



SINZANI
SPA
BESPOKE WELLNESS



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TREATMENT MENU



SINZINANI SPA OFFERS A
WORLD CLASS EXPERIENCE
THAT WILL RELAX, RESTORE
AND REJUVENATE YOUR
BODY, MIND AND SOUL.



ABOUT US

Sinzinani Spa is a Unique Urban Sanctuary that offers an experience through luxurious individual treatments and spa packages. Sinzinani Spa is nestled between the Klipriviersberg Mountain Range and is set inside the true African bush setting of the magnificent, award winning, four-star Thaba Eco Hotel. Sinzinani Spa offers a world class experience that will relax, restore and rejuvenate your body, mind and soul. For an out of Africa, in the City luxury pampering spa experience, discover a place where relaxation and stress reduction is a way of life !



FOR AN OUT OF AFRICA,
IN THE CITY LUXURY PAMPERING SPA
EXPERIENCE, DISCOVER A PLACE
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MASSAGE EXPERIENCES

HERBAL OIL MASSAGE

30 min back massage	R 470
45 min back massage	R 490
60 min full body massage	R 720
90 min full body massage	R 870

Using a warm pre-blended aromatherapy -infused oil that is massaged deeply into your body, creating a sense of relief for tension and aching bodies. This quality massage will work on stress areas and tight tired muscles.

CBD OIL MASSAGE

30 min back massage	R 500
45 min back massage	R 600
60 min full body massage	R 825
90 min full body massage	R 990



HOT STONE MASSAGE

30 min back massage	R 450
45 min back massage	R 550
60 min massage	R 750
90 min massage	R 900

Using perfectly warmed stones to apply additional deep tissue pressure, this combination assists in releasing the stress in the back and/or full body.

MUSCLE AND JOINT MAGNESIUM THERAPY

60 min full body massage	R 800
90 min Full Body Massage	R 930

Magnesium has many benefits that assist with relieving chronic pain, fatigue and insomnia. Choose between a 60min deep tissue Magnesium massage which induces a state of calm or a 90min treatment which includes an immune boosting back wrap that penetrates deep into the muscular system, you can only leave feeling ready to take on the world.



AROMATHERAPY MASSAGE

30 min back massage	R 450
45 min back massage	R 550
60 min massage	R 750
90 min massage	R 990

LAVA SHELL MASSAGE

Cold or Hot Lava Shell Massage

30 min back massage	R 600
45 min back massage	R 700
60 min massage	R 850

DEEP TISSUE MASSAGE

Back Massage (45 min)	R 600
back massage (75 min)	R 850

Add on Intonga Wooden Sticks



PREGNANCY MASSAGE

(suitable from 2nd trimester only)

Back Massage (45 min)

R 500

Full Body Massage (60 min)

R 750

This massage nourishes your skin with aromas that soothe the soul.

ADD ON :

Back Exfoliation

R 280

Full Body Exfoliation

R 400

Back Wrap

R 280

Full Body Wrap

R 400

SOUL OF AFRICA BODY JOURNEY

90 min

R 1100

The product blends used, assist with the signs of ageing. The journey begins with a back exfoliation followed with a soothing warm mud that relaxes tired muscles followed by a Full Body Massage that allows your skin to recover, rest and restore it's natural beauty.



MAJESTIC AWAKENING

35 min

R 550

Back, neck, shoulder & scalp

This express treatment aids direct stress relief through a deep tissue neck, back, shoulder and scalp massage and enables tension release.

BALANCING SCALP AND LEG MASSAGE

45 min

R 500

This treatment works on the head, legs (including wrap) and feet which aids a relaxing response to areas which are often neglected. This treatment includes pressure points and express release of stress accumulated in these areas.



SINZINANI SIGNATURE SPA TREATMENTS

BOTANICAL BUFFET

90 min

R 880

Unveil your smooth skin with a personalised blend of the Kalahari Exfoliation Medium and a hydrating blend of nourishing botanical oils. Buff away dry dull skin to reveal your unique desert glow.

Select one of the following exfoliants (back, feet and hands)

Dessert Glow with red dune sand

Dessert Glow with Aloe Botanical Fibre

Dessert Glow with African Coffee



Choose one of the following Massages :

Escape / Khoi San Aromatic Blend

Relax / Aromatic Dune Blend

Refresh / Tsamma Blend

Comfort / Wild Honey Blend

Breathe / Mint & Eucalyptus

Add a purifying Cocoon wrap :

Back , feet and hands

R 250

Full Body

R 400

FACIAL SKINCARE

Kalahari Facials

Express Honeybush Facial

45 min

R 450

Revitalising Pamper Facial

60 min

R 500

Classic Facial

60 min

R 650

Problematic Skin

45 min

R 600

Anti – Ageing Facial

60 min

R 650



LAMELLE FACIALS

Nourishing Age Preventative Treatment

R 550

Dermaheal Age Correct Treatment

R 650

Clarity Acne Correct

R 450

Dry and Sensitive Skin Treatment

R 550

Dermapen

R 1500



SPA PACKAGES

At Sinzinani Spa our main objective is to offer you an experience that allows you to escape from your stress. Enjoying quality time with nature and stillness within yourself, will allow you to continue to become the significant human that you are. Spoil yourself with a package that speaks to you. All Packages are applicable to couples and groups respectively.

