



# Massage and Beauty Treatment Menu

Prices valid from 1 December 2018 to 30 September 2019

Many health and wellbeing problems we see here stem from excessive long-term stress, lack of physical activity and poor diets. Massage therapies help with circulation, combatting stress symptoms, relieving pain, improving immune responses and improving mood. Massages included as standard in any of our package can be exchanged for others on our treatment lists, and the guest account is adjusted accordingly.

**Please NOTE:** Male and female therapist are used, please specify if you have any preferences.

## Massages:



**Hoogland Signature Heavenly Earth Massage**      80 min      R 735

The Hoogland Earth Massage has been specifically designed for and is unique to Hoogland. It incorporates the elements of fire (hot stone), earth (wood instruments rolled over the body for a unique experience, air (special infusion of aromas to stimulate a sense of wellbeing and nurturing) & water (rhythmical and continuous movements to mimic the ocean)



**Full Body Massage**      50 min      R 475

This is a completely hands-on treatment of the whole body. The main function is to improve blood and lymph circulation as well as reducing stress and tension in the body. This massage covers the back, neck, legs, arms, stomach and decolté area.

**Back and Neck Massage or Indian Head Massage**      25 min      R 350

The technique used is the same as the full body massage except the therapist focuses on the back and neck area, or back, neck and head, reducing stress and tension in the scalp, head, shoulders and neck.



## Deep Tissue Massage

50min

R 475

75 min

R 685

The purpose of this massage is to get to the deeper seated muscles. It can be painful. It is a slow deep massage, working on the deeper layers of muscles. This massage is mostly suitable for athletes or people with severe tension.

## Aromatherapy

Full body 50 min

R 500

Back and Neck 25min

R 360

Aromatherapy is the use of essential oils from plants for their therapeutic properties and can aid digestion, detoxing, de-stressing, poor circulation and relaxation. It is a flowing massage making use of light, relaxing movements. We make use of pure essential oils that are blended for each specific guest in a carrier oil.

The essential oils take about 1 – 2 hours to be effective, therefore steaming after the treatment is not recommended.

Some oils are not recommended during pregnancy, please consult with the therapist prior to massage.

## Gua-Sha Facial Massage

25 min

R 340

Gua sha is a long-used technique originally practiced in Traditional Chinese Medicine. It uses smooth cold stones, to massage the face with both short and long strokes and varying amounts of pressure for detoxification, lymphatic drainage, and also pain relief.

## Hot Stone Massage

Full body 80 min

R 700

Back and Neck 45min

R 445

Hot stone massage is a specialty massage where the therapist uses smooth, heated stones as an extension of their own hands, or by placing them on the body. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply, more quickly.

## Reflexology

40 min

R 435

This holistic therapy uses the feet as a map of the whole body. By manipulating, and applying pressure to certain parts of the feet, the whole body can be 're-tuned' and brought back into balance. It relieves stress and tension, improves circulation thus increasing the efficiency of all organs and cells.

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# IKETLA African Spa

## Caring African Massage Therapies

**Iketla is a Sesotho word which means “ease”, “luxuriate” or “laid back”**

Hoogland has always been very proud of the caring, healing and nurturing hands of all our staff, and years ago Sindy dos Santos started to train these talented ladies in head, foot and hand massages.

Over the last few years, Dr Heinz Meier has been transforming Level 5 at Hoogland into a unique space where guests can get pampered by very special hands while giving back to the community

Income from these treatments is a welcome addition to the salaries of our cooks, cleaners and carers. All profits from Iketla treatments go to Hoogland’s Thaba Community

Iketla Hand Massage	25min	R 160
Iketla Foot Massage	25min	R 160
Iketla Head Massage	25min	R 160

# Beauty Treatments

**kalahari**<sup>™</sup>  
ancient desert secrets  
by  
*Carina Franck*

The Kalahari Lifestyle experience is an intimate journey, bringing the ancient secrets of Africa to the client through touch, sound, smell and visual interaction. Each treatment has been uniquely customized to satisfy the needs of the individual and create the ultimate treatment experience.

Using only naturally harvested botanical ingredients; Carina and her team of developers have captured the simple goodness of the Kalahari in each product. Superior plant oils and phyto-effective extracts are compounded into quality skincare solutions that restore and nourish your skin.

