

Mangwanani

*Signature*  
SPA

ESCAPE · RELAX · UNWIND





Mangwanani Signature Spa is the latest Spectacular Resort Style Spa Offering from Mangwanani located at the Prestigious Capital Hotel in Zimbali that offers a fusion of African Wellness, Ultimate Relaxation and Exclusive Indulgence. The culmination of a Multi Award Winning Spa since 2002 and the Pioneers of African Spas.

Indulge in the latest magnificent offerings from the Mangwanani Group.

A beautifully crafted Spa experience which offers Mangwanani African Spa Rituals Natural Collection which proudly boasts a selection of eco-friendly spa products, which are made from natural and naturally derived ingredients sourced from local communities that are supported by Fairtrade and Phytotrade. The exclusive BABOR Skincare Brand that has become the number one skincare brand in Europe known for pioneering Luxury Skincare and Body products.

The Prestigious South African Brand – Terres d' Afrique - who have studied how people use relatively unknown African Ingredients and evaluated their potential to sustainably develop an organic Skincare range that offers maximum benefits

Comprising of Luxury Therapy Rooms, Couples Suites, Customized Packages, African Natural Oil Scent and Scrub Bar, Tailormade Treatments to suit every Individual requirement, Himalayan Salt Room, His and Hers Steam Room, Mineral Indoor and Outdoor Pool, Relaxation Room, Poolside Treatments, Exclusive Private Luxury Cabanas and VIP Pavilions, Poolside Bar Facilities and limited Complimentary Beverage and Snack Services, Sunscreen Butlers and Personal Day and Night Spa Butlers. Our Signature Spa Treatment Menu includes a selection of Beauty enhancing, Anti-Ageing and Relaxation Facial Therapies, Full Body Treatments for Tranquillity and Relaxation, Slimming, Detox or Hydrating African Rituals customised to suite your individual requirements. Our Team is on hand to ensure that your Spa Journey is a memorable and magical experience

# Signature Spa Menu

Mangwanani Signature Spa offers you an extensive selection of Wellness and Beauty enhancing African Rituals to ensure you are nurtured, rejuvenated, pampered and completely relaxed. Indulge in Facial Care and Body Care using our 100% Natural Mangwanani African Rituals Collection, Terres d'Afrique - utilising powerful, Indigenous African ingredients expertly and honourably harvested from across Africa and BABOR which is a world leader in product innovation! Babor products stands for science, precision, and results. Maintenance Treatments are also on offer with prestigious Brands that are anchors in Nail Care and Waxing – Naked Cherry is our Vegan Wax with

Natural Botanicals and Morgan Taylor, Gelish or Soft gel Tips have got you covered for beautifully pamper polished nails. Lash and Brow Tinting is available to finish off your perfect grooming – ready to paint the town red!

We are dedicated to taking you on a Wellness Retreat Journey for pure serenity and relaxation to restore beauty and balance through Individual African Rituals, Signature Spa and Stay African Journeys, Exclusive Couples Journeys, Celebration African Rituals combining our Prestigious Mangwanani African Ritual Therapies for the ultimate Indulgence. Private in-room Treatments are also available on request

Go on spoil yourself...you deserve it!



# Facial Care Collections

## MANGWANANI AFRICAN RITUALS FACIAL

### Mangwanani Relaxation Pressure Point Facial

This 100% Natural Facial Relaxes and Rehydrates the skin.

A Luxurious Milk Cleanser with Cucumber Extracts cleanses and an Apricot Oil and Kernel

Exfoliant gently revives the skin while you enjoy a Relaxing Pressure Point Facial and Shoulder Massage using an Avocado Oil Infused Shea Butter.

A Blue Green Algae Face Mask is applied which assists with Hydration, followed by an Alcohol Free Witchazel Toner which balances the PH and a Lipoderm Infused Moisturiser that Nourishes the skin.

Leaving your skin feeling Refreshed and Renewed with an Amazing Glow

55 minutes | R950



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# Terres D'Afrique

## FACIALS

For centuries, African people have used powerful botanicals as traditional healing elixirs. Terres d'Afrique has studied how people use these relatively unknown ingredients and evaluated their potential to sustainably develop an organic skincare range that offers maximum benefits

### Terres d'Afrique Sun Kissed Facial

The Afrique Arising facial brings new life to skin that has played and stayed under the sun a little too long. Designed to fight the negative impacts of excessive sun exposure and to repair or prevent sun damage.

Natural Aloe Ferox Gel Rehydrates, Baobab and Kigelia extracts assists with sun damage repair and intensely calms down inflamed red skin. Specialised Afrique Arising Massage techniques, using Blue Agate Crystals allows the Omega Rich Terres d'Afrique oils to rehydrate and regenerate the deeper layers of the skin. Vitamins from the baobab tree work to restore the skin's elasticity, leaving it supple, plumped, smooth to the touch and Summer Glow Ready

85 minute | R1 250

### Terres d'Afrique Anti-Age Facial

The journey of our lives can be traced by the historical lines on our faces.

A wealth of Africa's potent antioxidants stimulates the skin's production of new collagen and elastin to restore a glowing, youthful appearance. The Terres d'Afrique Lymph Wands enhances lifting and firming in this age-defying facial that 'straightens' the damaged collagen to reduce fine lines and wrinkles.

This treatment focuses on repairing and preventing damage caused by free radicals.

It is designed around powerful antioxidants and omegas as well as collagen boosting botanicals.

Includes a signature anti-aging facial massage using Crystals or wooden wands to enhance the lifting and firming properties of all product formulations

85 minute | R1 350





# Babor Facials

BABOR products stand for science, precision, and results - a world leader in product innovation. They have become the number one skincare brand in Europe known for pioneering luxury skin and body products. Through innovation, BABOR is known for highly effective skincare formulas that target all skin types and skin concerns

## BABOR Classic Balancing SKINOVAGEPX Facial

A Classic balancing SKINOVAGEPX treatment which is based on a holistic approach to a beauty treatment specifically suited to combination skins and assists in balancing the skins PH, refines pores, reducing excess sebum production and mattifies skin for a more refreshed radiant glow. A treatment tailored to your skins individual needs. Smooth, silky textures and effective active ingredients based on Epigenetics incorporating Power Peptides to restore balance to your skin. In this treatment we select products from our premium SKINOVAGE collection to suit your specific skin type and will provide ultimate skin smoothness, suppleness, and a youthfully vital radiance.

Specific Ampoules are individually adapted to your personal skin care needs

Cleansing | Peeling | Ampoule application | Massage | Mask | Individual Finishing Treatment  
55 minute | R1100

## BABOR Age Control Facial

This Luxurious BABOR facial treatment is specifically designed to prevent cellular skin damage and provide a more youthful glow. An ageless experience combining stem cell extracts with individualized active ingredients to target the needs of skin that has been exposed to environmental damage. A tailored made luxurious facial experience that will restore radiance, hydration and reverse the signs of ageing. Delicate textures will melt into the skin as we nourish and restore beauty to your complexion.

