

## Exclusive Ayana Facials

**EXPRESS FACIAL** R430  
30 minutes

A deep cleansing facial using Healing Earth's two in one microfoliant exfoliator and mask, together with a lovely facial massage, your skin will look radiant and feeling hydrated and you will be relaxed.

**REVIVE & RENEW - JASMINE & BAOBAB** R680  
50 minutes

Precious oils from ancient baobabs are combined with extracts from jasmine to create a powerful synergy of anti-oxidants and protective actives, leaving your skin feeling soft and renewed, resulting in youthful radiance and plumping effect.

**PERFECT BALANCE – NEROLI & ROSE** R680  
50 minutes

Extracts of Neroli and precious Rose to replenish, decongest and balance skin, leaving your skin cleansed and hydrated.

**PURE RADIANCE – MARULA & ROSE** R680  
50 minutes

Marula and Rose, Geranium and Ylang-Ylang essential oils are mixed into an invigorating blend of sheer skin bliss. Excellent for tired, dehydrated skin, needing a special boost to even out skin texture and create a vibrant glow.

**GENTLEMEN'S FACIAL** R650  
45 minutes

A deep cleansing, exfoliating and balancing treatment for the modern man. Soothes, restores and energizes. Complete with our famous African Potato Balm massage.

## Children's Spa on Safaki

Excluding any vouchers or discounts. 6- 12 years  
20min

**HAND PRINT MANICURE** R180  
Nourishing hand soak and massage with polish application.

**FOOT PRINT PEDICURE** R180  
Relaxing foot scrub and massage, with polish application.

**HIPPO BACK MASSAGE** R190  
A calming massage to soothe sore muscles and improve blood circulation after a safari drive.

*and now is me time...*

## Spa Etiquette

### CANCELLATION POLICY

Please provide Ayana Spa with a minimum of 4hr notice when rescheduling your appointment(s). If a 4hr cancellation is not provided, 50% of the total treatment value will be charged.

### ARRIVAL

To ensure you receive your full treatment time, please arrive 15 minutes prior to your treatment to change into the robe and slippers provided and to fill in our consultation form. All appointments will end at their scheduled time so that the next guest is not delayed or inconvenienced in any way.

### ATTIRE

We respectfully request that underwear is to be worn for all treatments. Our therapists are trained to observe client modesty at all times. Swimwear is requested at all times in the sauna/steam room area. You will be provided with a robe, a pair of slippers and a secure space to store your belongings upon arrival.

### CONSULTATION

We ask all guests to complete a mandatory consultation form on arrival so that our therapists can prepare your experience and offer expertise tailored to your needs. Please advise us when booking, of any relevant health conditions. Please remember to drink enough water when using our sauna and steam rooms and pay attention to certain health precautions.

### PREGNANCY

Please note that we do not perform any massage treatments during the 1st trimester of pregnancy.

### MOBILE PHONES

We ask that noise levels are kept to a minimum and for the comfort of others, please refrain from using your mobile phone. Your co-operation in providing a tranquil environment is greatly appreciated.

### SPA FACILITIES

R260 per person

We provide complimentary use of the Spa facilities for our guests upon booking a treatment at the Ayana spa. A charge of R260 per person is applicable for use of the facilities for the day without treatments scheduled. Subject to availability.

## Something to Take Home

Should you wish to continue your Healing Earth journey we have a wonderful selection of products passionately created using only the purest natural essential oils, clinically researched to suite your needs for a healthy, nourished and radiant result. Please enquire with your therapist about product specifically suited to your needs from our selection available to purchase directly from Ayana Spa.



AYANA SPA

Time to relax

*Situated at Garden Route Game Lodge*

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GARDEN ROUTE - SOUTH AFRICA

[www.grgamelodge.co.za](http://www.grgamelodge.co.za)



## Massages

### GENTLE GIANT BACK, NECK & SHOULDER MASSAGE

- 30 minutes **R510**
- 45 minutes **R650**

A traditional and relaxing massage at your desired pressure level to keep you feeling relaxed and de-stressed. Customize your back massage by adding African Potatoes balm to your treatment, at an extra cost of **R100**

### LAZY HIPPO FULL BODY MASSAGE

- 60 minutes **R860**
- 90 minutes **R1170**

Focusing on relieving stress and muscle tension, this antioxidant-rich treatment will help with circulation and exfoliate dry skin while boosting the immune system.

### AROMATHERAPY FULL BODY MASSAGE

- 60 minutes **R960**
- 90 minutes **R1340**

To customise your treatment, choose one of Healing Earth's signature oils: MARULA NEROLI - Relax and uplift  
KALAHARI MELON - Hydrate and protect  
CINNAMON & ORANGE - Define and Sculpt

### AFRICAN POTATO BALM FULL BODY MASSAGE

- 60 minutes **R1120**
- 90 minutes **R1230**

A restoring massage performed with Healing Earth's award-winning African Potato Balm. Great for healing any kind of damaged or sensitised skin, from wound healing to eczema, psoriasis, chapped skin, sun protection, allergies and more - as it also acts as a natural sunscreen.

