



Sinzinani Spa™

body.mind.soul

TREATMENT MENU

Massage and Body Experience

Herbal Oil Massage (Full)	60min	R 500
Herbal Oil Massage (back)	30min	R 350
Heated Herbal Stone Massage (full)	90min	R 600
Heated Herbal Stone Massage (back)	45min	R 400
Soul of Africa Conditioning Body Massage (full)	90min	R 650
Soul of Africa Conditioning Body Massage (back)	45min	R 400
Shea Aromatherapeutics (full)	75min	R 550
Shea Aromatherapeutics (back)	45min	R 350
Intonga Amasatchi (full)	75min	R 700
Intonga Amasatchi (back)	45min	R 500
Devotion Couples Journey	60min	R 1100
Majestic Awakening Neck, Shoulder and scalp	35min	R 300

Body Rituals

Inkomfi Renew (exfoliation and Balm)	45min	R 400
Hypoxis Body Experience (exfoliation and wrap)	120min	R 1400

Facials

Bespoke Facials		
Balancing Rose Facial (anti-aging)	75min	R 600
Vitamin Boost Facial	75min	R 500
Rebalancing and Refining Facial	75min	R 500
Aloe Ferox Firming Facial (anti aging)	75min	R 550
Repair Facial	60min	R 500
Deep Cleanse Facial	60min	R 550
African Goddess (anti-aging)	90min	R 900
Express Facial	45min	R 350

VI Peels

Glyco Blend	R 500
Glycolic Acid 35%	R 400
Lactic Acid 35%	R 400
Lactic Blend	R 500
Light Modified Jessner	R 480
Mandelic 30%	R 380
Modified Jessner	R 500
Salysilic Peel	R 630
Vi Medical Peel	R 3000

Hand and Foot Treatments

Pamper Hand Treatment	30min	R 140
Pamper Foot Treatment	30min	R 140
Standard Pedicure	60min	R 260
Standard Manicure	60min	R 240
Copper and Hot Stone Pedicure	80min	R 380
Copper and Hot Stone Manicure	60min	R 360
Detox Intonga Pecicure	80min	R 380
Detox Intonga Manicure	60min	R 360
African Potato Pedicure	80min	R 380
African Potato Manicure	60min	R 360
Medi Heel Foot Treatment	30min	R 180
Medi Heel Add on	20min	R 100
Medi Pedicure Treatment with paint	90min	R 340

Luxury Packages

Sinzinani Pampering Spa Package **180min R 1250**

Shea Aromatherapeutics Full Body Massage
Express Facial
Pampering Hand Massage
Pampering Foot Massage

Exclusive Body Experience **360min R 2300**

Full Body Exfoliation
Nourishing Body Wrap
Herbal Oil Full Body Massage
Rebalancing and Refining Facial
African Potato Pedicure
African Potato Manicure

Exclusive Couples Body Experience

330min

R 4100

Full Body Exfoliation
Nourishing Body Wrap
Devotion Couples Journey Massage
Rebalancing and Refining Facial
African Potato Pedicure
African Potato Manicure

Group Package (group of 5 or more)

255min

R 1600 per person

Includes meal Voucher to the value of R 200
Shea Aromatherapeutics Full Body Massage
Bespoke Facial
Standard Manicure
Standard Pedicure

Express Package

120min

R 750

Express Facial
Shea Aromatherapeutics Back, Neck and Shoulder Massage
Pamper Hand Treatment
Pamper Foot Treatment

Hypoxis Body Experience

120min

R 1200

Full Body Exfoliation
Full Body Wrap
Scalp Massage
Full Body Massage

Couples Devotion Journey

60min

R 1400 per couple

Couples Devotion Full Body Massage
Couples Meal Voucher

Couples Devotion Express Journey

45min

R 1100 per couple

Conditioning Back, Neck and Shoulder Massage
Couples Meal Vouchers

Top to Toe Package**340min****R 1950**

Soul of Africa Conditioning Body Massage (full)
Bespoke Facial
Full Body Exfoliation
Copper and Hot Stone Pedicure
Copper and Hot Stone Manicure

Sinzinani Spa Kids Spa (5yrs – 12yrs)

Choco Boo Package

Hand and Foot Treatments

30min

R 250

Coconut Cocoon Relaxing Full Body Massage

45min

R 300

Fairy Stone Massage

45min

R 300

Sleepy Feet Massage

20min

R 150

Little Bee Facial

20min

R 200

Healing Massage Packages**Refreshing Package****90min****R 750**

Assists with Easing Stress, uplifts and focuses the mind

Express Facial

Foot Cleanse with Warm Foot Wrap

60 min Revitalising Full Body Massage

Aches & Pains Package**90min****R 750****Helps ease muscular, nerve, arthritis, stiffness, pain as well as sport injuries and poor circulation**

Reflexology points to ease the muscular tension

Lymph Drainage on legs and arms

60min Deep Tissue Full Body Massage

Relaxing Package**90min****R 750****Relaxes the Body and Mind and assists to alleviate depression. Recommended for anyone who has a busy schedule**

Relaxing Foot Cleanse, Exfoliation and Massage

Face Massage

Head & Scalp

Hot Stone back, neck and shoulder massage including Shiatsu pressure points

Body Stretches

Calming Package

90min

R 750

Promotes Restful Sleep, reduces stress, calms nerves, relaxes body and soothes the mind. Assists with insomnia. Perfect for finding inner peace.

Back, neck, Hand and Foot exfoliation
Hand and Foot Massage
Back, neck and Shoulder Massage
Pressure point Face Massage

Sleepwell Package

90min

R 750

Perfect Package and product for a busy mind and insomnia

Head and Scalp Massage
Foot cleanse, exfoliation and massage
60min Sleepwell Full Body Massage

Boost Package

90min

R 750

Boost your body, mind and soul. Helps with boosting immune system and calms your emotions.

Stimulating Indian Head Massage
Back Exfoliation
Back Massage

Healing Package

90min

R 750

Assists with inflammation and infections of upper respiratory tract

Upper Body Lymph Drainage
45min Back, neck and Shoulder including cupping
Reflexology hand and foot Pressure points

Anti- Stress Package

90min

R 750

Helps with reducing nervous tension, excess energy and anxiety

Hot Stone Express Full Body Massage
Mini Hot Stone hand and Foot Massage

Recharge Package

90min

R 750

Improves Concentration and helps mind stay focused

Fast Invigorating Full Body Massage
Full Body Exfoliation

Mama Mio Spa Treatments

Lucky legs Lighten Up 30min R 390

Mineral Rich Foot Soak
Foot Exfoliation
Foot and lower leg massage

Mellow Mama 60min R 550

Mother to be Full Body Massage with Omega Rich Oils

Mini Mellow Mama 30min R 300

Mother to be Upper Body Massage

Gorgeous Glow Pregnancy Facial 55min R 700

Deep Cleanse and Exfoliation
Brightening Serum
Oxygenating Moisture Mask
Mind Melting Facial Massage

Thaba Eco Hotel

In Room Treatments

Majestic Awakening Neck, Shoulder and Scalp	35min	R 400
Herbal Oil Massage (Full)	60min	R 650
Herbal Oil Massage (back)	30min	R 350
Shea Aromatherapeutics (full)	75min	R 650
Shea Aromatherapeutics (back)	45min	R 350
Intonga Amasatchi (full)	75min	R 800
Intonga Amasatchi (back)	45min	R 600
Pamper Hand Treatment	30min	R 160
Pamper Foot Treatment	30min	R 160