

DISCOVER SEGERA WELLNESS

Experience a sense of wellness on every level in our spa and gym. At Segera we encourage and support a culture of wellness that extends to the soil, the environment, the communities that surround us, and to you—mind, body and soul. Our Wellness Centre offers a variety of luxurious holistic treatments and therapies that nourish your entire being. Luxury starts in the privacy of your own villa bathroom, which is well stocked with a range of natural bath products that nourish the skin.





THE WELLNESS CENTRE

Massages can be ordered en-suite, if you prefer, or at the Spa where you can also enjoy a Rasul Steam Tower, a state-of-the-art gymnasium and a saltwater swimming pool. A luxurious array of scrubs, full body therapies and massage treatments available at the Wellness Centre will help you unwind and encourage you to find renewal amidst the peace and beauty of your surroundings.





MINDFUL EXPERIENCES

Yoga is seamlessly woven into this holistic experience, offering practices that nurture flexibility, mindfulness, and inner strength. Whether you're a first-time yogi or a seasoned practitioner, each session is tailored to guide you toward a deeper sense of balance and peace, connecting you to both your body and the natural world around you.



DISCOVER SEGERA'S WELLNESS EXPERIENCES

Embark on a sensory journey with our thoughtfully crafted treatments, where water, heat and earth harmonise to create an immersive wellness experience. Each session is curated to meet your individual needs, blending both African and time-honoured oriental practices, therapeutic body and facial massage, wild botanicals, breath and balance for a deeply restorative and quiet mind journey.

SWEDISH MASSAGE 60 MIN - USD 120 | 90 MIN - USD 180 | 120MIN – USD 210

A classical, gentle, flowing massage designed to relax muscles, ease stress, and enhance circulation. Ideal for a soothing escape.

DEEP TISSUE MASSAGE 60 MIN - USD 120 | 90 MIN - USD 180 | 120MIN – USD 210

Focusing on deeper layers of muscle and connective tissue, this powerful massage relieves tension, reduces pain, and restores muscle flexibility.

STRESS RELIEVING MASSAGE 45 MIN | USD 95

This massage focusing on back, scalp and facial massages will relax you, and bring peace and harmony to an exhausted body and soul.

LIQUID BODY MASSAGE 90 MIN | USD 180

A flowing, unwinding and deeply nurturing treatment designed to enhance movement and energy. This unique experience combines yoga-inspired stretches, pressure point massage, joint mobilization and soothing strokes.

Feel tension dissolve as your body opens and rebalances, leaving you with a renewed sense of lightness and ease.

PRESSURE POINT FOOT MASSAGE 60 MIN | USD 120

Rooted in the ancient practices of Reflexology, this therapeutic foot massage focuses on pressure points to stimulate the body's innate healing potential. A grounding and deeply relaxing experience for mind and body.

FULL-BODY BOTANICAL EXFOLIATION & STEAM RITUAL 45 MIN | USD 95

An invigorating full body exfoliation using natural, organic custom-blended products to leave the skin soft and refreshed. Enjoy an aromatic steam to renew and hydrate your skin. A perfect add on to any of our massage therapies. We welcome you to escape to our beautiful retreat and immerse yourself in a truly restorative, personalized and holistic wellness journey.

