

TINGA LODGE

Wellness Menu



PENTANISIA PRUNELLOIDES

Discover treatments designed to relax, renew, and rejuvenate your body and mind.

Developed by a specialised team using clinical and scientific research, the **TheraNaka™** range features indigenous Pinotage grape derivatives combined with powerful antioxidants and organic botanicals.

Each treatment begins with a personalised consultation by a trained **TheraVine™** expert, addressing your unique concerns.

The carefully designed phases nurture mind, body, and skin, while luxurious aromas and textures create a rich, multi-sensory experience for ultimate relaxation.

Signature Experiences

CBD MASSAGE

60min | R1 700 90min | R2 100

Melt away your worries as the warm, CBD-infused balm is skillfully applied to ease tension and soothe the body. This indulgent full-body massage gently releases tight muscles, promoting profound relaxation and leaving you calm, rejuvenated, and deeply restored.

AFRICAN WOOD MASSAGE

60min | R1 700 90min | R2 100

A deep tissue massage using finely crafted wooden tools to expertly release muscle tension, ease knots, and restore balance for deep relaxation and renewed vitality.

TheraNaka™ COUPLE'S RETREAT

120min | R4 200 Per Couple
Unwind together with this luxurious, shared experience. Begin your escape with a full-body massage, expertly designed to ease muscle tension and promote deep relaxation. Follow with a revitalising back exfoliation, smoothing and refreshing the skin for a healthy, radiant glow. Complete your treatment with a personalised facial, meticulously tailored to address your individual skin needs, leaving you both feeling rebalanced, refreshed, and restored.

Body Indulgence

TENSION RELEASE DEEP TISSUE MASSAGE

**30min | R800 45min | R1 100
60min | R1 500 90min | R1 800**

The ideal massage for active individuals and frequent travellers in need of a circulation boost. A deeply therapeutic massage targeting the deeper layers of muscle and connective tissue to relieve chronic tension and enhance mobility. Expert techniques release stubborn knots and restore balance, leaving you feeling grounded, renewed, and pain-free.

INDULGENT RELAXATION MASSAGE

**30min | R800 45min | R1 100
60min | R1 500 90min | R1 800**

This light pressure massage is designed to calm your body and soothe your muscles. This gentle, light-pressure massage is exquisitely crafted to relax your body and melt away muscle tension, enveloping you in soothing tranquility.

MOM-TO-BE MASSAGE

**30min | R800 45min | R1 100
60min | R1 500 90min | R1 800**

Relieve backache, leg cramps, and swelling of the feet with a gentle massage using this neutral massage oil - a perfect blend of nurturing, pregnancy-safe botanicals.

VEGAN INDULGENCE

75min | R1 700

Begin with a gentle back polish to reveal smooth, radiant skin, followed by a calming massage infused with a luxurious blend of plant waxes, coconut, jasmine, and ylang-ylang oils. Drift into deep relaxation as tension melts away.

Body Restorative

ALOE AFTER SUN GEL WRAP

Area Specific 30min | R700
Full Body 60min | R1 500

A cooling aloe ferox and rooibos gel envelopment soothes sunburned skin, calms irritation, and promotes healing. Let your skin absorb nourishing, restorative actives as you relax and recover.

CLARIFYING BACK TREATMENT

45min | R800

Designed to purify the skin while revitalising tension-prone areas on the back, neck, and shoulders, this rebalancing treatment combines deep-cleansing exfoliation with detoxifying actives to refresh and restore congested skin.

JET LAG MASSAGE

60min | R1 500

This massage promotes greater balance and harmony while restoring your vitality. It includes a back massage, foot massage, and scalp massage.

AFRICAN EARTH NURTURING WRAP

60min | R1 500

A gentle exfoliation reveals luminous skin, followed by a soothing blend of botanicals, Aloe Ferox, and Rooibos that deeply hydrate and restore delicate, sensitive complexions. Pregnancy-safe.

DETOXIFYING MUD WRAP

90min | R1 700

Begin with a full-body exfoliation. The nourishing green clay and purifying kaolin gently cleanse your skin. Infused with fennel, ginger, and vetiver, this treatment stimulates toxin elimination, boosts circulation, and revitalises your energy.

Facial Treatments

TheraVine™

HARMONISING FACIAL

60min | R900

A facial custom designed for extreme relaxation with the scent of aromatic essential oils. Gently removing surface impurities and restoring balance to the skin.

TheraVine™ MEN'S ACTIVE FACIAL

60min | R900

A men's facial that deeply cleanses, exfoliates, and hydrates the skin to leave your complexion refreshed, smooth, and revitalised.

DELUXE ANTI-AGING FACIAL

60min | R1 000 **90min | R1 500**

This facial assists in reducing fine lines and wrinkles, with peptide rich boosters and serums to combat the signs of ageing.

HydraVine™ FACIAL

60min | R1 000 **90min | R1 500**

A revolutionary cloth mask containing Hyaluronic Acid that intensely moisturises the skin and locks in active ingredients – perfect for very dry, sensitive skin needing intense hydration.

Kids' Corner

12 YEARS AND YOUNGER

BACK, NECK AND SHOULDER MASSAGE

30min | R400

A gentle, soothing massage for kids using a 100% safe, natural blend of plant butters. Perfect for sensitive skin, it relaxes muscles, nourishes skin, and promotes calm.

PRO YOUTH CLARIFYING FACIAL

45min | R500

A tailored treatment targeting congested skin types, helping clarify, purify and restore balance with visible results for a clear complexion and luminous, even skin tone.

Beauty Services

MANICURE

60min | R480

Enjoy a spa manicure that gently exfoliates your hands, then relax with a hand massage. Your nails and cuticles will be cared for, followed by a nail polish colour of your choice for fresh, younger-looking hands.

PEDICURE

60min | R560

Indulge tired feet with gentle exfoliation, a rich nourishing massage, and meticulous nail and cuticle care. Finish with an optional nail colour for a polished look.



Grooming Services

Eyelash Tint	15min	R240
Eyebrow Shape	15min	R240
Eyebrow Tint	15min	R240
High Definition Eyes	30min	R480
(eyelash and brow tint, shape)		

Treatment Boosters

Hand Massage	15min	R240
Foot Massage	15min	R240
Scalp Massage	15min	R240
Soak Off	45min	R400
Gel Overlay	45min	R800

Spa Etiquette and Policies

APPOINTMENTS

Booking in advance is recommended.

PUNCTUALITY

Please ensure you arrive at your scheduled appointment time, or your treatment time will be reduced. We suggest ten minutes prior, in order to complete the consultation.

CANCELLATION POLICY

A 4-hour notice period is required.

MOBILE PHONES

Kindly ensure your device is switched to silent mode or off.

INDEMNITY

The spa, its therapists and **TheraNaka™/TheraVine™** will not be held responsible for any injuries, adverse reactions or complications before, during or after a treatment/s.

BOOKINGS

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