

MAKANYI LODGE
SPA MENU
2027 PRICING

MAKANYI LODGE SPA

FACIAL EXPERIENCES

EXPRESS FACIAL

45 MINUTES R960

For a quick refresher, this facial rejuvenates the skin and relaxes you without putting a dent in your schedule. Our pure, natural ingredients feed the skin and return the youthful glow often dulled by stress and fatigue.

BESPOKE FACIAL

60 MINUTES R1330

Our Bespoke facials are designed specifically with each client's needs in mind. We offer a variety of serums that will address particular skin issues. Depending on which serum the client chooses (with the guidance of your trained therapist), each facial is specially made for each client. Like the phases of the moon, we would like to keep the hormonal phases of the body in natural rhythm. Just as your eyes are the windows to your soul, your face is the mirror of your inner feelings, the image which you present to the world. No two faces are the same so, we acknowledge the need for skin treatments that are designed with your skin's needs in mind.

AFRICAN GODDESS FACIAL

90 MINUTES R1730

Begun with the mentally relaxing notes created by a Tibetan singing bowl, the African Goddess facial is a treatment designed to honour the goddess within. Our de-stressing, anti-aging, cell-renewal facial is rich in natural oils. Deeply hydrating, it restores elasticity and stimulates new cell growth. To begin with, the back is scrubbed, followed by a balm-infused back massage. Only once the back has been restored to its relaxed state does the facial begin. This treatment is a wonderful ritual that involves cleansing, massage and sound therapy, making it a sacred and sensory way to celebrate the Goddess within.

MAKANYI LODGE SPA

BODY EXPERIENCES

BESPOKE HERBAL OIL MASSAGE

BACK 30 MIN R760 / BODY 60 MIN R1330

You may choose from a range of Africology aromatherapy-infused massage oils, which are warmly applied and massaged deeply into the body. This therapy works on tight muscles and lymph drainage, combating tension in stiff aching bodies. Massage is combined with herbal bags to improve circulation and absorption of essential oils. Your therapist will assist you in choosing the oil best suited for you from one of the following blends: Relaxing, Slimming Detox, Muscle Relaxing and Energising.

HOT STONE MASSAGE

90 MIN R2090

Whilst providing additional deep tissue pressure, the stones infuse muscles with warmth while breaking up knots of tension. Our chosen massage medium is Marula oil, which creates a hydrating and protective barrier while infusing the skin with powerful anti-oxidants and essential fatty oils.

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INTONGA AMASATCHI

FULL BODY 60 MIN R1620

Intonga Amasatchi is a deep tissue and stress-relieving treatment. Skillful movements are performed with the hands, and differently sized wooden sticks are used to stretch tight muscles and ease toxic overload from daily stress. Symbolically, the stick represents wisdom and direction to the healer. Created from yellow-wood, the traditional healer knew that the energy of earth was a valuable tool.

FULL BODY EXFOLIATION

45 MIN R760

Our carefully selected Marula and Walnut micro particles, enveloped by hydrating Shea butter from Ghana, ensures that your skin cells are evenly exfoliated whilst receiving maximum nutrition for new beginnings.

MAKANYI LODGE SPA

BODY EXPERIENCES

SOUL OF AFRICA BODY CONDITIONING MASSAGE

BACK 45 MIN R1060 / BODY 90 MIN R1900

Full Body Experience Africology admires and emulates this ceremonial process, using Africa's miracle Marula oil blended with Neroli to soften signs of ageing through its anti-stress action. In Africa, Marula is also used to treat sun-damaged skin as it improves skin hydration and helps fight free radicals. This treatment starts with the application of warm, soothing mud to release negativity stored in the muscles. Marula oil is applied in preparation for your intuitive body and scalp massage.

BALANCING SCALP AND LEG RITUAL

45 MIN R1060

A balancing massage treatment helping to relax, relieve tension in the scalp, legs and feet as well as working on calming and relaxing pressure points to help restore energy balance. This treatment works on the head, legs (including wrap) and feet individually, but as a whole helps to relax and relieve tension in areas that are often neglected.

SHEA AROMATHERAPEUTICS

BACK 45 MIN R960 / BODY 75 MIN R1520

Easy-melting Shea from Ghana blended with healing African potato, rooibos and natural essential oils creates a sublime, beautiful body experience. Shea, normally as hard as rock, once applied to the skin melts deeply into the upper layers of the dermis to hydrate, soothe and condition. The Shea is combined with your sensory selection of various essential oils such as Exotic Jasmine, Neroli, or Chamomile for a soothing and calming massage or perhaps Black Pepper Balm for a deep tissue experience.

MAKANYI LODGE SPA

SKIN ADORATION WRAPS

SLIMMING DETOX BODY WRAP

120 MIN R3420

We use an African plant combination infused into a natural mud to help with circulation and lymph. This very effective clay contains l-carnitine and caffeine, which act as fat strippers and mobilisers to stimulate lipolysis. This invigorating wrap begins with stimulating and exfoliating, working on circulation and lymph before the warm wrap is applied and heated. This wrap works particularly well for bodies in need of a detox owing to acidic conditions, arthritis and oedema. Completed with a circulatory massage and energy balancing.

* Not suitable for pregnant clients

AFRICAN POTATO BODY EXPERIENCE

120 MIN R3420

Our pure and natural Hypoxis Body Wrap is formulated with African potato and Marula oil, warmly applied to soften, soothe and improve skin hydration while also fighting free radical damage. This herbal blend relaxes you on application, whilst the rich background sounds of Africa help the mind focus on the holistic experience. Enjoy a traditional foot ritual and deeply relaxing scalp massage while the wrap is melted into the skin. Finally, there is a soothing massage with body-conditioning Marula oil, which creates a natural barrier to hold in moisture and improve collagen and elastin, to complete the experience.

All products used are from Africology.

Rates are subject to change without notice.

We are more than happy to pre-book SPA treatments for you, however, please note that a 24 hour cancellation policy does apply, whereby if a treatment is not cancelled 24 hours prior, it will be chargeable.