SINZINANI EXPRESS PACKAGE

120 min

R 1300 pp

This package is a combination of treatments that allows your body to heal in all aspects. It includes a rejuvenating express facial, deep hydrating back massage and a soft hand & foot exfoliation and massage. Perfect for a quick escape to assist you with a stressful life.

SINZINANI PAMPERING ESCAPE PACKAGE

180 min

R 1690 pp

A Half day escape treating all the areas of stress and tension carried within the body. This package includes an Aromatherapy Full Body Massage, Pampering Facial and Pampering Hand and Foot Treatments.



TIP TO TOE PAMPERING EXPERIENCE

240 min

R 2250 pp

This package allows more time for therapy and stillness with the soul. It reveals the importance of soul and body rejuvenation. Enjoy on your own, as a couple or as a group. The tip to toe experience includes back exfoliation, 60min Full Body Massage, Classic Facial, Standard Manicure and Pedicure.



BESPOKE HEALING MASSAGE PACKAGES OF

90 min

R 1100

Upon arrival, choose the Ocean Therapy aroma blends that resonates with your soul. Each product is uniquely made up just for your pampering experience.

The Massage Experience includes a Signature Sinzinani Opening and closing touch, a beautiful head & scalp ritual followed by a relaxing Lava Shell Full body massage including pressure points.

You will be requested to choose from the following :

Anti Stress | Aches & Pains | Healing | Relaxing

YOU WILL BE REQUESTED TO CHOOSE FROM THE FOLLOWING

ANTI STRESS | ACHES & PAINS | CALMING | HEALING | RELAXING | REFRESHING | SLEEP-



HAND AND FOOT

Copper & Hotstone Treatment

Manicure 60 min

R 440

Pedicure 80 min

R 480

This unique African ritual allows your feet to find balance and nurturing in a foot soak, followed by a warm massage of your arms and hand or legs and feet. An African potato masque softens the hard tough skin and melts into the skin allowing rich elements to work on these important parts of the body. The treatment includes a shoulder massage

African Potato Experience (Pregnancy Friendly)

Manicure 60 min

R 440

Pedicure 80 min

R 480

This is a relaxing hand or foot treatment that treats the skin and nails. African Potato intensely hydrates your skin and rejuvenates the hands and feet. Whilst the wrap melts into the skin, the shoulders are massaged.



SINZINANI NAIL BAR

Pamper Hand Treatment	R 300
Pamper Foot Treatment	R 300
Standard Manicure	R 320
Standard Pedicure	R 340
Medi Heel Pedicure	R 500
Medi Heel Treatment Only	R 250

Gel Overlays

Gelish Hands	R 290
Gelish Feet	R 290
Full Gelish Manicure	R 440
Full Gelish Pedicure	R 460

Acrylic

Tips with Gelish	R 480
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ADD ON SERVICES

Nail Art per nail	R 20
Acrylic/tip replacement	R 60
Buff and Shape Only	R 120
Polish Only	R 120
Soak Off Gel	R 70
Soak Off Acrylic	R 100
IBX treatment	R 150



TERMS AND CONDITIONS

- Your Spa booking is only confirmed once credit card details are provided or eft transfer is done.
- It is standard spa procedure to complete a client card prior to your treatment commencing. Please ensure that you make mention if you are pregnant, have any allergies or if there are any medical conditions that we need to be made aware of.
- Product purchases are not refundable
- We request that you arrive 15 to 30min prior to your treatment starting. You will be required to check into the spa and fill in a client card.
- We request that you be punctual, should you arrive late, it will result in your treatment being cut with full fee charged and no refund will be issued.
- We request that Cellular phones are kept off during the treatment and in all the relaxation areas.
- We strongly suggest that no alcohol be consumed prior or during your treatment .
- Sinzinani Spa cannot be held liable for any theft, damage, loss or misfortune that may occur.
- No children under 4 years allowed
- Only Spa guests allowed in relaxation areas. Should there be non spa guests accompanying you, they are more than welcome to relax at Kraal Restaurant or E-Bar .
- The gowns that are provided are for spa use only and may not be taken home. Should you wish to purchase a gown, please inform staff when making your booking.
- Clients must book 2 - 3 weeks in advance for a weekend and/or public holiday.



CANCELLATION POLICY

We require a 24-hour notice period in writing for cancellations and rescheduling of your spa treatment. If a treatment is not cancelled 24-hours prior, the full treatment fee will apply and we reserve the right to charge your credit card/redeem your voucher accordingly. We cannot issue a voucher in lieu of a cancellation whereby the policy has not been adhered to.



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