

TINGA LODGE

WELLNESS MENU



Pentanisia prunelloides

WE CARE ABOUT YOUR WELL-BEING

Escape from the pressures of daily life, surrender your senses and experience treatments second to none.

Carefully developed by a specialised team using extensive clinical and scientific studies, the **TheraNaka™** range boasts indigenous Pinotage cultivar grape derivatives to which internationally acclaimed active ingredients, powerful anti-oxidant ingredients and organically grown indigenous botanicals have been added.

All our treatments begin with an in-depth skin consultation by a **TheraVine™** expert, trained and skilled to assess your specific concerns because beauty goes beyond the radiance of your skin and body.

Each phase that follows has been expertly woven to meet the needs of mind, body and skin while aromas and indulgent textures provide for a multi-sensory experience, each treatment expertly crafted for your ultimate treatment satisfaction.

BOOKINGS: TINGASPA@LIONSANDS.COM | +27 (0) 13 735 8400

OPERATING HOURS: 8AM - 7PM DAILY

SPA ETIQUETTE & POLICIES

Appointments: Booking in advance is recommended.

Punctuality: Please ensure you are ready when your therapist arrives; should you begin later than your scheduled appointment, your treatment time will be reduced or cancelled, with the full treatment fee charged regardless.

Cancellation policy: A 4-hour notice period is required; appointments not cancelled in time will be charged for in full.

Mobile phones: Kindly ensure your device is switched to silent mode or off

Children: A childminding service is also available at the lodge should parents wish to enjoy spa time to themselves.

Prices: All prices are subject to change without prior notice.

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; or for any theft, damage, loss or accident that occurs on the premises.



Signature Experiences

TheranaKa™ Couples' Retreat 120min • R4200

An African couples' journey for a memorable unifying experience. Melt away the stresses particularly related to male and female energy with this complete head to toe treatment, using natural botanical mood enhancing essential oils individualized to each person. Escape and experience the antidote to stress that allows for a physical, emotional, and spiritual connection. ~ *Treatment subject to therapist availability.*

TheranaKa™ African Wood Massage 90min • R1800

Mimicking the rhythmical patterns of an African dance, the TheraNaka™ signature massage blends light stretching techniques and specially designed body and facial wooden implements to relax and restore your weary body. Being drizzled with a warm Olive and Shea butter ointment with soft notes of mandarin and neroli will nourish; and heal dry skin whilst experiencing blissful relaxation and rejuvenation.

TheranaKa™ African Awakening Massage 90min • R1800

Drawing inspiration from the Marula tree and the African traditional healing beliefs, an ultra-relaxing indulgent full body massage was created. The skillful combination of contracting and oxygenating enhancing breathing techniques will awaken your senses and revive your body and mind. Enjoy the freedom of choosing your favourite scent from our selection of Marula-herb infused Fusion body oils to address your every need.

TheranaKa™ Vegan Indulgence 75min • R1700

Be transported to a majestic bushveld experience! The treatment commences with a back polish to slough off dead skin cells leaving the skin feeling comfortably smoothed. This nurturing massage journey uses a 100% vegan superior blend of plant waxes and butters infused with coconut, jasmine, and ylang-ylang oils to enhance this soothing and stress relieving experience. Simply relax and feel the tension melt away.

Body Indulgence

TheranaKa™ Tension Release Deep Tissue Massage Back & Neck 30min • R800 | 45min • R1100 Full Body 60min • R1500 | 90min • R1800

A warm aroma blend infused with circulatory-boosting essential oils is coupled with a deep tissue massage designed to relieve pain and muscle tension throughout the body. The powerful synergy of Rosemary, Pine, Black Pepper and Marjoram creates a gentle warmth, improving range of motion, dissolve tension and encourages muscle relaxation. A refreshing gel is applied, leaving your body feeling refreshed and invigorated. The ideal massage for active individuals and frequent travelers in need of a circulation boost.

TheranaKa™ Luxury Fusion Relaxation Massage Back & Neck 30min • R800 Full Body 60min • R1500 | 90min • R1800

Enjoying the freedom of choosing your favorite massage mediums from our selection of luxurious herb-infused Avo and Shea- massage butters or Marula-herb infused Fusion body oils. Heavenly exotic aromas and natural essences are used to calm the soul, rebalance, and uplift the mind.

Choose from our 4 Signature Blends:
African Sunset (relaxing); African Daybreak (uplifting)
African Storm (detoxifying); African Earth (pregnancy safe)

MOM-TO-BE MOISTURIZING MASSAGE Back & Neck 30min • R800 | 45min • R1100 Full Body 60min • R1500 | 90min • R1800

Relieves pain associated with backache, leg cramps, and swelling of the feet. This massage can be adapted according to the individual's trimester using specialized techniques. The pro-neutral massage oil is a perfect blend of the best of Mother Earth's nurturing botanicals of pregnancy-safe grapeseed oil, organic coconut oil, and baobab oil to create a sense of harmony in the body and mind.