Leaving your skin looking and feeling Relaxed and Rosy

Cleansing | Peeling | Ampoule application | Lifting massage | Individual Finishing Treatment  
55 minute | R1250

## BABOR Age Defying Wrinkle Expert Facial

The anti-wrinkle expert: our High Skin Refiner treatment will smooth, plump, and lift every type of wrinkle while firming and toning the skin. A combination of 5 powerful high-performance active ingredients will redefine the contours of the face leaving the skin more youthful and radiant. The result is a more youthful, well contoured face. Soothes all types of lines, improves firmness, tones, improves elasticity and redefines facial contours

Cleansing | BABOR Face Shaping | Peel | Lifting Massage | Eye and Lip Enhancer |  
Specialized Mask | Individual Finishing Treatment  
85 minute | R1 850

## Dr BABOR TheraPRO Robust Peel

Experience intensive peeling without irritation, our AHA Acid treatment will refine and smooth out your complexion. This advanced skin changing treatment is individually tailored to your skin type and condition. A combination of Alpha Hydroxy Acids and controlled pH levels will remove the build-up of unwanted dead surface cells and will action Babor's unique "Peeling from within".  
The skin is left looking radiant, with a refreshed and magnificent glow with no down time

Cleansing | Fruit Acid peel | Active Serum | Special Mask | Individual Finishing Treatment  
55 minute | R1 450



Mangwanani *Signature* SPA

# Mangwanani Signature Spa

## NAIL CARE

### MORGAN TAYLOR

Morgan Taylor is the NEW standard in Professional Nail Lacquer and the crème de la crème of nail colour

Buff and Paint (25 minute)	R350
Buff and Shine Hands/Feet (25 minute)	R300
Deluxe Spa Manicure (55 minute)	R480
Deluxe Spa Pedicure (55 minute)	R520
<b>You're the Man Hand Grooming (55 minute):</b>	
Classic Nail Care, Exfoliation, Pressure Point Massage, Buff and Shine	R450
<b>Executive Man's Foot Grooming (55 minute):</b>	
Classic Nail Care, Foot care Exfoliation, Pressure Foot Point Massage, Buff and Shine	R480

### GELISH

Long wearing Gel Polish for up to 21 days wear with greater endurance and longevity.

Gelish Deluxe Manicure (70 minute)	R550
Gelish Deluxe Pedicure (70 minute)	R590
Soak Off Gel (25 minute)	R180
Soak Off Acrylic/Soft Gel Tips (40 minute)	R230

### SOFT GEL TIPS

New Gelish Soft Gel Tips is a revolutionary light cured pre shaped nail enhancement.

Gorgeous length with full coverage and durable nails in less time.

Soft Gel Tips and Polish (55 minute)	R590
Soft Gel Tips and Gelish (70 minute)	R690
Soft Gel Tips and back fill with Polish (55 minute)	R500
Soft Gel Tips and 2-week back fill with Gelish (55 minute)	R550

# Mangwanani Signature Spa

## WAXING

NAKED CHERRY - VEGAN WAX WITH NATURAL BOTANICALS

### FACE

Brows	R150
Brows and Lip	R250
Lip, brow, and Chin	R300
Full Face	R450

### LEGS

Half Leg	R290
Full Leg	R390

### INTIMATE

Bikini	R290
Brazilian	R350
Hollywood	R450

### ARMS

Under Arm	R250
Full Arm	R390

### BODY

Stomach	R350
Tummy Line	R250

### GENTS

Ear or nose or brows	R160
Ear and Nose	R290
Stomach	R400
Back	R550
Chest	R450
Half Leg	R450
Full Leg	R550
Full Arm	R450
Back, Chest and Stomach	R1 300

## TINTING

Eyelash Tint	R200
Brow Tint	R150
Lash and Brow Tint	R300

# Massage Collections

## MANGWANANI AFRICAN RITUALS INDIVIDUAL MASSAGES

### Volcanic Stone and Sound Therapy Massage

Enjoy the sound of gentle rain drops as we take you on a therapeutic Journey with Sound Therapy using a Traditional African Bamboo Rain stick. A soothing massage using heated Lava Stones that channels Heat and Energy for complete muscle stimulation and relaxation. Using our 100% Mangwanani Natural Aromatic Oils with your choice of either a Calming, Nurturing or Revitalising oil blend that places the mind and body at complete stillness and relaxation whilst relieving muscle aches and tension

55 minute | R1 200

85 minute | R1 499

### Soul Of Africa Massage

In the Maasai culture the Rungu is an important Warrior Symbol. The African Rungu massage is a deep tissue massage using a wooden baton excellent for reaching tired or painful muscles. This ensures lymph drainage and release of endorphins. A truly Traditional African Experience that enhances the feeling of wellbeing

55 minute | R1 200

### Ocean Sea Shell Massage

A Signature Full Body Massage with special breathing techniques that will transport you to the ocean and back. Ocean Sea Shells are heated and used as a unique massage tool while you listen to the soothing sounds of the ocean that are channelled from them. By making use of the earth's natural resources to specifically target our body's seven energy centres to counter the negative influences of modern living and restore inner balance

55 minute | R1 200

## Magnesium Muscle and Joint Recovery Massage

A Deep Tissue Full Body Massage Designed to improve energy levels, promote restful sleep, and melt away muscle aches.

Specialised oils help muscles relax and skilled therapists ease muscle discomfort.

Assists with common aches and pains and relieves stress.

Pure bliss and comfort is the result of this magnificent treatment

85 minute | R1 499

## Marula Oil Expectant Mum Massage Therapy

An indulgent treat for the Mum-To-Be using our signature Marula Oil Blend which is considered sacred.

This Essential Oil is primarily extracted from the Marula fruit kernels which are rich in antioxidants and Amino Acids.

The Marula tree is linked to Fertility and Happiness. According to Venda Culture the bark infusions from the Marula tree can be used to determine if your baby is a boy or a girl.

The amount of Vitamin C found in a single Marula fruit is eight times that of an Orange.

Pregnancy is accompanied by constant hormonal and body changes and Marula Oil assists in strengthening the skins elasticity for lesser occurrence of skin damage from your growing bundle of joy. Enjoy the feeling of complete tranquillity, alleviate common aches, growing body pains and enhance relaxation allowing you to embrace your gift of new life

55 minute | R1 200

## Mangwanani Mind and Mood Therapy

Our signature blend of Mind and Mood Oils - "African Oils of Wisdom" have been specifically formulated with a combination of therapeutic aromatherapy oils and customised massage techniques that invoke healing and mental wellbeing.

The Mind and Mood Therapy lowers feelings of stress, anxiety, depression and fatigue

Enjoy your own choice of Natural Healing African Oils of Wisdom from our Natural Oils Trolley

The 7 Oils signify:

- Courage (Volcanic Stone Massage)
- Wellness (Himalayan Salt Crystal Massage)
  - Tranquillity (Seashell Massage)
  - Energy (African Rungu Massage)
  - Happiness (Rose Quartz Massage)
- Clarity (Blue Lace Agate Sphere Massage)
- Balance (Himalayan Heart Crystal Massage)

Includes a 30 minute Salt Room relaxation with our Signature Herbal Tea

85 minute | R1 450

115 minute | R1850



## MANGWANANI AFRICAN SPA RITUALS BACK THERAPY

### African Glow Back Ritual

This deep cleansing and detoxifying treatment uses warm compresses to open up pores while our Mangwanani African blended Grapeseed Oil Sugar Scrub exfoliates for a smoother and more refined skin texture. A Signature Nurturing Shea Butter with Rose Extracts restores cellular renewal and clears imperfections for a polished glow.

A Luxurious Massage using our Mangwanani Nurturing Shea Butter and Nurturing Oil blend with Heated Heart Shaped Salt Crystals ends off this Ritual

55 minute | R999

## MANGWANANI AFRICAN RITUALS SPA HEAD, NECK, SHOULDER AND SCALP THERAPY

### Molala (Enchanting Head and Shoulder Massage)

An Enchanting African infused 100% Natural Aromatherapy Head, Neck and Shoulder Massage with your choice of a Calming, Nurturing or Revitalising Oil blend that helps relieve tension

55 minute | R750

### Kalahari Melon Oil Head and Scalp Ritual

Experience total relaxation and the added benefit of a healthy scalp treatment with a Kalahari Melon Infused Oil that is rich in essential fatty acids and the highest form of Vitamin E.

A Lightweight infusion that is easily absorbed and assists with excess sebum production and soothes eczema or scalp irritations. This treatment starts off with scalp pressure points followed by a soothing Neck and Shoulder Massage using Warm Volcanic Stones and our Signature Kalahari Melon Oil for healthy hair and reduced neck and shoulder tension

55 minute | R850



## MANGWANANI AFRICAN RITUALS FOOT THERAPY

### Neo Maoto (Uplifting Pressure Point Foot Ritual)

This Uplifting Pressure Point Foot Ritual specifically targets tired feet that carry us through our Journey of Life.

