

## SIGNATURE EXPERIENCES

Indian African ritual therapies have been used for hundreds of years, boosting health and healing. Our signature experiences utilise age old wisdom and natural ingredients, combined with the latest technologies.

### **Our Journey Through Africa – Uhambo** (90 min)

**R 2 500**

This soul-reviving ritual combines unique massage techniques and Himalayan salt crystals, African rungu and calabash. Eases away muscular aches and tension by improving circulation and stimulation.

### **A Change of Season Ritual – Inkathi Yonyaka** (120 min)

**R 3 050**

Begin with a full body exfoliation, followed by a Cleansing Clay Body Wrap that utilises tribal wisdom incorporated in the indigenous ingredients. Improve circulation, rejuvenate and re-mineralise your skin, activated by the warming humidity of the Hammam. Shower off and cool in the sensation mist shower. Follow with a 45 minute sensory African back massage featuring heated Himalayan salt crystals to ensure complete deep relaxation.

## THE HAMMAM CEREMONIES

In centuries past the Hammam was known as the ‘silent doctor’ – a place of cleansing and healing for both body and soul. Indulge yourself in traditional Middle Eastern treatments while your imagination takes you on a mystical journey into the past that traces its roots back to the Roman Thermae. Wraps and bathing suits required. A Hammam session can be added to any spa treatment.

### **The Oriental Hammam Ceremony / Turkish Hammam** (50 min)

**R 1 500**

A deep cleansing ritual using black olive soap and a Turkish mitt to exfoliate the dead cells. Leaves skin looking radiant – you feel completely cleansed and invigorated.

### **The Oyster Box Hammam Ceremony / Durban Hammam** (75 min)

**R 2 100**

Absorb the humidity and soften your muscles prior to a 30 minute back massage. Heated lemons are used to penetrate to the core of sore and tired muscles. As the lemons soften, they burst and release fresh natural citric acids to exfoliate and condition. We cleanse using cane sugar and coconut oil to invigorate your skin, eliminating excess skin cells and leaving skin supple and full of nutrients.

### **Hammam Heat Session** – Private session in the Hammam

The relaxing humidity of the Hammam and cooling Rain Forest mist shower are a treatment in themselves. Book for pre-massage relaxation or post gym de-stress.

### **Private Steam Session** (30 min)

**R 650 per person**

### **Private Steam Session with self-application of Body Exfoliant OR Body Mask** (45 min)

**R 750 per person**

### **Private Steam Session with self-application of Body Exfoliant and Body Mask** (60 min)

**R 875 per person**

**Please note:** Treatment time includes consultation and welcoming foot ritual, besides the private steam sessions.

Please note there is a price increase in the peak period from the 15th December 2024 – 31st January 2025.