Body Restorative

TheranaKa™ Uplifting Jet Lag Ritual 60min • R1500

Experience a gentle massage therapy facilitated by our uplifting Marula-herb infused Fusion body oil to address your jet lag whilst restoring vitality, realign muscles and tissues. To allow for a greater balance and harmony, the use of essential oils of lime, lavender and sweet orange is followed by an invigorating pressure point foot massage to restore your energy. Your treatment will be concluded by a relaxing scalp massage leaving you feeling refreshed and revitalised. ~ *Welcoming Ritual; Back Massage; Foot Massage; Invigorating Gel; Scalp Massage*

TheranaKa™ Relaxing Aloe After Sun Gel Wrap Area Specific 30min • R700 Full Body 60min • R1500

De-stress and sooth. A relaxing blend of jasmine, geranium and lavender is expertly applied to ensure complete relaxation, followed by the hydrating comfort of an aloe ferox and rooibos gel envelopment which immediately soothes, calms, and promotes healing. Relax while your skin is drenched in enriching actives.

TheranaKa™ Detoxifying Mud Wrap 90min • R1700

Purify and cleanse. To commence this sensory journey, you will receive a full body exfoliation, followed by a warming herbal fusion massage. The nourishment of green clay and purifying action of kaolin cleanses your skin and improves skin tone and elasticity. Fennel, ginger, and vetiver stimulates the body's toxin elimination process, improves circulation, and restores energy levels.

TheranaKa™ African Earth Nurturing Wrap 60min • R1500

Nurture and Nourish. A nurturing treatment that commences with a gentle exfoliation to slough off dead skin cells leaving the skin feeling smooth and nourished. Carefully selected botanicals combined with an Aloe Ferox and Rooibos embalmment are applied to meet the increased demand for skin nourishment and hydration, ideal for sensitive and allergy-prone skin. This treatment is safe during pregnancy.

Facial Treatments

Theravine™ Deluxe Anti-Aging Facial 60min • R1000 | 90min • R1500

This replenishing treatment assists in reducing fine lines and wrinkles with peptide-rich boosters and serums to combat the signs of ageing while a plasticizing mask further enhances the actions of the active ingredients.

Hydravine™ Facial 60min • R1000 | 90min • R1500

A revolutionary cloth mask containing Hyaluronic Acid intensely moisturises the skin and 'locks in' active ingredients for up to 3 weeks – perfect for very dry, sensitive skin needing intense hydration!

Theravine™ Harmonizing Facial 60min • R900

A tailored facial custom designed for extreme relaxation with the aromatic scent of essential oils constructed to deeply hydrate your skin, gently remove surface impurities, and restore balance to the skin.

For Men

Theravine™ Men Daily Active Facial 60min • R900

3 key fundamentals: cleanse, hydrate and revitalise help restore freshness and clarity whilst leaving the skin comfortably soothed.

Theravine™ Men Clarifying Back Treatment 45min • R800

Aimed at purifying the skin whilst reviving tension areas on the back, neck and shoulders, this rebalancing treatment combines deep cleansing exfoliation while detoxifying actives restore a weary mind, body, and soul.

TheranaKa™ Men Revive Pedicure 60min • R560

Ideal for active men. Your therapist will pay attention to cuticle and nail care, removal of excess skin on heels, rounded off with a cool, revitalising mask to stimulate circulation.

Youth/Kids Corner

TheranaKa™ Back, Neck & Shoulder Massage 30min • R400

A wellbeing massage experience using a 100% safe and natural blend of plant butters.

TheranaKa™ African Princess 45min • R700

Become your favourite princess for a day. The package consists of a mini manicure, mini pedicure, including a foot soak & scrub. ~ *Back massage can be added*

Beauty Services

TheranaKa™ Manicure 60min • R480

Indulge in an African inspired spa manicure, treating your hands and forearms to a gentle exfoliation followed by an African Earth fusion hand massage, whilst including nail and cuticle attention, followed by a nail colour of your choice for your rejuvenated younger-looking hands.

TheranaKa™ Pedicure 60min • R560

Pamper tired feet and legs during a soothing spa pedicure, focusing on exfoliation of rough skin, a customized nourishing African Shea butter dumbbell massage, including nail and cuticle attention. Choose a dazzling nail colour for your gorgeous new feet.

Grooming Services

Eye Lash Tint	15min	R240
Eye Brow Shape	15min	R240
Eye Brow Tint	15min	R240
High Definition Eyes	30min	R480

(eyelash & brow tint, shape)

Treatment Boosters

Hand Massage	15min	R240
Foot Massage	15min	R240
Scalp Massage	15min	R240