This treatment includes a 55 minute African Cleansing Foot Ritual with a Warm Rose Petal Soak and Grapeseed Oil Sugar Scrub followed by a Pressure Point Leg and Foot Massage  
55 minute | R750

### Mangwanani Rose Quartz Reviving Foot Massage

A much-needed treat for tired, aching legs that need a bit of TLC to revive and relieve inflammation and water retention.

This treatment begins with a detoxifying Scrub which benefits the lymphatic system reducing swollen feet. The Grapefruit Fragrance and Cooling Rose Quartz Spheres stimulate wellbeing and enhance feelings of positivity while reducing stress and anxiety.

Enjoy a Reflexology Pressure Point Massage using a Grapefruit and Fennel Shea Butter with Cool Rose Quartz Spheres followed by our Mangwanani Cooling Leg Gel  
55 minute | R850



## MANGWANANI AFRICAN RITUALS HAND THERAPY

### Neo Matsogo (Indulgent Hand Ritual)

An African Hand Cleansing Ritual with a warm Rose Petal soak and a gentle exfoliation using a Grapeseed Infused Oil Scrub to alleviate dry devitalised skin.

This Beautiful African Ritual is completed with a therapeutic Pressure Point Stress Relieving Hand Massage from fingers to elbows using our Signature Lemongrass Cream Infusion to relieve tired and tense muscles

55 minute | R750

### Heavenly Maracuja Oil Hand Ritual

A Maracuja Oil treatment to revive tired hands.

Also known as Passion Fruit Essential Oil this beautifully fragranced Anti-Ageing Oil improves the appearance of the skin, minimises wrinkles and age spots and increases skin elasticity.

Start off with a renewing scrub, followed by an application of a Maracuja Oil and a Lemongrass Butter on your hands which are wrapped and placed inside hand mittens.

Enjoy a Luxurious Arm Massage while your hands soak up these amazing ingredients.

Once hand mittens are removed a Hand Massage is performed with

Chakra Balancing Pressure Points for the ultimate

Anti-Ageing Hand Treatment

55 minute | R850

# Terres D'Afrique

## SIGNATURE MESSAGES

### Terres d'Afrique Balance And Harmony Massage

This Luxurious Full Body Balancing Therapy aims to detoxify and restore energy flow in the body by stimulating certain Pressure Points along the body's meridians which unblock energy pathways activating the body's natural curative abilities. Signature Tri Touch wooden massage tools assists in draining the lymph nodes for healthier blood flow and circulation.

Balance and Harmony become your mantra

55 minute | R1 200

### Terres d'Afrique Myrrh Body Bliss Massage

A Myrrh Body Polish and Body Butter Massage to rediscover a smooth and luxuriously soft skin.

This blissful formulation rejuvenates, moisturizes and brightens skin for a Glamorous Glow.

Essential fatty acids present in the Jojoba Oil, Mafura Butter and Coconut Oil help restructure and revitalize the epidermis, nourishing the deep layers of the skin.

Active compounds in Kigelia and Mafura soothe inflamed, dry, irritated and sensitive skin

85 minute | R1 650

### Terres d'Afrique Detox Baobab Pinda Massage

This treatment aims to eliminate toxins accumulated in the body due to unhealthy living, urban pollution and stress. A detoxing massage using Terres d' Afrique detoxing oil (Buchu, Black Pepper, Pink Pepper) is conducted with heated pindas made of Baobab Seeds and Buchu and Impepho leaves. The combination of heat, deep pressure, micro massage by the seeds and lymph drainage movements increase blood flow

and eliminate toxins accumulated in the body

55 minute | R1 100

85 minute | R1 450



## Terres d'Afrique Detox Pregnancy Massage

The ultimate Omega-Rich massage that incorporates the Beautiful Energy of hot and cold Rose Quartz Crystals to help ease pregnancy pains and reduce swelling of the legs. Indulge in a full body massage using deeply nourishing and omega rich organic shea butter to help prevent the formation of stretch marks.

Heated Rose Quartz Crystal Balls are used to massage the back to release muscle tension and pain. Cold Rose Quartz Balls are used in combination with a cooling gel to massage the thighs to help decongest and reduce water retention. Rose quartz crystal balls strengthen and balance the physical heart and circulatory system while releasing impurities from the body

85 minute | R1 450

Mangwanani *Signature* SPA

*Advanced Signature Spa*  
AFRICAN BODY RITUALS





# Mangwanani Body Care Rituals

## Korean Body Scrub

A Vigorous and Rejuvenating Full Body Exfoliation that combines modern knowledge with Ancient Wisdom to cleanse the body of dead and aging skin cells using an original Korean Hand Glove Exfoliator and Combing African Exfoliating Techniques.

Shower or be wiped down with warm compresses after the scrub in preparation for a Mangwanani Calming Shea Butter Full Body Massage.

For Younger, more Radiant and Rejuvenated Skin

85 minute | R1 250

## Mangwanani Signature Shea Butter African Ritual

A Body Ritual that hydrates and softens the skin using Shea Butter which is blended in three scents of your choice - Calming, Nurturing or Revitalising. Your Body is exfoliated with a Grapeseed Oil Sugar Scrub followed by a Shea Butter application and then wrapped in a muslin cloth to soothe and nourish dehydrated skin.

A weighted blanket is placed over the body to transport you to a realm of tranquility while you enjoy a 30 minute Enchanting African Head Massage. Includes 30 minute Relaxation Time in our Salt Relaxation Room with our Signature

Herbal Tea Blend or Iced Tea Infusion

115 minute | R1 450

145 minute | R1 850

## Sunkissed Body Recovery Treatment

After a day in the sun, retreat to our Signature Spa for a Cooling Aloe Gel Application for sunkissed skin. This reviving treatment makes use of cool towels which are gently wrapped around the affected areas reducing heat and inflammation.

Enjoy a 25 minute Enchanting Head Massage while your skin cools.

This Restoring Treatment is completed with an application of our Mangwanani After Sun Repair Lotion and a Soothing Rose Spritzer

55 minute | R950

## Mangwanani African Sensory Body Journey

Experience an African Sensory Body Journey, beginning with an Invigorating Full Body Exfoliation with Walnut and Apricot Shell Extracts. This is followed by a Luxurious Wrap of your choice with ingredients ranging from Colloidal Oatmeal, Rice Bran Oil, Capsicum, Coconut Oil, Vitamin A, E, D and C. An Anti-Ageing and Revitalizing Body Serum and a Lotus flower or Aromatherapy infused Deep Tissue Full Body Massage follows - Leaving your skin with a radiant glow and luminosity

Hydration Wrap | Slimming Wrap | Detox Wrap | Mellow Mama Pregnancy Wrap

115 minute | R1 450

## Mangwanani Fynbos Warm Compress Journey

Our hand-crafted Signature Mangwanani Natural Fynbos Compress Massage is the Ultimate African Treat.

The finest blend of Healing Fynbos Crush and Natural Herbs are infused with African fragrances and wrapped in warm compresses which are used to stimulate certain pressure points, balancing the bodies chakras and invoking healing while stimulating the lymphatic system to bring about TOTAL relaxation. Your Journey Starts off with a Fynbos Scrub followed by a 55 minute Full Body Massage with Heated Fynbos compresses and ends off with our Signature Pressure Points over the Head, Face and Shoulders.

Our Fynbos Journey is an absolute must for Spa Connoisseurs

85 minute | R1 250

## Mangwanani Himalayan Salt Crystal Signature Journey

An Out-of-this-World Spa Experience!

This Premium Himalayan Salt Experience will transport the body and mind into a realm of rejuvenation, leaving you feeling invincible. Its grounding properties help to improve sleep and balance the Central Nervous System.