Kalahari Lifestyle insists on using only reputable Phytotrade organisations and certified sustainable resources. Our stringent eco-awareness protocols ensure the safety of the vulnerable African ecosystems. Kalahari Lifestyle is an original brand that combines innovative phyto compounding with phyto cosmetology for an authentic African botanical experience.

<b>Kalahari Encounter – Appetizer Facial</b> An express hydrating and nourishing Kalahari honeybush facial	25 min	R 390
<b>Kalahari-Rain Hydrating Facial</b> A lipid-rich skin treatment, leaving skin ultra-hydrated	55 min	R 670
<b>Kalahari Age-Rejuvenating Facial</b> An ultra-revitalising de-aging facial that will leave your skin visibly detextured and smooth.	55 min	R 670
<b>Kalahari Brightening Clay Facial</b> Deep cleansing treatment which stimulates rejuvenation. Ideal for problematic or pigmented skin.	55 min	R 670
<b>Kalahari Boabab Booster Facial</b> Suitable for all skin types in need of a boost. Firming, brightening and anti-inflammatory treatment.	55 min	R 670
<b>Heavenly Earth – Signature Hoogland Facial</b> A nurturing journey of hydration and youthfulness including a firming neck treatment.	80 min	R 870

## **Eyebrow and Lash Tint**

This can be booked separately or with your facial.

Eyebrow or eyelash 25 min R 160\*

Eyebrow and eyelash 25 min R 200\*

\*Costs and time are 50% less when added to a facial.

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## Facial Extras:

**Neck and Décolleté Firming Treatment\*** 45 min R 475  
A firming and tightening treatment to target the visible appearance of sagging skin around the neck and décolleté area.

**Kalahari Gaze – Phyto Eye Treatment \*** 25 min R 340  
Provides a re-contouring and firming of the delicate skin around your eyes, smoothing fine lines and wrinkles and rejuvenating tired eyes.

**Hair and Scalp Treatment\*** 25 min R 340  
An Ultra-Relaxing, Stress Relieving scalp massage using a stimulating scalp tonic. This is followed by an intensive coconut and honey hair mask which leaves your hair silky soft and shining.

\* During Facial or as a stand-alone treatment

# Body Treatments

## Body Exfoliation:

**Relaxing Red Dune Exfoliation** 45 min R 475  
Effective yet gentle whole-body exfoliation

**Honey and Buchu Body-Buff \*\*** 45 min R 475  
Leaves skin supple, invigorated and silky smooth

**Botanical Buffet Scrub** 55 min R 570  
Guided by your therapist, select your own choice of exfoliation medium and preferred signature aromatic enhancer for a unique, highly personalised body exfoliation experience.

## Body Wraps:

**Refreshing Tsamma Body Wrap** 80 min R 895  
Refresh your skin with a red dune exfoliation followed by a moisturising Rooibos and Tsamma (Kalahari Melon) infused Botanical Clay Mask

**Detox Buchu Body Wrap \*\*** 80 min R 895  
Buchu facilitates the body's natural detoxification process and helps to improve blood and lymphatic circulation. It helps to ease water retention and leaves the skin invigorated and silky smooth.

**Slimming Coffee Body Wrap \*\*** 80 min R 895  
Invigorating and refreshing treatment with coffee, eucalyptus and mint. This treatment helps to clear congestion and leave you revitalised.

**Full body Paraffin Wax** 80 min R 945

\*\* These treatments are not recommended during pregnancy. Please talk to your therapist and they will put a personalised treatment mixture together for you.

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# Hand and Feet Treatments

<b>Manicure</b>	55 min	R 375
<b>Pedicure</b>	55 min	R 400
<b>Manicure and Pedicure</b>	85 min	R 675

Guests spend a lot of time in water-therapies at Hoogland, and for this reason, our manicures and pedicures include a paraffin wax. The low demand and the impractical nature of nail painting in our environment makes offering nail painting as part of a manicure or pedicure unfeasible.

<b>Paraffin Wax only:</b>	Hands or feet	20 min	R 180
	Hands and feet	25 min	R 265

# Hair removal waxing

*Please do not go steam, sauna or spend too much time in the jet pool just before your wax.*

Full leg	R 360*
Half leg	R 265*
Underarm	R 190*
Bikini	R 190*
Brazilian	R 275*
Facial	R 140*

Full price is charged for the most expensive and anything added at the same session is at 50%

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