

SPA MENU

Roar and Restore

Where wilderness meets wellness.

Our range of treatments balances the concepts of amka (wake up) and tulia (calm down) to restore the mind and body. Let us awaken your senses, soothe your body, and set you on the path of rejuvenation so that you can fully immerse yourself in the wonders of nature.

Aromatherapy Massage

60 minutes – \$90 | 90 minutes - \$130

Feel the tension melt away with this soothing massage, which blends the art of therapeutic touch with aromatic essential oils. The gentle strokes and rejuvenating scents of premium nature-inspired oils will calm the mind, ease the muscles, and restore balance to the body.

Deep-tissue Massage

60 minutes – \$90 | 90 minutes - \$130

This revitalising massage targets deep-rooted muscle tension through a combination of stretching and pulling, trigger point therapy, and cross-muscle fibre techniques. Botanical-infused essential oils and a deep-tissue gel further relieve muscle tightness and tension.

Myrrh Body Butter Massage

90 minutes – \$160

This treatment refreshes the skin with a gently exfoliating body polish infused with Namibian Myrrh. This is followed by a moisture-locking body butter massage, which features a rich and creamy formula designed to soothe and firm the skin.

*Add a 30-minute deep tissue back massage to any 30-minute treatment – \$30

Tanzanite Soothe

30 minutes – \$60

A targeted upper body massage enhanced with our signature chamomile-infused salve to release built-up tension from your travels. Gentle mobilisations and deep tissue techniques ease tightness in your shoulders, chest, arms, and mid-back. The experience finishes with soothing stretches to improve mobility in your neck and upper back, leaving you feeling relaxed, refreshed, and more at ease.

Wilderness Wind Down Ritual

30 minutes – \$60

Refresh tired legs with a massage designed to improve circulation and ease muscle tension. Using gentle, rhythmic motions, this treatment promotes lymphatic drainage while releasing tightness in the calves, thighs, and hip flexors. Soft tissue techniques and calf stretches at the end will leave your legs feeling lighter, more mobile, and tension-free.

Grounding Foot Ritual

30 minutes – \$60

This treatment begins with a calming magnesium-rich soak that melts away tension, followed by a nourishing sugar scrub that gently polishes the feet. Next, a series of precise massages and gentle stretches relax and restore natural flexibility to your feet and calves while our house-made aloe vera gel soothes and hydrates the skin.

This treatment is perfect as a standalone ritual or as a refreshing addition to any treatment.