Your journey starts with a Full Body Himalayan Salt Scrub which renews skin cells and reveals soft glowing skin. Once the scrub is showered off, your body is pampered with an expert stress-dissolving 55 minute Full Body Himalayan Salt Crystal Massage with our Signature Mangwanani Shea Butter and Oil Blend with your choice of either Calming, Nurturing or Revitalising.

This specialised massage uses heat-retaining Salt Crystals with rhythmic massage movements, to warm and ease tensed muscles.

A cold Rose Quartz Crystal is used to relieve and heal muscular inflammation on the affected areas.

This relaxing experience ends off with a 30 minute Salt Room Relaxation with our Signature Herbal Tea or Iced Tea Infusion. Soak up the therapeutic salty air to enhance your Himalayan Salt Journey

110 minute | R1 699

# *Terres D'Afrique* BODY CARE RITUALS

## TERRES D'AFRIQUE SCENT BAR

An Aromatherapy Massage that combines the Natural Therapeutic Properties of Essential Oils and the Healing Power of Massage Therapy with long, gentle relaxing strokes.

In this customized Bespoke Aromatherapy Treatment, you will be offered a selection of 9 Essential Oils for a blind scent tasting.

The essential oils are grouped as follows:

3 Floral, 3 Herbaceous and 3 Woody

You will choose one of your favourite scents in each group. A customized blend of Essential Oils will be prepared by your therapist and mixed with a premix blend of Baobab, Marula and Manketti as the carrier oil.

### SCENT BAR ESSENTIAL OILS:

FLORAL: · Ylang Ylang · Jasmine · Patchouli

HERBACEOUS: · Lemongrass · Coriander · Combava Petit Grain

WOODY: · Ginger · Cedarwood · Turmeric

CARRIER OIL: Manketti

85 minute | R1 200

## TERRES D'AFRIQUE SCRUB BAR

Pure indulgence as you are presented with a choice of raw ingredients to make up your own scrub.

This can be done on its own or as an exfoliating Body Scrub Ritual.

The properties of each ingredient will be explained by your therapist.

The treatment finishes with a light application of a Luxurious Signature Terres d' Afrique  
Body Butter and Massage

**Ingredients include:** Beach Sand, Sea Salt, Coco Beads, Rooibos Leaves, Baobab Crushed Seeds,  
Bunchu Leaves, Baobab, Aloe Leaf, Clay - all of which is carefully combined with Organic Shea Butter

55 minute | R1 200

## Terres d'Afrique Ocean Journey

African Combs and Coconut Beads ensure a Harmonious Effect in this Mesmerising Full Body Experience.

Your Ocean Journey begins with a Rhythmic Exfoliating application using Terres d' Afrique Myrrh Body Scrub which polishes away dead skin cells for a smoother texture. This is followed by an African Infused Body Mask with Bentonite Clay combined with Bunchu and Aloe Ferox which work in harmony with the deep layers of the skin to remove heavy metals and toxins. Soothe away the stresses of everyday living - from excessive sun exposure to urban pollution leaving your skin cleansed and detoxified.

A Luxurious, Rich Body Butter Fragranced with Exotic Omumbiri is massaged into the skin and active compounds in the Kigelia and Mafura soothe inflamed, dry, irritated and sensitive skin.

Enjoy a 55 minute Sunkissed Facial with gentle cleansing and mild exfoliation (omitted in case of severe sun burn), the face is washed with fresh coconut water to hydrate and even out skin tone before an aloe gel mask is applied and massaged into the skin using ice cold crystal balls to soothe, hydrate and firm.

Complete your Ocean Journey with a soothing anti-inflammatory clay mask with Baobab and Kigelia extracts.

Relax in our indoor or outdoor mineral pool and enjoy our Signature Mangwanani

Herbal Tea or Fragrant Iced Tea Infusion

170 minutes - R2 999

## Terres d'Afrique Executive Couples Suite Body Journey

Surrender your Mind, Body and Soul to an Experience that will be remembered.

Originally of ancient Middle Eastern beginnings, our Signature experience is adapted to the Traditional Healers approach with an application of a Scrub followed by an Earth Mud application to heal and protect.

Inspired by the seduction rituals of the Surma tribe in Ethiopia, fingers are used to perform the scrub and a traditional African Comb is used to spread the mud. Your therapist uses the comb to create patterns which enhances the sensory experience of touch.

Enjoy a therapeutic warm shower to rinse off the mud or be wiped down by warm compresses in preparation for a Relaxing Massage using Terres d'Afrique Moroccan Gardens Massage Oil scented with Moroccan Cypress, Cedarwood from the Atlas Mountains and Peppermint Essential Oils.

The Massage combines stretching and pulling with lymph drainage and stimulation of Pressure Points.

This Ritual encourages the release of toxins, stimulation of lymph drainage, unblocking of energy flow, and allows the body's natural curative powers to work.

A menthol and peppermint cooling gel is applied at the end of the treatment to stimulate blood flow and create a cooling sensation.

Includes a 30 minute Relaxation time in our Salt/Mineral Pool Relaxation Room with our Signature Mangwanani Herbal Tea Blend or Iced Tea Infusion

170 minute | R2 499pp



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# Babor Body Care Rituals

## BABOR Marine Salt and Fresh Cream Wrap (Safe for Mom-to-Be)

An ideal duo of intensive peeling with a mineral-rich sea salt and a smoothing and energising body wrap. Special BABOR Energetic Brushing invigorates, and increases skin circulation and stimulates the metabolic processes.

A Special refreshing body cream is used as a finishing touch, which supports regeneration of the skins natural protective barrier, nourishing oils protect against drying out

55 minute | R950

## BABOR In Shape Anti-Cellulite Fat Burning Treatment

Special body care that provides firm skin and promotes cellulite reduction while activating fat burning in your tissues and elevating your metabolism.

A Full Body Exfoliation is followed by a body wrap which gently compresses the skin tissue, helping the highly effective active ingredients in the wrap to penetrate deep into the skin. The breakdown of fat in the cells is activated, improving cross-linking of collagen fibres, and restoring the skins firmness and structure.

The problem areas take on a considerably smoother and firmer appearance

55 minute | R1 200

## BABOR Salt Oil Peeling Algae Cream Wrap

This detoxifying full body exfoliation and wrap containing blue-green algae extracts is boosted with minerals, antioxidants, proteins, and amino acids which thoroughly moisturises and protects the skin while detoxing each living cell. Elasticity is improved and tissue cells are firmed for a more radiant looking body

55 minute | R1 450





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# Bridal Collections

Bespoke Pre-Wedding Bridal and Groom packages to prepare your body, mind and soul for new beginnings and embrace bonding in decadence and tranquillity at our Mangwanani Signature Spa

## BRIDE ONLY

### Bridal De-Lux

At Mangwanani Signature Spa we are dedicated to making you feel truly special on your Bridal Journey with our majestic African Rituals. Indulge in a Pampering De-Lux Gelish Pedicure and add a crowning touch to your special day with our Signature Himalayan Salt Crystal Journey. A detoxifying Himalayan Body Polish followed by a relaxing Aromatherapy Infused Warm Salt Crystal Massage. Sip on an Inverroche Gin Cocktail while enjoying 30 minutes of relaxation time in our Salt Room.

Your Journey ends with Lunch while overlooking the majestic Indian Ocean

225 minute | R3 199

### Bridal De-Stress Half Day Decadence

Treat yourself to some alone time with a destressing half day deep-relaxation experience to restore your Body, Mind and Soul.

This therapeutic ritual includes a 55 minute Terres d' Afrique Full Body Balance and Harmony Massage which aims to detoxify and restore energy flow in the body by stimulating certain Pressure Points along the body's meridians and unblocks energy pathways using Signature Tri-Touch wooden massage tools which assist in draining the lymph nodes for healthier blood flow and circulation, a 55 minute Mangwanani Kalahari Melon Oil Head and Scalp Ritual, a 55 minute Mangwanani Uplifting Pressure Point Foot Ritual and a 55 minute Heavenly Maracuja Oil Hand Ritual for the Ultimate Mind and Body Revitalisation.

