



## **ETALI SAFARI WELLNESS MENU**

*At Etali Wellness Centre, a place where tranquility rises, the emphasis at our secluded & thatched wellness centre is on relaxation, de-stressing and recapturing your body's natural equilibrium through the various wellness treatments we offer. Our philosophy on natural health is based on holism, relaxation and rejuvenating the body, mind and spirit. This piece of undisturbed Africa allows you to listen to the rhythms of nature, while you surrender to the healing touch of our therapists' hands.*

*Our product houses of choice are used at some of the most prestigious spas worldwide. Both lines are technologically advanced and contain nature's richest, most active ingredients.*

*At the Etali Safari Wellness Centre, the combination of expert therapist care and bespoke products deliver on its promise of an experience of a lifetime.*

### **SPA FACILITIES**

#### ***Bush Gym***

Enjoy your workout in the bush. The bush gym is located near the wellness centre.

#### ***Steam therapy***

Enjoy this heat based facility and allow your body to rid itself of toxins and impurities. Complimentary use with all spa treatments.

### **TREATMENTS**

#### **ETALI SIGNATURE TREATMENT**

##### ***Tlhakanya signature Treatment***

*2hr R1,600*

In Tswana the word "Tlhakanya" means to mix and come together. The experience starts with a visit to the Essential oil infused steam room, followed by a full body scrub, leaving your skin silk like and hydrated. This is followed by a full body wrap of your choice and a hydrating facial treatment. Our combination of Swedish and warm stone body massage will leave you revitalized with a sense of wellbeing.



## **FACIAL THERAPIES**

### ***Vitamin C Treatment***

*60min R750*

**Benefit:** A radical facial treatment for dull and dehydrated skin. Combine the high potency of Vitamin C with a stimulating treatment to improve vitality and brighten the complexion.

### ***Anti Free-Radical Facial - Intensive Repair Treatment***

*60min R700*

**Benefit:** This Vitamin-enriched repairing facial combats dry, dehydrated & dull looking skin by infusing free-radical fighting Vitamins A and E by means of a bi-thermal high-performance treatment mask.

### ***Sensitive Skin Treatment - Calming and soothing***

*60min R650*

**Benefit:** The treatment aims to sooth & calm the skin. A cooling, lift-off mask is applied in order to seal in the benefits of the active ingredients. This treatment leaves skin moist and soft.

### ***Moisture Infusion with Honeybush - Hydrating & Nourishing***

*60 min R500*

**Benefit:** Hydrating & nourishing plant extracts and rich botanical oils intensely restores moisture and strengthens your skin.

### ***Spa Facial - Revitalising***

*30min R400*

**Benefit** A highly effective combination of alpha hydroxyl acids, peptides and moisture binding ingredients offers an instant improvement in radiance, freshness and vitality.

## **FOR HIM**

### ***Specialized Male - For Him***

*60 min R700*

Counteract the aging process with a clinically effective, advanced skin treatment. The actives captured in the specific products will replenish your skin whilst combating aging aggressors. Visibly resurfacing, this treatment promotes healthy, youthful skin.

### ***Gentlemen's Classic Facial***

*60min R500*

This facial includes deep cleansing specifically targeting clogged pores, soothes razor burn and sensitivity. Rebalancing, moisturizing and calming therapy for your skin.



## **BODY THERAPIES**

**Combine any of our exfoliation, massage and wrap treatments and enjoy a glorious sensory escape that will leave your body pampered and pristine.**

***Pre-treatment:* we suggest 5-10 minutes in our essential oil infused steam room prior to your body treatment.**

### **ETALI SIGNATURE TREATMENT**

#### ***Tlhakanya signature treatment***

*2 hr R1,600*

In Tswana the word "Tlhakanya" means to mix and come together. The experience starts with a visit to the Essential oil infused steam room, followed by a full body scrub, leaving your skin silk like and hydrated. This is followed by a full body wrap of your choice and a hydrating facial treatment. Our combination of Swedish and warm stone body massage will leave you revitalized with a sense of wellbeing.