### HOTSTONE BACK, NECK & SHOULDER MASSAGE **R900**

- 45 minutes

### HOTSTONE FULL BODY MASSAGE

- 60 minutes **R1120**
- 90 minutes **R1350**

Heated Volcanic Basal stones melt away any tension and promotes deep muscle relaxation.

## Body Treatments

### BACK TREATMENT - BACK SCRUB & MASSAGE

- 45 minutes **R750**

To customise your treatment, choose one of Healing Earth's signature oils: MARULA NEROLI - Relax and uplift  
KALAHARI MELON - Hydrate and protect

### HEALING HIKERS COOLING OIL & GEL RELIEF

- 30 minutes **R650**

A full leg and foot massage to relieve tired lower body muscles with Healing Earth's muscle relief gel and foot oil with peppermint, rosemary and eucalyptus. Leaves you cooled and refreshed!

## Pregnancy Treatments

### BACK, NECK & SHOULDER MASSAGE

- 30 minutes **R510**
- Using only Grape Seed oil.

### REVIVE & RENEW FACIAL

- 60 minutes **R650**

### RELAXING FOOT & LOWER LEG TREATMENT

- 30 minutes **R300**
- (Soak, Scrub and Massage)

## Ayana Spa Packages

### AYANA FULL AFRICAN BODY MASSAGE, BODY POLISH & BODY WRAP

- 90 minutes **R1440**

Exfoliate and rejuvenate tired, dull skin and end off with a full body massage, leaving skin feeling wonderfully hydrated and nourished.

To customise your treatment, choose one of Healing Earth's signature oils: MARULA NEROLI - Relax and uplift  
KALAHARI MELON - Hydrate and protect  
MONGONGO NUT - Detox  
CINNAMON & ORANGE - Define and Sculpt

### HEAVENLY HABIBI FULL BODY MASSAGE, BODY POLISH & BODY WRAP

- 90 minutes **R1750**

Rejuvenate tired dull skin with Healing Earth's Pinotage body treatment products.

Start with Pinotage body polish scrub with apricot kernels and then being wrapped in Pinotage Body clay mask, to moisturise and protect the skin and end off with a full body massage.

### ROLLING HILLS BACK MASSAGE & FACIAL **R1050**

- 90 minutes

Combine a facial and back massage for a top-to-toe pamper that leaves you nourished, refreshed and glowing. No steaming with this facial

### BAOBAB RENEWAL FACIAL, SCRUB, WRAP & MASSAGE **R2050**

- 180 minutes

Combine a facial, body scrub, wrap and full body massage for a comprehensive treatment that leaves you feeling both relaxed and restored.

### COUPLE SERENITY FULL BODY MASSAGE & SCRUB PACKAGE

- 90 minutes **R2450 per couple**

Treat yourself and your loved one to an indulgent scrub and full body massage enjoyed together.

### STEAM & SCRUB BODY TREATMENT PACKAGE

- 60 minutes **R500pp/R1000pc**

Using our Healing Earth Pinotage body scrub, the product will be applied onto the skin and then showered off, the product together with the steam will leave the skin feeling soft, hydrated and looking radiant. (Self-Application)

### HALF DAY PAMPER PACKAGE **R2800pp**

- 30 minutes Sauna/Steam session (Before or After Treatments)
- 45 minutes Pinotage Body Polish and Body Wrap
- 90 minutes Pinotage destress full body massage
- 60 minutes Healing Earth Revive and Renew Facial

Our 4-hour Half Day Pamper package will leave you relaxed, rejuvenated and ready to take on the world. Includes a Spa Platter and complimentary tea and coffee facilities.

## Hands & Feet

### EXPRESS MANICURE **R330** **30 min**

Cuticle work and nail varnish

### FULL MANICURE **R510** **60 min**

Cuticle work, scrub, massage and nail varnish

### LUXURY MANICURE & WRAP **R560** **75 min**

African potato balm treatment

### EXPRESS PEDICURE **R330** **30 min**

Cuticle work and nail varnish

### FULL PEDICURE **R520** **60 min**

Scrub, heel file, cuticle work, nail varnish, massage

### LUXURY PEDICURE & WRAP **R580** **75 min**

African potato balm treatment

### FOOT REPAIR TREATMENT **R280** **30 min**

Soak, scrub, heel file and massage

### ADD ON GEL POLISH

Pedicure/Manicure plus Gel polish **R560** **90 min**

Gel Polish Application **R450** **60 min**

Gel Polish removal **R200** **45 min**

## Tinting

Eyebrow Tint **R120** **20 min**

Lash Tint **R120** **20 min**

## Waxing

Brow Shape **R200** **30 min**

Lip **R140** **30 min**

Facial Waxing Package **R280** **45 min**

(Brows, lip, chin and sides)

Bikini **R370** **60 min**

Brazilian/Full Bikini **R480** **60 min**

Under Arm **R250** **30 min**

Full Leg **R350** **60 min**

Half Leg **R320** **45 min**

Back/Chest **R480** **30 min**

*Make time for yourself*