Complete this ritual with Lunch and an Inverroche Gin Cocktail

275 minute | R4 299

## GROOM ONLY

### Man of the Moment Groom Renew

We haven't forgotten about the Man of the Moment. Melt away pre-wedding stress with a body polishing Korean Scrub which consists of a vigorous and rejuvenating full body exfoliation to cleanse the body of dead and aging skin cells for a polished finish.

A tranquil 55 minute Volcanic Stone and Sound Therapy Soothing Massage using Heated Lava Stones that channel heat and energy for complete muscle stimulation and relaxation, and therapeutic sound therapy with an African Bamboo Rainstick. Hand and Feet Grooming follow with a buff and shine, and a Pressure Point Massage including a Signature African Cleansing Ritual leaving your Hands and Feet fit for a King.

Finish off this rejuvenating Journey with our Signature Mangwanani Iced Tea infusion and Lunch

275 minute | R3 599

## BRIDE AND GROOM

### Bespoke Signature Bride and Groom Retreat

Be transported to a world of Indulgence and Luxury, where no detail is spared in creating an unparalleled journey of relaxation and tranquillity. This package includes five treatments of your choice each 55 minutes long and lunch with dessert and beverages - designed to melt away your stress as you rejuvenate, recharge and refresh

Price on request

## BRIDE AND BRIDAL TEAM

### Bachelorette Sublime High Tea Pamper Party

The ultimate pampering spoil for the Bride and her Bridal Team to reset and reconnect while enjoying bridal bonding. A perfectly decadent High Tea with a selection of treats and relaxing spa treatments. Enjoy a 55 minute Deluxe Spa Pedicure and an enchanting 55 minute Head, Neck and Shoulder Massage

165 minute | R2 299pp

## Bride and Maid of Honour Champagne Spa Spoils

Girls just wanna have fun... Celebrate a Day with your Maid of Honour and enjoy a of Bottle of GH MUMM Champagne while experiencing Luxury, Relaxation and Rejuvenating Massages in preparation for your big day.

Let your hair down and get those feet up for a 55 minute Uplifting Foot Pressure Point Massage and a 55 minute Enchanting African Head Massage.

Champagne Fun time with a Snack platter to be enjoyed on our Luxury Poolside Loungers and finish off an indulgent day of pampering with Lunch

165 minute | R6 799 for two

## Mom and Me Sublime High Tea

Enjoy a little Mother and Daughter time with a Sublime High Tea Spa Experience. Your Journey begins with an African Hand Cleansing Ritual using a warm Rose Petal Soak and gentle exfoliation with a Grapeseed Infused Oil Scrub to alleviate dry, devitalised skin.

A therapeutic Pressure Point Stress Relieving Hand Massage from fingers to elbows.

A Body Ritual that hydrates and softens the skin using Shea Butter which is blended in three scents of your choice - Calming, Nurturing or Revitalising. Your Body is exfoliated with a Grapeseed Oil Sugar Scrub followed by a Shea Butter application and wrapped in a muslin cloth to soothe and nourish dehydrated skin.

A weighted blanket is placed over the body to transport you to a realm of tranquility while you enjoy a 25 minute Enchanting African Head Massage. Includes 30 minute Relaxation Time in our Salt Relaxation Room with our Signature

Herbal Tea Blend or Iced Tea Infusion

End off with a Decadent High Tea

255 minute | R7 399 for two

Bespoke Bridal Spa Experience Consultations and Tailormade Packages are available on request.



Mangwanani *Signature* SPA

# Mum to be Signature Spa Packages

From Swollen Feet and Growing Bellies to Morning Sickness and aching backs, growing a little human is a hard yet rewarding job. So, to Pamper and Rejuvenate all the mamma's out there who need a little relaxation – Here are some delightful Expectant Mom Packages designed especially for you!

## Pregnancy Glow Retreat

Get your Glow on with a Spa Day. Enjoy a pregnancy safe 55 minute Marine Salt scrub with a Fresh Cream Wrap followed by a 55 minute balancing BABOR Facial (balances, refines and mattifies for a refreshed and revitalized look). An Omega-rich Terres d'Afrique Pregnancy Massage incorporates the energy of hot and cold rose quartz crystals to help ease pregnancy pains and reduce swelling of the legs. Enjoy a lunch once your sensational African Journey is complete

250 minute | R4 299

## Mum-To-Be Spa Indulgence

Pencil me in before the big day arrives! Unwind with a Pampering Spa Day that will Rejuvenate and Relax from head to toe. Start your spoil with a Deluxe Spa Manicure and a soothing Deluxe Spa Pedicure.

Wait there's more... An enchanting Head, Neck and Shoulder Massage to break away shoulder tension and untie knots which contribute to headaches. Finally sit back and Relax and with a Cleansing African Foot Ritual, a stress relieving Pressure Point Foot Massage and an Indulgent Lunch

275 minute | R3 299

## Mellow Mamma

Mellow down and retreat with a Rejuvenating Spa Day.

Enjoy a 55 minute 100% Natural Mangwanani Relaxation Facial. A Luxurious Milk Cleanser with Cucumber Extracts cleanses and Apricot Oil and Kernel Exfoliant gently revives the skin while you enjoy a Relaxing Pressure Point Massage using an Avocado Oil Shea Butter. A Blue Green Algae Face Mask is applied which assists with Hydration, followed by an Alcohol Free Witchhazel Toner which balances and a Lipoderm Infused Moisturiser that Nourishes the skin.

Leaving your skin feeling renewed and refreshed with an amazing glow.

This spoil is followed by an indulgent Marula Infused Pregnancy Massage, a treat for mum-to-be using our signature Marula Oil Blend

Pregnancy is accompanied by constant hormonal and body changes and Marula Oil assists in strengthening the skins elasticity for lesser occurrence of skin damage from your growing bundle of joy. Enjoy the feeling of complete tranquillity, alleviate common aches, growing body pains and enhance relaxation allowing you to embrace your gift of new life

Enjoy a Delicious Lunch after your Spa Spoil

165 minute | R2 899





# *Mangwanani Individual Poolside Rituals*

Enjoy Spectacular Views and Soak up the Sun in a serene setting with majestic Ocean Views at the beautiful Signature Spa Poolside. Luxurious and Pampering Poolside Therapies on Luxury Loungers, VIP Couple Pavilions and Massage Cabanas with Signature African Rituals. The Ultimate Relaxation with a range of African inspired therapies to enhance your relaxation and recharge with fun in the sun. Let our team of skilled therapists restore your calm and bring you back to your natural wellbeing

## *Individual Poolside Therapy*

### **Molala (Enchanting African Head, Neck and Shoulder Massage)**

An enchanting African Head, Neck and Shoulder massage with your choice of our Mangwanani Signature Natural Aromatic Oils – Calming, Revitalizing or Nurturing. This massage uses acupuncture points to relax and relieve tension

25 minute | R550

55 minute | R750

### **Neo Maoto (Uplifting African Foot Pressure Point Massage)**

An Uplifting African Pressure Point Foot Massage with a Luxurious Lemongrass Cream Infusion.

Take a moment to replenish, revitalise and re-energize

25 minute | R550

55 minute | R750

## Neo Matsogo (Indulgent African Hand Pressure Point Massage)

An Indulgent African Hand Massage with a Luxurious Lemongrass Cream Infusion followed by a Pressure Point Stress Relieving Hand Massage to restore balance and relieve tension

25 minute | R550

55 minute | R750

## Poolside Revitalising Packages

### Cocktail and Spa Pamper

Indulge in a delightful Inverroche Gin Cocktail with two revitalising 25 minute massages to help you unwind, relax, and surrender to the tranquil beauty of a peaceful environment alongside our magnificent outdoor Spa Pool. A 25 minute Uplifting Pressure Point African Foot Massage and a 25 minute Indulgent Hand Pressure Point Massage

50 minute | R1 399pp

### Wine and Ocean Harmony

Fun in the sun doesn't get any better than this... Pop a bottle of Cederberg Shiraz and enjoy a delicious Snack Platter while soaking up the majestic views of the Azure Indian Ocean.

