Me Massage	90 min		R2250	R2475
	60 min		R1950	R2145
Aroma Wellbeing Massage Collection				
Circula Flow	90 min		R1600	R1760
	60 min		R1300	R1430
Detox & Slimming	90 min		R1600	R1760
	60 min		R1300	R1430
Muscle Ease	90 min		R1600	R1760
	60 min		R1300	R1430
Sleep Well	90 min		R1600	R1760
	60 min		R1300	R1430
Stress Release	90 min		R1600	R1760
	60 min		R1300	R1430
Classic Massage Collection				
Deep Tissue Massage	90 min		R2050	R2255
	60 min		R1800	R1980
Lefika Hot Stone Massage	90 min		R1800	R1980
	60 min		R1500	R1650
CBD Massage	90 min		R1950	R2145
	60 min		R1350	R1485
Mom-to-be Massage	60 min		R1500	R1650
Iketla Back, Neck & Shoulders	45 min		R1050	R1155
	30 min		R 850	R935
Blissful Soles	45 min		R1100	R1210
Pressure Point Foot Massage	30 min		R880	R970

South African Resident Rates are available on selected treatments, confirmed with a valid identity document at time of booking. Please enquire with your therapist for more information.

			Midweek (Mon - Thur)	Weekend (Fri - Sun)
Esse Facial Collection				
Live Probiotic Experience	75 min		R1600	R1760
Experience Facial	60 min		R1470	R1620
Express Facial	30 min		R880	R970
Body Collection				
Aroma Mud Body Wrap	75 min		R1650	R1815
Coconut Rose Salt Body Polish	30 min		R750	R825
Hands & Feet Renewal				
Express Manicure	30 min		R250	R275
Express Pedicure	30 min		R300	R330
Classic Manicure	60 min		R500	R550
Classic Pedicure	60 min		R550	R605
Gentleman's Manicure	45 min		R300	R330
Gentleman's Pedicure	45 min		R350	R385
Gel Polish Manicure	75 min		R550	R605
Gel Polish Pedicure	75 min		R600	R660
Gel Polish Application only	30 min		R360	R395
Gel Polish Soak-off	30 min		R150	R165
Spa Journeys				
Just the Two of Us	120 min		R5200	R5720
Me Time	120 min		R2060	R2265
Gift of Wellness	120 min		R2575	R2835
Bush Babies				
Busy Bee Back Massage	20 min		R425	R470
Happy Feet Foot Massage	20 min		R370	R410
Little Paws Polish – Hands or Feet	20 min		R320	R350
Treatment Enhancements				
Area Focused Extended Massage	15 min		R250	R250
Area Focused Exfoliation	15 min		R200	R200
Area Focused Body Mask	15 min		R200	R200
Scalp Massage	10 min		R200	R200
Décolleté Massage	10 min		R200	R200
Facial Gua Sha Massage	10 min		R200	R200
Eye Boost Treatment	10 min		R200	R200
Eyelash Tint	15 min		R200	R200
Eyebrow Tint	15 min		R150	R150
Esse Ampoule	-		R200	R200
Hot Stones or Salt Crystal Add-On	-		R200	R200

