

## Exclusive Ayana Facials

**kalahari**<sup>TM</sup>  
phyto-ceutical skincare  
by  
Carina Frank

### HONEY BUSH SKIN TREATMENT

45 minutes

R480

A quick skin refresh to cleanse, exfoliate and hydrate, leaving your complexion fresh and glowing.

### AFRICAN ESSENCE SKIN TREATMENTS

50 minutes

R690

An Ultra – Hydrating treatment restore your skins barrier and is deeply Hydrating and Nourishing.

### NATURAL BALANCE SKIN TREATMENT

50 minutes

R690

A deep cleansing, treatment, that helps balances out all impurities and restore a healthy glowing skin as well as improves the overall appearance and texture of the skin.

### AFRICAN GLOW SKIN TREATMENT

50 minutes

R700

A Skin treatment that improves skin health, it visibly improves skin to appear firmer and tighter. Pores are refined; skin looks brightened and rejuvenated.

## Gentlemen's Treatments

### GENTLEMEN'S FACIAL

45 minutes

R500

A tailored facial designed to deeply cleanse, exfoliate and refresh men's skin.

### BACK/CHEST WAX

45 minutes

R480

### GENTLEMEN'S REFRESH PEDICURE 30MIN

45 minutes

R350

Complete nail care including scrub, massage.

### GENTLEMEN'S LUXURY PEDICURE

75 minutes

R600

Full Pedicure including African Potato Balm wrap.

*and now is me time...*

## Young Explorers Spa Experience

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

### JUNIOR EXPLORER MANICURE

R190

A fun manicure with soak, massage and polish.

### LEOPARD PAW PEDICURE

R190

A relaxing scrub, massage and polish.

### LION CUB BLISS, BACK & NECK MASSAGE

R190

A gentle massage to relax tired muscles after a day of adventure.

### YOUNG RADIANCE FACIAL

30 minutes

R250

## Spa Etiquette

### CANCELLATION

Please provide us with a minimum of 4hr notice when rescheduling your appointment. If not provided 100% of your total treatment value will be charged.

### ARRIVAL

Please arrive 15 minutes before your treatment and enjoy a relaxed start to your spa journey.

### MOBILE PHONES

Switch off and unwind. Please keep mobile phones on silent.

### CONSULTATION

Please complete your consultation form and let your therapist know how we can make your experience perfect.

### ATTIRE

Robes and slippers are provided. We kindly ask that towels and robes remain within the spa facilities and are not taken to your room. Swimsuits are required in the sauna and steam room.

### SPA FACILITIES

Relax and enjoy our spa facilities complimentary with any spa treatment. Non-treatment guests are welcome at R280 per person, subject to availability.

### TAKE A LITTLE AYANA HOME

Loved your time at Ayana Spa? Take a little piece of the African safari experience home with you. Explore our selection of body and skincare products and continue your spa journey long after you leave.

*Relax • Unwind • Enjoy*

Take a moment for yourself and let us take care of you.



AYANA SPA

Time to relax

© cinnabar creative studio 044 674 6262

*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 STRETCH BACK, NECK & SHOULDER MASSAGE

- 30 minutes R540
- 45 minutes R690

Melt away everyday tension with a soothing, personalised back massage leaving you feeling deeply relaxed and renewed.

### AFRICAN POTATO BALM FULL BODY MASSAGE

- 60 minutes R1200
- 90 minutes R1300

Experience deep healing and nourishment with this massage, perfect for soothing tired muscles and dry, sensitive skin, healing any kind of damaged skin, eczema, psoriasis, chapped skin, and it acts as a natural sunscreen.

### AROMATHERAPY FULL BODY MASSAGE

- 60 minutes R1030
- 90 minutes R1130

Let your senses drift away with a luxurious full body massage infused with your choice of Healing Earth's signature oils.

### GIRAFFE'S JOURNEY FULL BODY MASSAGE

- 60 minutes R920
- 90 minutes R1250

Escape into pure relaxation as flowing massage techniques melt away stress, ease muscle tension and leave your body feeling light and refreshed.

### HOTSTONE BACK, NECK & SHOULDER MASSAGE

- 45 minutes R960

### HOTSTONE FULL BODY MASSAGE

- 60 minutes R1195
- 90 minutes R1450

Feel the warmth of volcanic stones melt deep-seated tension away, leaving your body relaxed, balanced and completely rejuvenated.