Reconnect as a Couple as you enjoy a relaxing experience with a couples 55 minute Full Back Massage, a 25 minute Uplifting Pressure Point African Foot Ritual and a

25 minute Indulgent Hand Ritual

160 minute | R5 799 for two

## Sunshine Recharge and Poolside Spa Bliss

Experience Pure Serenity in Luxurious Surroundings with breathtaking views and enjoy pampering while sipping an exquisite Inverroche Gin Cocktail and enjoying a Snack Platter.

This package includes a 55 minute Uplifting African Foot Pressure Point Massage where a blend of Essential Oils and Lemongrass are placed on your feet and a crème and almond oil infusion melt into the skin, leaving you feeling refreshed, revitalized and re-energized, followed by a 55 minute Enchanting Head, Neck and Shoulder Massage for the ultimate recharge retreat

165 minute | R3 999 for two

*Mangwanani African Spa Rituals  
Luxury Cabana Therapy*

## Mangwanani Aromatherapy Full Body Massage

A Traditional Full Body Aromatherapy Massage to soothe tired muscles and alleviate tension for ultimate relaxation from head to toe. Your choice of our 100% Natural Aromatic African Ritual Oils – Calming, Nurturing or Revitalising

55 minutes R1 200

85 minutes R1 499

## Island Back Ritual

A Full Back Massage to relieve all tension, pain and stress leaving you totally rejuvenated

25 minute | R850

55 minute | R1 100

## Moroccan Floor Massage

A reviving and rejuvenating treatment involving stretching the leg and thigh muscles as well as loosening of the knee joints. The Moroccan Floor Massage aims to strengthen your body's resistance to disease and relieve tension and fatigue for deep relaxation.

This treatment is done outdoors in one of our Cabanas and Guests are provided with our

Cotton Moroccan Floor Massage garments

60 minute | R1 200

## VIP Couples Blissful Spa and Champagne

An Exclusive and Heavenly Pamper Session in a Tropical Paradise.

This experience includes a Tension Relieving 55 minute Full Back Massage followed by a 25 minute Enchanting Head, Neck and Shoulder Massage for the Ultimate Bliss.

Indulge in a bottle of GH MUMM Champagne with a Delicious Platter

to be enjoyed by the poolside

135 minute | R6 399 for two

## Soul of Africa VIP Retreat

It's time for a mini recharge break, awaken your senses and escape from your busy day-to-day life by indulging in an Exclusive VIP Experience at our Mangwanani Signature Spa.

An elegant oasis that combines Tranquil Relaxation Rituals with Modern Luxury.

Experience a 55 minute Soul of Africa Full Body Massage using a Traditional Rungu Stick for a

Deep Tissue Massage followed by a 55 minute Mangwanani Signature Rose Quartz

Reviving Foot Ritual and finally a restoring 85 minute Terres d' Afrique Anti Aging Facial.

Conclude this African Escape Ritual with a Bottle of GH MUMM Champagne and Lunch

250 minute | R10 199 for two



Mangwanani *Signature* SPA

# Mangwanani Signature Spa Packages

## Mangwanani Signature High Tea and Spa

Get together with the girls and spoil yourselves at our Luxurious Mangwanani Signature Spa with a glass of Bubbly and a Snack on arrival followed by three Signature 55 minute African Rituals: A Mangwanani African Rituals Relaxation Facial with a Pressure Point Massage; an Enchanting Head, Neck and Shoulder Massage and an Uplifting Pressure Point Foot Massage including a Sublime High Tea Experience  
220 minute | R6 599 for two (excludes additional beverages)

## Mangwanani Signature Half Day Relaxation

Indulge in pure tranquillity at Mangwanani Signature Spa and enjoy a Half Day Breakfast or Lunch Spa Package with bubbly on arrival and three rejuvenating 55 minute African Ritual Therapies:  
A Mangwanani Relaxation Facial with a Pressure Point Massage followed by a 55 minute Volcanic Warm Stone and Sound Therapy Full Body Massage with our Signature 100% Natural Aromatic African Ritual Oils and an Uplifting Foot Pressure Massage  
A morning or afternoon of Pure Bliss for the ultimate relaxation retreat  
4 hours | R2 999pp weekdays | R3 499pp weekend  
220 minute | 8am to 12am (Breakfast) or 1pm to 5pm (Lunch)- (excludes additional beverages)

## Mangwanani Signature Moonlight Night Spa

Escape to our Majestic Moonlight Spa and enjoy a bubbly and a snack platter on arrival. Your African Healing Journey includes three body rejuvenating therapies consisting of a 55 minute Enchanting African Head, Neck and Shoulder Massage, a 55 minute Volcanic Warm Stone and Sound Therapy Full Body Massage with our Signature 100% Natural Aromatic African Ritual Oils and a stress relieving 60 minute Uplifting Pressure Point Foot Massage. Leaving you completely relaxed and revived.  
Indulge in a Decadent Moonlight Dinner  
280 minute | 6pm to 11pm | R3 299pp weekdays | R3 899pp weekend (excludes additional beverages)

## Mangwanani Signature Full Day Spa

Escape and enjoy a day of pure Serenity at our Signature Mangwanani Spa from 9am- 5pm.

Your Package Includes a breakfast and bubbly on arrival followed by Lunch.

You are treated to six Luxurious 55 minute Mangwanani African Rituals

**Treatments include:** Mangwanani Relaxation Facial with a special Facial Pressure Point Massage; a Mesmerising Volcanic Warm Stone and Sound Therapy Full Body Massage with your choice of our three 100% natural Mangwanani Aromatic Oils – Calming, Revitalizing and Nurturing; an Enchanting African Head, Neck and Shoulder Massage; an Uplifting Therapeutic Foot Pressure Point Massage with a Warm Rose Petal Soak and Sugar Exfoliation and an Indulgent African Hand Massage with an African Cleansing Ritual.

Enjoy our Signature Herbal Tea or Iced Tea Infusion

while you relax at our Spa Facilities: Indoor / Outdoor Mineral Pool or Spa Pool

500 minute | R5 899pp weekdays | R6 999pp weekend

(excludes additional beverages)

## Beach Revive and Rejuvenate

Handed down through generations, this traditional African Ritual is recognised as Native Healing.

Experience an African Sensory Body Journey, beginning with an Invigorating Full Body Exfoliation

with Walnut and Apricot Shell Extracts. A luxurious wrap of your choice follows with

ingredients ranging from Colloidal Oatmeal, Rice bran Oil, Capsicum, Coconut Oil, Vitamin A, E, D and C.

An Anti-Ageing and Revitalizing Body Serum and a Lotus Flower or Aromatherapy infused Deep Tissue

Full Body Massage leaves your skin with a radiant glow and luminosity.

End off this Ritual with a 55 minute 100% Natural Mangwanani Relaxation Facial and

a delicious Lunch with a Signature Inverroche Gin Cocktail

225 minute | R3 199pp

## Executive Man African Journey

Specially designed for the busy Gentleman that needs a little retreat to restore Balance and Re-energise. Indulge in a Classic balancing SKINOVAGEPX treatment which is based on a holistic approach and is specifically suited to combination skin which assists in balancing the skins PH, refines pores, reduces excess sebum production and mattifies skin for a refreshed radiant glow. And a 55 minute African Rungu Deep Tissue Massage and experience the Soul of Africa's Traditional Healing Rituals. This African Journey is concluded with a Deluxe Gentleman's Manicure and a Pedicure with a Pressure Point Massage - for hands and feet pamper polished and fit for a king

220 minute | R3 399pp

## VIP Travellers Revive

Travel and Executive Business Trips take an immense strain on the Mind and Body so we have created a Signature Revive Package customised to Restore Mental and Physical wellbeing. Our signature blend of Mind and Mood Oils – “African Oils of Wisdom” have been specifically formulated with a combination of Therapeutic Aromatherapy Oils and Customised Massage Techniques to invoke Healing and Mental Wellbeing. The Mind and Mood Therapy lowers feelings of stress, anxiety, depression and fatigue.

