

MOUNTAIN LODGE

Wellness Menu



RUELLIA CORDATA

Discover treatments designed to relax, renew, and rejuvenate your body and mind.

Developed by a specialised team using clinical and scientific research, the **TheraNaka™** range features indigenous Pinotage grape derivatives combined with powerful antioxidants and organic botanicals.

Each treatment begins with a personalised consultation by a trained **TheraVine™** expert, addressing your unique concerns.

The carefully designed phases nurture mind, body, and skin, while luxurious aromas and textures create a rich, multi-sensory experience for ultimate relaxation.

Signature Experiences

TRI SCENTED NUGGET MASSAGE 70min | R1 700

Inspired by the people of Africa's use of the circular form, this unique massage was created to encompass our connection with nature and the circle of life. Experience the soothing warmth as the shea butter melts during the massage, leaving you relaxed and your skin nourished and hydrated.

AFRICAN WOOD MASSAGE 90min | R2 100

A deep tissue massage using finely crafted wooden tools to expertly release muscle tension, ease knots, and restore balance for deep relaxation and renewed vitality.

Body Indulgence

TENSION RELEASE DEEP TISSUE MASSAGE

30min | R800 45min | R1 100
60min | R1 500 90min | R1 800

The ideal massage for active individuals and frequent travellers in need of a circulation boost. A deeply therapeutic massage targeting the deeper layers of muscle and connective tissue to relieve chronic tension and enhance mobility. Expert techniques release stubborn knots and restore balance, leaving you feeling grounded, renewed, and pain-free.

INDULGENT RELAXATION MASSAGE

30min | R800 45min | R1 100
60min | R1 500 90min | R1 800

This light pressure massage is designed to calm your body and soothe your muscles. This gentle, light-pressure massage is exquisitely crafted to relax your body and melt away muscle tension, enveloping you in soothing tranquility.

CBD MASSAGE

60min | R1 700 90min | R2 100

Melt away your worries as the warm, CBD-infused balm is skillfully applied to ease tension and soothe the body. This indulgent full-body massage gently releases tight muscles, promoting profound relaxation and leaving you calm, rejuvenated, and deeply restored.

Body Restorative

ALOE AFTER SUN GEL WRAP

Area Specific 30min | R700
Full Body 60min | R1 500

A cooling aloe ferox and rooibos gel envelopment soothes sunburned skin, calms irritation, and promotes healing. Let your skin absorb nourishing, restorative actives as you relax and recover.

CLARIFYING BACK TREATMENT

45min | R800

Designed to purify the skin while revitalising tension-prone areas on the back, neck, and shoulders, this rebalancing treatment combines deep-cleansing exfoliation with detoxifying actives to refresh and restore congested skin.

JET LAG MASSAGE

60min | R1 500

This massage promotes greater balance and harmony while restoring your vitality. It includes a back massage, foot massage, and scalp massage.

Facial Treatments

TheraVine™

HARMONISING FACIAL

60min | R900

A facial custom designed for extreme relaxation with the scent of aromatic essential oils. Gently removing surface impurities and restoring balance to the skin.

TheraVine™ MEN'S ACTIVE FACIAL

60min | R900

A men's facial that deeply cleanses, exfoliates, and hydrates the skin to leave your complexion refreshed, smooth, and revitalised.

HydraVine™ FACIAL

60min | R1 000 **90min | R1 500**

A revolutionary cloth mask containing Hyaluronic Acid that intensely moisturises the skin and locks in active ingredients – perfect for very dry, sensitive skin needing intense hydration.

Beauty Services

MANICURE

60min | R480

Enjoy a spa manicure that gently exfoliates your hands, then relax with a hand massage. Your nails and cuticles will be cared for, followed by a nail polish colour of your choice for fresh, younger-looking hands.

PEDICURE

60min | R560

Indulge tired feet with gentle exfoliation, a rich nourishing massage, and meticulous nail and cuticle care. Finish with an optional nail colour for a polished look.



Spa Etiquette and Policies

APPOINTMENTS

Booking in advance is recommended.

PUNCTUALITY

Please ensure you arrive at your scheduled appointment time, or your treatment time will be reduced. We suggest ten minutes prior, in order to complete the consultation.

CANCELLATION POLICY

A 4-hour notice period is required.

MOBILE PHONES

Kindly ensure your device is switched to silent mode or off.

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.

BOOKINGS

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