## Body Treatments

### BACK REVIVAL – BACK SCRUB & BACK MASSAGE

- 45 minutes R800

Treat your back to a refreshing exfoliation and relaxing massage, leaving your skin smooth, soft and beautifully revitalised.

### HEALING HIKERS LEG & FOOT MASSAGE

- 30 minutes R700

Give tired legs & feet the ultimate refresh with a cooling treatment that soothes aching muscles and leaves you feeling light on your feet.

*Make time for yourself*

## Pregnancy Treatments

(No massage treatments performed during the 1st Trimester)

### PREGNANCY BACK, NECK & SHOULDER MASSAGE

- 30 minutes R540
- A gentle Back, Neck and Shoulder massage using Grape Seed oil.

### PREGNANCY REVIVE & RENEW FACIAL

- 60 minutes R480
- Restore your skin's natural radiance with a deeply hydrating and revitalising facial.

### PREGNANCY RELAXING FOOT & LOWER LEG TREATMENT

- 30 minutes R340
- A soothing soak, scrub and massage to refresh tired feet.

## Ayana Spa Packages

### AFRICAN ESSENCE - BODY MASSAGE, POLISH & WRAP

- 90 minutes R1540
- Indulge in a luxurious African-inspired journey that exfoliates, nourishes and revitalises your skin, followed by a deeply relaxing full body massage.

### SUNSET RITUAL - FULL BODY MASSAGE, POLISH & WRAP

- 90 minutes R1850
- Immerse yourself in pure indulgence with a rejuvenating body polish, nourishing wrap and relaxing full body massage.

### HORIZON HILLS BACK MASSAGE & FACIAL

- 90 minutes R1125
- Relax with the perfect combination of a soothing back massage and revitalising facial, leaving you refreshed.

### AYANA SIGNATURE RENEWAL - FACIAL, SCRUB, WRAP & MASSAGE

- 180 minutes R2190
- The ultimate full-body escape, combining a rejuvenating facial, exfoliating body scrub, nourishing body wrap and relaxing full body massage for complete renewal.

### COUPLES RETREAT - FULL BODY MASSAGE & SCRUB PACKAGE

- 90 minutes R2620pc
- Share a moment of pure relaxation with someone special, enjoying a luxurious body scrub and soothing full body massage together.
- ADD ON A SPA PLATTER FOR TWO R250.00

### SAFARI GLOW STEAM & SCRUB BODY TREATMENT PACKAGE

- 60 minutes R525pp/R1050pc
- Begin your journey with a revitalising body scrub before unwinding in the steam room, leaving your skin silky smooth and radiant.

### THE AYANA ESCAPE - HALF DAY PACKAGE

R2900pp

Escape into four hours of pure indulgence with a relaxing combination of sauna or steam, body treatments, massage, facial and a refreshing spa platter.

- 30min Sauna/Steam session
- 45min Pinotage Body Polish and Body Wrap
- 90min Pinotage destress Full Body massage
- 60min Healing Earth Revive and Renew Facial

## Hands & Feet Treatment

### HAND REFRESH MANICURE R350 30 min

Quick essential nail care with cuticle work and polish.

### ESSENTIAL MANICURE R540 60 min

Complete nail care including scrub, massage and polish.

### LUXURY MANICURE & WRAP R590 75 min

Full Manicure including African Potato Balm wrap.

### FEET REFRESH PEDICURE R350 30 min

Quick essential nail care with cuticle work and polish.

### ESSENTIAL PEDICURE R550 60 min

Complete nail care including scrub, massage and polish.

### LUXURY PEDICURE & WRAP R600 75 min

Full Pedicure including African Potato Balm wrap.

### FOOT REPAIR TREATMENT R290 30 min

Soak, scrub and massage to restore tired feet.

### 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 R130 20 min

### Lash Tint R130 20 min

## Waxing

### Eyebrow Wax R200 30 min

### Lip or Chin Wax R200 30 min

### Full Face Wax Package R300 45 min

(Brows, Lip, Chin & Sides)

### Underarm Wax R250 30 min

### Half Leg Wax R320 45 min

### Full Leg Wax R350 60 min

### Bikini Wax R370 60 min

### Brazilian/Full Bikini R480 60 min