Select an 85 minute massage of your choice and benefit from a Mind and Mood Journey of Wellness and Healing.

This indulgent package includes a Deluxe Spa Pedicure and an enchanting 55 minute Head, Neck and Shoulder massage.

Includes a 30 minute Salt Room Relaxation Session with our Signature Herbal Tea

225 minute | R3 299



# Mangwanani Signature Spa & Stay Journeys

## Girls Time Out Spa Retreat

If there is a nagging whisper telling you it's time to bring Spirit, Mind and Body back into alignment and reconnect with your bestie then look no further than this Girls Time Out Retreat! Spend a night at The Capital Zimbali Hotel with Exclusive African Rituals at our Mangwanani Signature Spa. On arrival you and your bestie will be gifted with our Signature Spa Branded Gown and Slipper Sets while enjoying a glass of bubbly and a snack. Prepare to be swept away into an African Indulging experience with an 85 minute Fynbos Warm Compress Journey.

Your Journey Starts off with a Fynbos scrub followed by an indulgent 55 minute Full Body Fynbos Massage. Enjoy a Mangwanani Relaxation Facial with a signature Facial Pressure Point Massage followed by a Deluxe Spa Manicure and Pedicure for a pamper polished finish.

Retreat to our poolside and enjoy an Inverroche Gin Cocktail and Lunch

305 minute | R11 699 for two | One Night Stay with Breakfast

## Signature Wellness Yoga Balance

Balance and Harmony is the perfect remedy to recover your Mental Wellbeing and Improve Physical Vitality. A calming Yoga session kickstarts your metabolism and creates a deep sense of peace and serenity followed by an 85 minute Mind and Mood Aromatherapy Therapy Massage, a 55 minute Stress Relieving Enchanting African Head, Neck and Shoulder Massage and a 55 minute Uplifting Reflexology Pressure Point Foot Ritual.

The perfect combination of African Rituals specifically designed to renew the body and reactivate the mind.

Includes a 30 minute Salt Room relaxation time to maximise the effects of your Balancing Wellness Journey

255 minute | R12 899 for two | Two Night Stay with Breakfast

## Elemental Celebration Journey

Celebrating an anniversary, birthday, engagement or just life itself? Indulge in a Luxury Spa Experience with a bottle of GH MUMM Champagne to start your celebration, rejuvenating African Spa Ritual Therapies and dinner.

Prepare to be pampered from head-to-toe and turn a special occasion into a treasured moment.

Experience a Terres d' Afrique Bespoke Aromatherapy Massage that combines the natural therapeutic properties of essential oils and the healing power of massage therapy. In this customized Bespoke Aromatherapy Treatment, you will be offered a selection of 9 Essential Oils for a blind scent tasting. Your fragrance blend is then combined for a Bespoke Aromatherapy Journey. An Uplifting African Pressure Point Foot Massage ends this spoil followed by dinner. Let the celebrations begin...

195 minute | R12 599 for two | Two Night Stay with Breakfast

## Couples Romantic Candlelight Spa Experience

A Romantic Getaway with a two course Dinner and a Bottle of GH MUMM Champagne to celebrate your love.

Gifted with our Branded Gown and Slippers set you will experience the Terres d' Afrique Executive Couples Suite Body Journey and surrender your Mind, Body and Soul to an Experience that will be remembered.

Originally of ancient Middle Eastern beginnings, our Signature experience is adapted to the traditional healers approach with a Scrub which is rinsed off in a warm shower followed by an Earth Mud application to heal and protect. Inspired by the seduction rituals of the Surma tribe in Ethiopia, fingers are used to perform the scrub and a traditional African Comb is used to spread the Body Mud. Your therapist uses the African Comb to create patterns and spread the mud which enhances the sensory experience of touch, and performs a head massage whilst your mud is being absorbed. After a therapeutic warm shower or warm compress wipe-down enjoy a Relaxing Massage using our Moroccan Cypress Oil. A menthol and peppermint cooling gel is applied at the end of this treatment to stimulate blood flow and create a cooling sensation.

Includes a 30 minute couples Relaxation Time in our Salt or Mineral Pool relaxation room with our Signature Herbal Tea Blend or Iced Tea Infusion

200 minute | R15 199 for two | Two Night Stay with Breakfast



## Mangwanani Indigo Sleep Island Dreamer

Allow our Mangwanani Therapists to Revitalize you with our head-to-toe Indigo Sleep Therapy Ritual. Start off with a specialized Welcome Touch that includes breathing techniques to enhance the effects of a pure soothing transition to deep relaxation, ideal for alleviating stress and emotional anxiety. Enjoy a 115 minute Mangwanani Signature Shea Butter African Ritual to release all Muscle Tension. This is followed by a 55 minute Enchanting African Head, Neck and Shoulder Massage and a 55 minute Heavenly Maracuja Oil Hand Ritual. A treat to encourage Calmness and Relaxation for a busy mind and tired body. Retreat to a 30 minute Himalayan Salt Room Relaxation Session which places the Mind, Body and Soul at complete stillness while you enjoy our Signature Herbal Tea Blend or Iced Tea Infusion for total restoration  
225 minute | R11 899 for two | Two Night Stay with Breakfast

## Signature Spa Retreat and High Tea

Indulge in tranquillity at our Luxurious Mangwanani Signature Spa and take a much-needed break from your busy lifestyle with a one night stay at the Prestigious Capital Zimbali Hotel for a day to Relax and Enjoy our High Tea Experience with a selection of sweet and savoury delights and our perfectly Infused Teas. Experience a 55 minute Volcanic Warm Stone and Sound Therapy Full Body Massage and a 55 minute Deluxe Pedicure with views of the Majestic Indian Ocean before you  
165 minute | R8 299 for two | One Night Stay with Breakfast

## Mangwanani Signature Spa Wellness Retreat

Escape the city and enjoy spectacular surroundings at the Ultimate Relaxation Retreat - Mangwanani Signature Spa. A Bespoke itinerary of Daily Wellness Treatments are planned with exceptional meals to enjoy for complete relaxation and serenity. On arrival you will be gifted with our Luxury Gown and Slipper set, a glass of bubbly and a snack. Indulge in lunch and dinner, an afternoon High Tea with delectable pastries and sip on an Inverroche Gin Cocktail while unwinding at our Beautiful Outdoor Spa Pool

### Your treatments include:

A 55 minute Volcanic Warm Stone and Sound Therapy Massage

A 115 minute Signature Capital Himalayan Salt Crystal Massage and Salt Room Relaxation

A 115 minute Mind and Mood Therapy - Indulge in an Aromatherapy Ritual of your choice

A 25 minute Himalayan Salt Room Relaxation Time

A 55 minute Deluxe Manicure and Pedicure

A 55 minute Kalahari Melon Oil Head and Hair Ritual

A 55 minute BABOR Classic Facial

A 55 minute Deluxe Pedicure with a Relaxation Foot Massage

Physio and dry needling are available on request

R28 799 for two | Two Night Stay with Breakfast

## Signature Himalayan Spa and Stay Journey

On arrival you and your Partner are gifted with our Luxury Gowns and slippers, and a bottle of Cederberg Wine. Immerse your Mind and Spirit in the soothing sounds of the Azure Sea, while you indulge your body in a relaxing 85 minute Himalayan Salt Scrub and Salt Crystal Massage, where heated salt crystal stones are used to soothe away stress and tension and promote an increased sense of well-being. A 55 minute Enchanting African Head, Neck and Shoulder massage follows with a therapeutic 55 minute Uplifting Foot Pressure Point Massage.