### **BODY EXFOLIATION**

Exfoliation thoroughly eliminates the build-up of dead and dry skin cells, allowing the skin to resurface silky-soft and hydrated.

#### ***Monko Salt Glow – Full body salt scrub***

*30min R350*

The exfoliating sea salt is enriched with a unique blend of essential oils to render the skin smooth and re-mineralized.

#### ***Gotlha treatment – Full Body exfoliation***

*30min R350*

This creamy exfoliation, gently yet thoroughly eliminates the build-up of dead and dry skin cells leaving your skin soft and hydrated.



## **BODY WRAPS**

**Created with specific benefits in mind, each wrap is infused with high levels of active ingredients designed to restore and revitalize.**

### **De- stress**

*60min R 600*

Formulated to vanquish stress, this wrap, delivers nature's rich and mineralizing elements to heal and nourish. The skin feels renewed, mineralized and fatigue-free.

### **Purifying**

*60min R 600*

Designed to assist in the cleansing and removal of toxins from the body. Leaving you with a sense of well-being.

### **Nourishing**

*60min R600*

The ideal treatment after sun exposure and safe for mothers to be. Deeply restorative & nourishing, a glorious all over body treatment.

## **MASSAGE THERAPIES**

**Massage therapy offers many benefits – relaxation, blood circulation, lymph drainage, muscular relief, and skin rejuvenation.**

### ***Back, neck & shoulder massage***

*30min R 380 or 45min 520*

An extremely focused massage paying specific attention to shoulder muscles, the muscles along the spine and those of the lower back in order to alleviate pain and promote relaxation.

### ***Soul of Africa Swedish body massage***

*60min R 650 or 90min R875*

This classic technique gently, rhythmically manipulates the large muscle groups in order to bring about relaxation. Medium to deep pressure is used to help improve circulation, the lymph and muscular systems.

### ***Monko Massage (Aroma infused)***

*60min R 680 or 90min R980*

A customized blend of oils addresses your specific needs. A gentle pressured, fluid massage with the focus on the essential oils that penetrate into the blood stream, leaving you with a deep sense of well-being.

### ***Heated stone massage***

*60min R875 or 90min R1020*

Smooth, heated stones create a warm, comforting sensation, providing a state of deep relaxation and tension relief.

### ***Head Massage***

*30 min R380*

Various pressure and focused movements brings relief to stress and tension in the head and shoulders



## **ESSENTIAL CARE FOR HANDS AND FEET**

Our contemporary methods & professional products treats both hands and feet against the signs of age and environmental damage

***Gel dip Varnish only (Nails or Toes)*** *40min R250*

Revolutionary Gel dip is a Long Lasting Nail Polish that is precise & beautiful lasting up to 14 days

Add the Gel dip to any of the Manicure or Pedicure treatments *R150 extra*

### **MANICURES**

***Regenerating hand treatment*** *60min R450*

This manicure promotes "youthful looking hands" within a spa manicure. Dry, chapped hands are rendered smoother, softer, and wonderfully re-hydrated. This treatment includes an exfoliation, massage, cuticle treatment, specialized mask and varnish.

***Quick manicure*** *30min R350*

Focus on grooming the nails, cuticle care, nail shaping, buff, varnish and moisturizing the skin

***Hand & arm treat*** *30min R300*

Enjoy this relaxing hand & arm exfoliation and massage. The combination of active care products will nourish & hydrate the skin.

### **PEDICURES**

***Spa pedicure*** *60min R580*

Great care is taken to remove the build- up of dead skin, treat and care for the cuticles and nails. A beautiful scrub and mask is used. The feet and calves are massaged with warm stones & toe nails are painted or buffed.

***Express pedicure*** *40min R350*

Nails are filed, cuticles treated and heels smoothed prior to the application of a deep moisturizing cream.

***Foot ritual*** *30min R300*

Enjoy this relaxing foot wash, scrub and massage with products selected to leave your feet relaxed and invigorated.



