KINGFISHER
VILLA | SUITES

WELLNESS MENU

An innovative and unique body therapy spa range containing an abundance of exotic aromatic scents and natural herbal infusions with reputed healing properties - Africa provides the ultimate sensory experience for natural therapy as well as complete relaxation & rejuvenation.

SIGNATURE EXPERIENCES

TheraNaka™ AFRICAN AWAKENING MASSAGE — 90 MIN | R1600

Drawing inspiration from the Marula tree and the African traditional healing beliefs, an ultra-relaxing indulgent full body massage was created. The skilful 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™ CBD-INFUSED HEATED BALM MASSAGE — 60 MIN | R1400

Melt away the troubles of life as gentle stroking movements using a heated pure CBD infused balm helps to relax the body. Indulge in the synergistic calming effect of CBD, Ylang-Ylang, Geranium and Lavender as the warmth of the balm caresses your body and your senses naturally chillax. Contains the legal limit dose of 20mg CBD.

TheraNaka™ AFRICAN WOOD MASSAGE — 90 MIN | R1600

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 will nourish and heal dry skin whilst experiencing blissful relaxation and rejuvenation.

TheraNaka™ AFRICAN RAIN HYDRATING CANDLE MASSAGE — 60 MIN | R1400

Replenish the skin's moisture barrier and be encompassed by the revitalising aroma that follows a rainstorm with this skin nourishing melted Soy Oil and Shea Butter candle massage.

TheraNaka™ AFRICAN VIGOUR BACK MASSAGE — 45 MIN | R1100

A warm aroma blend infused with circulatory-boosting essential oils is coupled with a deep tissue massage relieving deep seated tension all the way to the core of the muscle. A refreshing gel is applied, leaving your body feeling refreshed and invigorated.

BODY INDULGENCES

TheraNaka™ AFRICAN FUSION BODY MASSAGE

BACK NECK & SHOULDER — 30 MIN | R950

FULL BODY — 60 MIN | R1400

Enjoy the freedom of choosing your favourite scent from our selection of Marula-herb infused Fusion body oils to address your every need whilst restoring balance.

- TheraNaka™ African Peace - Relaxing
- TheraNaka™ African Recharge - Uplifting
- TheraNaka™ African Storm - Detoxifying
- TheraNaka™ African Earth - Safe and soothing
- TheraNaka™ African Vigour - Invigorating
- TheraNaka™ Pro- Neutral Massage Oil - Aroma Fragrance-Free
- TheraNaka™ Hyaluronic Acid Massage Medium - Oil Free and Hydrating

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SAFARI BATH CEREMONIES

Experience a sublime body cleansing ceremony of your choice, beginning with a full body exfoliation, thereafter immersion in a luxurious bath treatment to relax the muscles in preparation of an indulging full body massage, with its roots originating in African tribal influences of our region.

TheraNaka™ MOISTURISING MILK BATH CEREMONIES — 120 MIN | R1400

- TheraNaka™ Forest Stream Milk Bath Ceremony - Relaxing
- TheraNaka™ River Rapids Milk Bath Ceremony - Uplifting
- TheraNaka™ Waterfall Milk Bath Ceremony - Detoxifying

TheraNaka™ YLANG-YLANG TREATMENT JOURNEY — 90 MIN | R1600

Escape, unwind and awaken your senses with this 3 phase spa journey designed to capture the healing essences of a tropical adventure. Enjoy a full body scrub and relaxing bath session where Ylang-Ylang and Jasmine contributes to an overall balanced mood followed by a rhythmical balm massage rich in Coconut Oil, Shea Butter and Baobab Oil leaving dry skin nourished with a natural radiant glow.

HAND AND FOOT ESSENTIALS

TheraNaka™ HAND RITUAL/TREATMENT — 30 MIN | R550

Ideal for the "always working hands". Experience the healing touch as your hands and forearms are gently exfoliated with re-mineralising Atlantic sea salts, following by an ultra relaxing massage that addresses every exhausted muscle in your hands and arms with its soothing qualities. The healing properties of an Aloe Ferox gel mask soothes and hydrates the hands whilst the application of a Baobab infused lotion will leave the hands soft to the touch.

TheraNaka™ FOOT RITUAL/TREATMENT — 45 MIN | R650

This "soulful" journey will take your feet through a Geranium and Pine sugar exfoliation whilst soaking in a herbal salt foot bath. Allowing your feet and legs to relax completely, a muscle soothing foot and leg massage with wooden implements will commence followed by a cool, revitalising mask. Nourishing Baobab infused lotion will be applied to prepare your feet for their journey ahead.

Please book your treatment with the Spa therapist or alternatively you can speak to the Lodge Manager who will arrange this appointment time for you! Our therapists at Clifftop Exclusive Safari Hideaway are from local community and have been professionally trained, empowering the ladies to support themselves by being "hands on".

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