Retreat to a 25 minute Salt Room Relaxation Time and Soak up the salty air to maximise health benefits and enhance your Himalayan Salt Journey. End off your Soul Enriching Treat with Dinner

345 minute | R12 199 for two | One Night Stay with Breakfast

Mangwanani

*Signature*  
SPA

A person is seen from behind, sitting in clear, bright blue water. They are wearing a large, wide-brimmed straw hat with a white scarf tied around the base. The water is very clear, showing the person's legs and the bottom of the hat. The background is a vast expanse of blue water with some ripples and reflections.

Mangwanani African Spa is a True African Spa Destination Experience, Committed to Empowerment and Responsible Tourism.

By marrying Western Cultures with Ancient African Rituals, Guests are Pampered with Decadent Therapies for Total Relaxation of Body, Mind and Soul. Mangwanani is suitable for couples, groups and individuals of all ages.

By unleashing the natural, inherent ability of previously disadvantaged women through training and development, Mangwanani offers a Rare Experience of African Indulgence that Blesses the Body and Soul through Ancestral Therapies

Mangwanani is committed to serving a Social Responsibility, Sustainable Development and Empowerment through Job Creation.

By uplifting Local Communities Nationally, Mangwanani provides a Quality African Experience, and Value for Money, by Committed, Empowered and Happy People

We Hope You Enjoy Your Time with Us

# Spa Etiquette

Mangwanani Dream Spa would like all guests to have the most tranquil and indulgent experience possible when visiting any of our spas, nationwide. With this aim in mind, we have produced a general set of etiquette guidelines for you to keep in mind before your decadent experience with us.

We have created these guidelines to ensure that everyone visiting Mangwanani Dream Spa has the very best experience possible: therefore, we deeply appreciate and respect your adherence to these guidelines.

- Arrive 15-20 minutes prior to treatments to complete an indemnity card
- Ensure to wear bathing suits when using facilities or wet areas
- Please keep your cell phone switched off throughout your experience at the Spa – the reason: cell phones can be disruptive to your revitalisation experience and can interfere with treatments as well as being disturbing to other guests
- Please note that other guests will be present at the spa during your stay and we ask that you keep noise to a minimum so that the tranquil experiences of other guests are not disrupted
- Please only smoke in designated areas, smoking in non-designated areas is illegal and prohibited
- If necessary, please moderate your alcohol intake as excessive consumption can lead to unruly behaviour. This can impact on your treatments as well as the serene experiences of other guests
- Please refrain from sexually suggestive and/or inappropriate behaviour as it distracts from Mangwanani's philosophy of peace and tranquillity
- Our therapists are trained to make your stay with us as comfortable as possible, should you feel in anyway uncomfortable with our treatments or service please advise an on-site manager immediately
- Demeaning and/or abusive behaviour towards our therapists and staff members will not be tolerated: should you wish to make a complaint please notify an on-site manager immediately

Mangwanani

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## T's & C's

We love to pamper you but please note:

- Pre-payment is required to secure bookings
- Should you be late, your treatment will be shortened accordingly

### Rescheduling Policies:

- Rescheduling 5 days before your booking will carry a 10% administration fee, which is payable when rescheduling
- Rescheduling 3 days before your booking will have a 25% rescheduling fee, which is payable when rescheduling
- Rescheduling within 3 days of you booking will result in a 100% forfeit of the full value of the booking

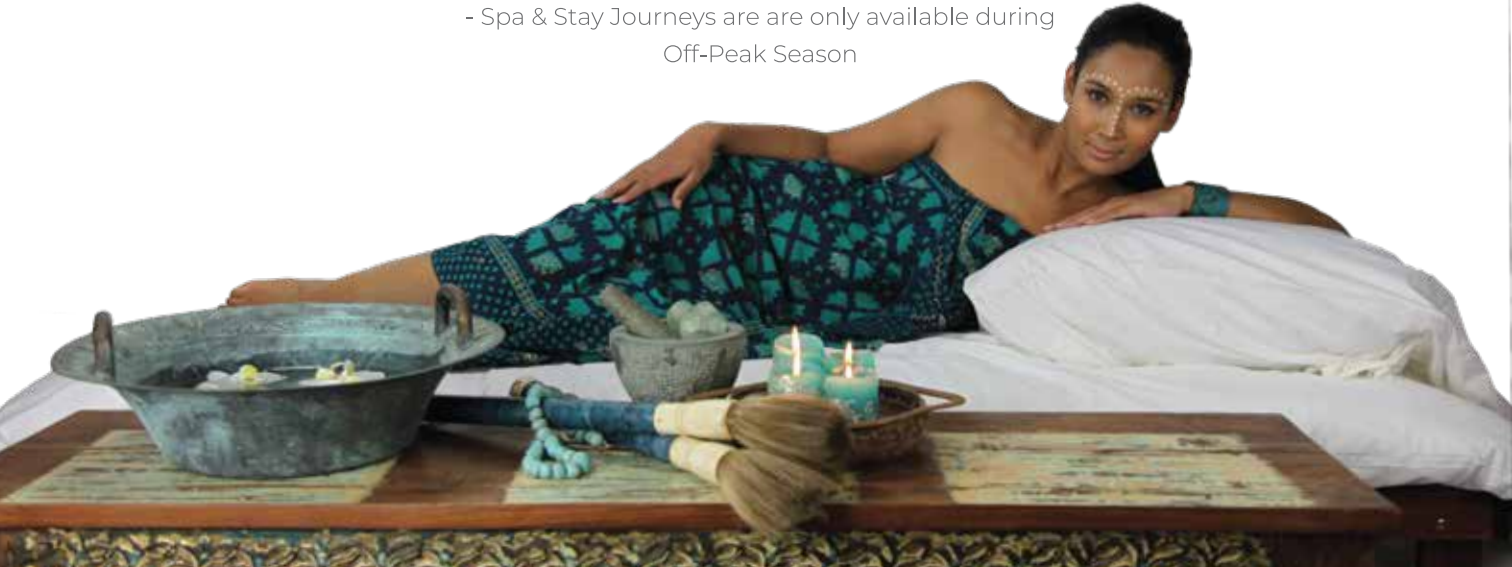
### Cancellation Policies:

- Cancellation of a booking and/or no show will result in a 100% forfeit of the full value of the booking

### Refunds and Returns:

- Treatments and packages are non-refundable non-transferable and may not be exchanged for money
  - For hygiene reasons, products purchased may not be returned or exchanged
- Additional Costs will be charged for parking at the Capital Hotel and Settled with Capital Prior to departure
  - Additional Beverages will be settled with Capital Hotel
  - Set Fee of R550 – to book Spa Facilities Use of our Spa Pool
  - Set Spa Lunch and Dinner Menu for Selection with Certain Packages

- Spa & Stay Journeys are only available during Off-Peak Season





**TERRES  
D'AFRIQUE**

**BABOR**

*NakedCherry*  
WAXING

**MORGAN  
TAYLOR**  
Professional Nail Lacquer

**gelish**  
SOAK-OFF  
GEL POLISH

**gelish**  
SOFT GEL

OPERATING HOURS:

Monday to Sunday from 8:00am – 23h00pm Daily

Address: 5 Corkwood Drive, Zimbali Coastal Estate, Dolphin Coast, 4390

Please call reception on: 032 538 5030 if you would like to make a Reservation

Central Reservations: 087 809 0055

Email: [carishma@mangwanani.co.za](mailto:carishma@mangwanani.co.za) / [info@mangwanani.co.za](mailto:info@mangwanani.co.za)



**Mangwanani**  
ESSENCE OF AFRICA

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BOUTIQUE SPA

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SPA

**Mangwanani**  
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SPA  
SINCE 2007

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ZIMBALI LODGE

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