



PRANA

LODGE & FOREST
WELLNESS RETREAT

SPA MENU



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to date with all things Prana!

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SERENITY AWAITS

Welcome to the **Prana Lodge Wellness Spa - a sanctuary of peace and renewal.** Here, every detail is designed to help you unwind, restore balance, and indulge in a premium spa experience.

From our serene treatment suites to our soothing hydro facilities, we invite you to slow down, breathe deeply, and embrace the healing power of relaxation, rejuvenation, and restorative therapies. **Your journey with us begins the moment you arrive.**

DID YOU KNOW?

The word “Prana” comes from ancient Sanskrit and refers to the vital life force or energy that flows through all living beings, sustaining body, mind, and spirit.

GUEST INFORMATION

To ensure the best possible experience, kindly note the following:

- **Bookings are essential**
- **Transport Available** (Minimum 4 People)
- **Open daily:** 08h00 – 18h00
- **Arrival:** Please arrive 20 minutes early to check in.
- **Attire:** Robes, towels, and slippers are provided
- **Health & Check-In:** Inform your therapist of pregnancy, injuries, surgery, hypertension, allergies, or other conditions. They will review any health concerns to ensure a safe, personalised treatment.
- Please keep voices low and mobile phones switched off while in the spa.
- For your comfort, you may request your therapist to adjust pressure at any time.



To get the most out of your experience
at Prana we recommend the following

JOURNEYS & SIGNATURE TREATMENTS

SPA ONLY JOURNEYS

Curated spa packages combining different spa treatments for complete relaxation and renewal.

| | Min | Price |
|---|-----|-------------------|
| Perfect Day - Massage & Facial 60 min Hot Stone or Aromatic Massage & 60 min Miracle Tissue Oil Facial | 120 | R1 600 |
| Pregnancy - Coconut Massage & Facial 60 min coconut massage & 60 min Miracle Tissue Oil Facial | 120 | R1 600 |
| Couples Massage Experience 60 min Foot Scrub, Hot Stone or Aromatic Massage & 30 min in Sauna or Steam Room | 90 | R1 995 per couple |
| Rooibos Journey 60 min Rooibos Infusion massage, 60 min Anti Aging Facial, 60 min Rooibos Body Scrub, & 30 min in the Scented Sauna | 210 | R3 290 |

SPA & PRANA JOURNEYS

These indulgent packages pair luxurious spa treatments with a gourmet dining experiences for the ultimate Prana escape.

| | Min | Price |
|---|-----|--------|
| Prana Special - Fusion & Lunch 60 min Aromatic Fusion Massage & Lunch | 60 | R1 360 |
| Moonlight - Fusion, Hydro & Dinner 60 min Aromatic Fusion Massage, 60 min in Scented Sauna or Steam Soom, & a 4-Course Dinner | 120 | R1 690 |
| Half Day Package 60min fusion massage, 60min body scrub, 60min anti-aging facial, 30min hydro session & lunch | 210 | R3 490 |

GROUP JOURNEYS

Ladies Package • Including transport to and from EL
 60-min massage, 60-min miracle tissue oil, ladies high tea, champagne, & return transport from EL.
(4 people minimum)

120 R2 565 per person

DID YOU KNOW?

Rooibos, our proudly South African 'red gold,' is packed with antioxidants and natural healing properties. In spa treatments, it helps soothe, hydrate, and protect the skin, while calming inflammation and promoting a youthful glow.

We use **Annique Rooibos** – a premium South African skincare brand renowned for pioneering rooibos-based beauty. For over 50 years, Annique has harnessed the antioxidant power of organic rooibos to promote radiant, healthy, and naturally protected skin.

Why we love it:

- Proudly sourced from **Annique Rooibos**, a trusted South African wellness brand
- Rich in antioxidants that protect against environmental damage
- Naturally anti-inflammatory and soothing for sensitive skin
- Helps restore hydration and improve skin tone
- Promotes a radiant, healthy complexion

ROOIBOS TREATMENTS

We recommend the following Rooibos treatments:

| | Min | Price |
|--|-----|--------|
| Rooibos Infusion Massage A nourishing massage enriched with warm rooibos oils to soothe skin, and relax muscle. | 90 | R1 840 |
| BoSerum Rooibos Facial A restorative rooibos-rich facial that hydrates, calms, and nourishes stressed or sensitive skin. | 60 | R1 060 |
| Rooibos Body Scrub A gentle rooibos-infused scrub that smooths skin and leaves a healthy, natural glow. | 60 | R965 |
| Rooibos Journey 60 min Rooibos Infusion massage, 60 min Anti Aging Facial, 60 min Rooibos Body Scrub, 30 min Scented Sauna | 210 | R3 290 |

DID YOU KNOW?

One of the most effective ways that your body gets rid of toxins is by sweating. **Studies have shown that sitting in a sauna or steam room for 30 minutes is the equivalent of an intense aerobic workout.** The intense heat causes you to flush those nasty toxins.

Sauna

Ideal for those struggling with chronic pain or high blood pressure - the dry heat helps relax muscles, ease stiffness, and support healthy circulation.

Steam Room

Perfect for those experiencing sinus or chest congestion, poor circulation, or high stress levels - the warm steam soothes airways, promotes relaxation, and rejuvenates both body and mind.