## **FINISHING TOUCHES**

### **TLOSA MORIRI - HAIR REMOVAL**

Sugaring is a 100% natural, effective and most hygienic method of hair removal. The sugaring technique leaves the skin silky soft with no sticky residues.

### **SUGARING – LADIES**

Full Leg including feet	55min R330
$\frac{3}{4}$ Leg	45min R285
Half Leg	30min R265
Bikini Standard	30min R140
Brazilian	45min R240
Hollywood	50min R285
Under arm	30min R125
Lip/Chin/Ears/Nose/Eyebrows	15min R115
Half Arm	40min R175
Full Arm	45min R205
Full Face	30min R205
Stomach	30min R185

### **EYE GROOMING**

**Define and accentuate your eyes by having your brows & lashes expertly treated, tinted & shaped**

Eye lash tint	R80
Eye brow tint	R60
Lash & Brow	R130



## **ETALI WELLNESS**

### **SPA ETIQUETTE**

**We undertake to provide you with the best possible service to make your time with us enjoyable.** Our spa environment is tranquil and relaxed. To maintain this level of special ambiance we request that noise levels are kept to a minimum and that your mobile phone remains switched off while in the spa, during treatments and in the relaxation areas of the spa. Children under the age of 16 may not accompany you into the Wellness Centre, unless they are booked in for treatments. Please respect the "ME" times of other spa guests as well as their right to privacy. Your co-operation is greatly appreciated.

### **SPA ATTIRE**

For your comfort, bathrobes, slippers and disposable undergarments are provided. You are required to wear a bathing costume when using the steam room. Nudity is not permitted. Please wear minimal jewelry to the Wellness Centre.

### **HEALTH CONDITIONS**

Please inform your therapist of any medical condition including disabilities, ailments, allergies, pregnancy, or if you are on any medication. A parental consent form is required for all spa guests under the age of 16. Please communicate with your therapist as to your level of comfort and areas in need of attention.

### **SAFETY**

Etali Wellness Centre cannot be held responsible for any theft, damage, loss or misfortune that may occur. If you prefer, your valuable items may be placed in the safe at reception.

### **ARRIVAL**

We kindly request punctuality as late arrivals will result in a reduction in treatment time whilst the full treatment fee will apply.

We suggest that you report to reception 10 minutes prior to your scheduled treatment/s to allow you sufficient time to complete the compulsory client consultation card before being escorted to the Wellness Centre.

### **THERAPISTS**

Our therapists are fully trained and qualified professionals in their industry. We are committed to ongoing, continuous training and our therapists attend regular extensive training schedules.

### **PRODUCTS**

Etali Wellness uses the highest quality of Professional skin care range in our spa services. We encourage continued use of these products at home for optimum results. Products purchased are non-refundable.



## **WELLNESS CENTRE BOOKINGS AND PAYMENTS**

Pre-booking of treatments is essential.

We welcome day visitors subject to availability. Pre-payment to secure the booking for day visitors can be made via credit card or EFT. Please note cancellation policy as this applies to day visitors as well.

To make your appointment contact reception.

## **HOURS OF OPERATION**

Flexi hours. Please confirm with reception.

## **PRICING**

All pricing is subject to change and without prior notice. All prices are inclusive of 15% VAT.

## **CANCELLATION POLICIES**

A 24-hour notice period is required for cancellations and rescheduling. If Wellness Centre appointments are cancelled less than 24 hours prior to the scheduled time the full treatment fee will apply and we reserve the right to charge your credit card accordingly. No-shows will incur a 100% penalty fee.

## **MISCELLANEOUS**

Our Spa is a non-smoking, drug free facility and the consumption of alcohol is prohibited. A gratuity may be left at your discretion.

## **CONTACT DETAILS**

CENTRAL BOOKING OFFICE: +27 (0)12 346 0124  
LODGE: +27 (0)72 089 5655

[reservations@etalisafari.co.za](mailto:reservations@etalisafari.co.za) [www.etalisafari.co.za](http://www.etalisafari.co.za)