



# Massage and Beauty Treatment Menu

Prices valid to 31 August 2024

Many health and wellbeing problems we see here stem from poor diet, lack of physical activity but also insufficient human touch.

Massage increases circulation, relieves pain, improves immune response, supports your body to reduce inflammation, reduces blood pressure and improves mood.

Physical human touch by a caring therapist has also been shown to improve heart health as it increases oxytocin in circulation. Oxytocin improves your heart's adaptability which we measure through 'heart rate variability' Oxytocin also triggers stem cells to migrate into the heart muscle and repair it.

Massage therapy is not an indulgent luxury, it is one of the best-known therapeutic treatments for the heart.

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.

## Massages:



**Hoogland Signature Heavenly Earth Massage** 80 min R1 035

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 R655

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 480

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** 75 min R 935

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. Less Oxytocin is released during this massage as it can be painful.

**Aromatherapy** Full body 50 min R 685  
Back and Neck 25min R 500

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 470

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 975  
Back and Neck 45min R 600

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 595

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.



# 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 220 |
| Iketla Foot Massage | 25min | R 220 |
| Iketla Head Massage | 25min | R 220 |



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# Beauty Treatments



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.

**Kalahari Honeybush Facial Treatment** 55 min R925  
A relaxing facial that will hydrate and rejuvenate your skin leaving it soft and supple. The Honeybush mask is personalised with different botanical clays to suit individual skin types.

**Heavenly Earth – Signature Hoogland Facial** 80 min R1 200  
A deeply rejuvenating skin treatment which is personalised to target your skin’s unique needs after a careful skin analysis. This heavenly experience includes an eye treatment.

This facial includes an eye and neck treatment.

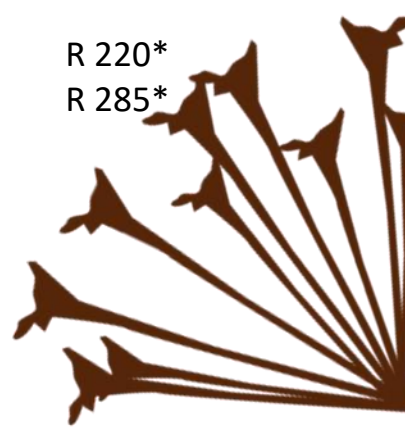
**Phyto Enzyme Treatment** 25 min R 625  
Deep exfoliation treatment which leaves facial skin brighter and rejuvenated. Heat therapy is not recommended after this treatment, please book later in the day.

**Eyebrow and Lash Tint**  
This can be booked separately or with your facial.

Eyelash or eyebrow 25 min R 220\*  
Eyelash and eyebrow 25 min R 285\*

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

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## Facial Extras:

**Neck and Décolleté Firming Treatment\*** 45 min R675

A firming and tightening treatment to target the visible appearance of sagging skin around the neck and décolleté area.

**Boabab – Vitamin C Eye Treatment \*** 25 min R485

Provides a re-contouring and firming of the delicate skin around your eyes, smoothing fine lines and wrinkles and rejuvenating tired eyes.

*\* Add on to 50min facial or enjoy as a stand-alone treatment. Eye and neck treatments are already included in the Heavenly Earth Facial.*

# Body Treatments

## Body Exfoliation:

**Relaxing Red Dune Exfoliation** 45 min R655

Effective yet gentle whole-body exfoliation

**Honey and Buchu Body-Buff \*\*** 45 min R655

Leaves skin supple, invigorated and silky smooth

**Botanical Buffet Scrub** 55 min R790

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 R1 265

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 R1 265

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 R1 265

Invigorating and refreshing treatment with coffee, eucalyptus and mint. This treatment helps to clear congestion and leave you revitalised.

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# Hand and Feet Treatments

|                              |        |      |
|------------------------------|--------|------|
| <b>Manicure</b>              | 55 min | R520 |
| <b>Pedicure</b>              | 55 min | R550 |
| <b>Manicure and Pedicure</b> | 85 min | R935 |

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 | R235 |
|                           | Hands and feet | 25 min | R365 |

# Hair removal waxing

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

|           |       |
|-----------|-------|
| Full leg  | R500* |
| Half leg  | R365* |
| Underarm  | R400* |
| Bikini    | R400* |
| Brazilian | R400* |
| Facial    | R200* |

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

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