HYDRO-FACILITIES

Take a moment to reset in our calming sauna and steam room, the perfect pre- or post-treatment ritual.

| | Min | Price |
|--|-----|-------|
| Sauna Dry heat therapy that relaxes muscles and supports detoxification. | 30 | R300 |
| Steam Room Warm steam that clears the skin and soothes the senses. | 30 | R300 |

Choose from a choice of essential oil scents, each offering **unique therapeutic benefits:**

- **Peppermint:** Eases headaches, relieves fatigue, aids digestion
- **Rosemary:** Stimulates circulation, soothes inflammation
- **Eucalyptus:** Supports respiratory health, reduces congestion



AESTHETIC JOURNEYS

We recommend the following aesthetic
procedures for flawless skin...

** All aesthetic procedures must be booked at least 24 hours in advance are done
by a certified professional aesthetic therapist*

COLLAGEN TREATMENT

Collagen production therapy is a microneedling treatment that stimulates natural collagen regeneration deep within the skin.

Collagen Journey

A rejuvenating collagen therapy paired with a hand & foot massage and brunch.

R1 990

Procedure Only

R1 590

Neck (add-on)

R500

Hands (add-on)

R500

- Semi-invasive (micro-needling)
- Firms and tightens skin
- Some downtime required
- Reduces fine lines and wrinkles

For best results, multiple procedures are recommended over a few months:

Package of 3 - Save 10%

Package of 7 - Save 20%

MESOSKIN THERAPY

MesoSkin Therapy uses advanced, non-invasive (needle-free) technology to deliver active ingredients into the skin's middle layer.

MesoSkin Journey

A rejuvenating Mesoskin therapy paired with a hand & foot massage and brunch.

Procedure Only

Skin Brightening

R1 890

R1 490

Filler

R1 690

R1 290

Lift & Hydration

R1 590

R1 190

Anti-ageing Stemcell Procedure

R1 590

R1 190

Neck (add-on)

R500

Hands (add-on)

R500

Each treatment is personalised with active ingredients tailored to your skin's needs.

For best results, multiple procedures are recommended over a few months:

Package of 3 - Save 10%

Package of 7 - Save 20%



CREATE YOUR OWN SPA JOURNEY

Combine your favorite treatments for the
ultimate Prana Escape..

SIGNATURE MASSAGES

| | Min | Price |
|--|-----------|---------------|
| Anti Stress Massage A deeply comforting massage designed to release stress and restore inner calm. | 90 | R1 360 |
| Rooibos Infusion Massage A nourishing massage enriched with warm rooibos oils to soothe skin, and relax muscles. | 90 | R1 840 |

DID YOU KNOW?

Regular massages can improve sleep quality by reducing cortisol and increasing serotonin. They lower stress hormones and boost circulation, promoting overall well-being.

MASSAGES

| | Min | Price |
|---|------------------|---------------------|
| Aromatic Fusion Massage A calming full-body massage using aromatic oils to melt tension and quiet the mind. | 60 +30 | R960 R350 |
| Hot Stone Massage Warm basalt stones ease muscle tightness and deeply relax the body for total comfort. | 60 +30 | R975 R350 |
| HNS Massage Focused relief for built-up stress in the neck, shoulders, and scalp - perfect for busy minds. | 60 +30 | R960 R350 |
| Foot Massage A soothing foot ritual to revive tired feet and restore full-body balance. | 30 +30 | R450 R350 |
| Hand & Foot Massage Gentle pampering that relieves tension in the hands and feet. | 30 +30 | R450 R350 |

FACIALS

| | Min | Price |
|--|-----------|---------------|
| Anti-Aging Rooibos Facial A rejuvenating facial using rooibos antioxidants to firm, smooth, and brighten the complexion. | 60 | R1 120 |
| <i>Add a manicure</i> | | <i>R250</i> |
| BoSerum Rooibos Facial A restorative rooibos-rich facial that hydrates, calms, and nourishes stressed or sensitive skin. | 60 | R1 060 |
| <i>Add a manicure</i> | <i>30</i> | <i>R250</i> |
| Miracle Tissue Oil Rooibos Facial A glow-boosting facial that softens fine lines and deeply hydrates for velvety-smooth, radiant skin. | 60 | R780 |
| <i>Add a manicure</i> | <i>30</i> | <i>R250</i> |

DID YOU KNOW?

Regular facials enhance the absorption of skincare products for better results, removing impurities that everyday washing can't reach.

BODY

| | Min | Price |
|---|-----------|-------------|
| Detox Body Scrub A refreshing exfoliation to purify, soften, and energize the skin. | 60 | R895 |
| Rooibos Body Scrub A gentle rooibos-infused scrub that smooths skin and leaves a healthy, natural glow. | 60 | R965 |

NAILS

| | Min | Price |
|--|-----------|-------------|
| Manicure A nourishing hand treatment with shaping, buffing, massage, and nail polish. | 45 | R300 |
| Pedicure Revive tired feet with detailed nail care, cuticle work, buffing, and your choice of nail polish. | 45 | R450 |

TERMS & CONDITIONS

- Late arrivals may result in a shorter treatment time.
- Cancellations require 24 hours' notice to avoid full charges.
- **Dining:** Enhance your visit by booking a meal at the Prana Lodge restaurant (reservation required).
- **Valuables & Payment:** We recommend leaving valuables secured; Prana Lodge cannot accept responsibility for loss or damage.
- Credit card details may be requested at booking.
- **Gratuities:** Gratuities are not included and are appreciated (10–20% recommended).
- Prices are subject to change.

