



GEMS OF DISCOVERIES – SPA DESTINATIONS

GAUTENG

GARDEN DELIGHT

The Botanica Spa Suites at **The Westcliff Hotel** in Johannesburg is an oasis of indulgence and relaxation amidst the hotels' luscious gardens. Three hotel suites have been converted into treatments rooms using the range of Prevonica Botanica products. Enjoy their signature African potato experience to repair skin that has been exposed to the harsh African sun. Starting with a renewal scrub, then moving on to a Hypoxis body wrap and ending with an African potato Marula oil body massage – this treatment is sure to leave you feeling relaxed and ready for another day in the sun!



AFRICAN SYNERGY

The Amani Spa at **The Radisson BLU Sandton** in Johannesburg is a spa destination of note with 10-multi functional treatment rooms, offering you the first Synergy Salt therapy on African soil. The walls and floor of the Salt Room are covered in Salt and guests who are suffering from various ailments will be taken to the Salt Room and given the opportunity to relax. The Therapy is pain-free and comfortable, and the results are unparalleled. The spa also boasts a heated vitality pool, vichy showers, kneipp, caldarium, aroma mist as well as a hydro retreat which provides the ultimate in sensory stimulation.

LIFE IS GOOD

Situated on the mezzanine level of the **Sandton Sun Hotel** in Johannesburg, the Sandton Sun Spa is a haven of tranquility inspired by Eastern and African traditions in the heart of Sandton. Replenish, Rest, Restore and Revive are some of the names of the 8 treatment rooms and reflect the state of mind that the spa would like you to achieve upon visiting them. Relax in this machine-free and natural environment where they believe in the healing power of touch and indulge in their signature treatment, the 'Sea Whisperer', which is a fusion of massage styles from around the world.



GARDEN ROUTE

NATURE'S GIFT



The award winning Spa at **Pezula** reflects the soul of Africa with its' natural elements and textures. Facilities include a superbly equipped gym, a 12m heated indoor pool, sauna and steam room, rainforest shower, and nine secluded treatment rooms. The post-treatment room with heated massage beds is one of a kind in Africa offering guests the ultimate in relaxation after one of the signature treatments.

A CELEBRATION OF LIFE

Enter a space of complete serenity at Freesia Spa at the **Hyatt Regency Oubaai**. The Freesia philosophy of energizing, calming and nourishing the body will leave you with a feeling of complete wellbeing. The African Rhythm wood treatment will restore vital light to a weary soul. In harmony with the rhythmical patterns of an African dance, handcrafted Mpingo wood elements are used to massage the face and body, nourishing with restorative olive oil and Shea butter application.



WESTERN CAPE

LAKESIDE BLISS



Arabella Spa at the **Arabella Hotel and Spa** in Kleinmond in the Western Cape combines traditional and modern therapies, resulting in a unique and effective combination that regenerates and restores. Enjoy the signature African Rainforest experience which comprises of fifteen steps of therapeutic showers, scrubs, steam treatments, African colours and local fragrances to stimulate all senses. The end result is body and soul restored.

MOTHER CITY REJUVENATION

Camelot Spa at **The Table Bay** is a relaxing retreat situated in the V&A Waterfront, Cape Town and is focused on attaining a balanced life through innovative wellness treatments. Luxury facilities include steam rooms, Vichy shower, Hydro Bath, Laser therapy, gym and a double treatment room while guests may also have a meal or relax after treatments at the pool. From Swedish connective tissue treatment to the employment of Ayurvedic techniques from the ancient Indian form of healing, the Camelot Spa at The Table Bay is sure to rejuvenate you for another night of exploring in the mother city.



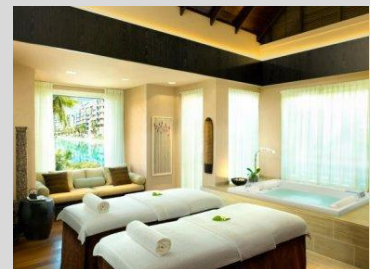
INDIAN DELIGHT



Inspired by traditional Indian healing wisdom, Jiva Spa at **The Taj Hotel** in Cape Town embraces a deep understanding of mind, body and spirit. The signature treatments at Jiva Spa are borrowed from royal traditions and ancient Indian spiritual remedies. The ultimate treatment has to be the Abhisheka; A gentle pouring of holy Ganges water and panchamruta followed by a signature massage recreates the sanctity of traditional purifying rituals in the comfort and privacy of a contemporary spa. Enveloped in an ambience of spirituality, Abhisheka from Jiva cleanses the body, bringing the guest in touch with the divinity that resides within.

GLITZ AND GLAMOUR

The **One & Only Spa in Cape Town** is an oasis of serenity amidst the hustle and bustle of the mother city's marina. Unwind, restore and elevate are the distinct pillars around which all spa therapies and treatments are created. Each features' its own specialized set of holistic programs designed to guide guests in choosing experiences best suited to their particular needs... from pure relaxation to unique wellness journeys.



BUSHVELD

BUSHVELD PARADISE



The Wellness centre at **Kapama River Lodge**, near Hoedspruit is a perfect piece of paradise in the African Bush at Kapama Private Game Reserve. Embrace the essence of Africa and enjoy Kapama's magical Signature treatment; Marula Miracle Moments. This journey is a total euphoria of 4 hours including treatments such as a Calabash Massage and Rasul treatment, to mention only two of the 5 magical treatments in this experience.

MONKEYING AROUND

Singita Spa, situated at **Singita Sweni and Singita Lebombo** in the Kruger National Park aims to allow guests space to relax and unwind. Singita's signature treatments are unique and include the Monkey Orange Massage (using monkey oranges combined with Marula oil); the Nkondzo wa Ndlopfu ('Elephant footprints' treatment) which is a crystal foot exfoliation aimed at relieving tired or jetlagged feet, and the N'weti 'Touch of Moonlight' therapy - aimed at melting away tension in the scalp and neck areas.



INNER PEACE



The Amani African Spas at **Sabi Sabi Earth Lodge** and **Sabi Sabi Bush Lodge** in the Sabi Sands is the perfect excuse to pamper yourself whilst on safari. Amani's Signature Spa Rituals, relaxing massages, Skin & beauty Spa treatments, promises an aura cleanse, body balance & sensory experience. A Kurhula Body ritual is one of the signature treatments that is a must when you are in the bush. "Kurhula" means "inner peace" in Shangaan and this treatment helps you to discover your "Kurhula" as you indulge in a holistic body ritual, nurturing you from head to toe.

FIT FOR A KING

The Waters of Royal Malewane Bush Spa at **Royal Malewane** in the Thornybush Game Reserve prides itself on treating guests to a truly African spa experience. Completely unique and unashamedly indulgent, the signature treatments at the spa make use of rare indigenous oils and traditional ingredients to provide a sensory experience with an unforgettable African touch. Enjoy the African Awakening treatment - a stimulating and soothing treatment using indigenous fynbos; The Royal Treatment - which utilises the healing properties of the indigenous marula tree to nurture the body or; The African Renaissance treatment aimed to rev those energy levels and leave the toxins way behind.



KWA-ZULU NATAL

SENSUAL RETREAT

The Oyster Box Spa is a natural, elegant extension to the historical landmark which is **The Oyster Box Hotel** in Umhlanga. Offering an extensive range of carefully crafted treatments along with a well equipped private fitness club, two swimming pools, exquisite spa dining and ample space to stretch out; the Oyster Box Spa defines personal care. Uniquely and proudly, the Spa also has within its' elegant chambers, South Africa's only Hamman – a sensual bathing retreat which evolved over a thousand of years in Roman times and hailed as a place of cleansing and healing for both body and soul.



HOLISTIC HEALING



Fordoun Hotel and Spa in the Kwa-Zulu Natal midlands is a holistic spa destination offering a signature range of products created by their in-house herbalist and ethnobotanist, Dr Ndlovu. The spa features internationally acclaimed treatments such as the rasul, (a Turkish steam and clay treatment room), a saline Floatation pool, heated swimming pool, a gymnasium, sauna, steam room, vichy shower, hydrotherapy room, and a couples' treatment suite with hydrotherapy bath. The team of experts at Fordoun includes skilled masseurs, Reiki and Bio-energy specialists, a traditional African Healer and highly trained aestheticians all aiming to give you the ultimate in spa experiences.

TIMELESS LUXURY

Karkloof Spa is an award winning, world-class Wellness and Wildlife Retreat. Situated on 3 500 hectares of picturesque landscape, in the Karkloof Valley in the Kwa-Zulu Natal midlands, Karkloof Spa, offers a luxurious and timeless experience. Boasting 16 individually decorated villas, 17 spa treatment rooms and hydrotherapy areas and abundant wildlife, this is a spa destination not to be missed. From a lime and ginger salt body polish to a Karkloof Thai Aroma massage, there is an exotic treatment to suit every need.



Suite 402, 45 Lime street
Sydney, NSW, 2000
Tel: 02 9299 0088
Email: Travel@firstclass.com.au