



# Kukura

WELLNESS *Spa*

-reducing toxic footprint-





# TREATMENT MENU

## FACIALS

### ESSENTIAL CARE FACIAL

**60 min - R650**

This idyllic and rejuvenating facial will repair, hydrate and re-balance the skin's natural protective functions whilst leaving the skin feeling smooth, radiant and ultra-nourished.

## BODY EXFOLIATION

A cleansing ritual that symbolises the renewal of the body. Our cleansing preparatory body scrubs are made with a 100% natural blend of plant botanicals to gently and effectively eliminate dead skin cells, moisturise and leave the skin soft to the touch. Feel invigorated and revitalised as a message of new life and renewal will be weaved.

### Apricot kernel body cream scrub

**40 min - R420**

### Geranium and pine sugar scrub

**40 min - R420**

### Marula and sandalwood sugar buff

**40 min - R420**

### African earth salt polish

**40 min - R420**

## BODY WRAP TREATMENTS

To commence this sensory journey you will receive a full body exfoliation, followed by a herbal fusion back or legs massage. Let your mind drift off whilst you are cocooned in a comforting envelopment of fragrant oils and African wraps from our therapeutic range. Choose the wrap that will treat, renew or invigorate the skin and drift away during a relaxing scalp massage. Bringing this journey to a close is the healing touch of your therapist applying nourishing Baobab lotion. An experience out of Africa!

### DETOXIFYING MUD WRAP

**60 min - R870**

### UPLIFTING MUD WRAP

**60 min - R870**

### RELAXING ALOE FERROX GEL WRAP

**60 min - R870**

### REVITALISING GEL WRAP

**60 min - R870**

### MUSCLE RELEASE MUD WRAP

**60 min - R870**

### AFRICAN EARTH NURTURING WRAP (Pregnancy)

**60 min - R870**

# BODY MESSAGES

## AFRICAN FUSION BODY MASSAGE

30/60 min

Chakras are the energy centres of the body. They are located in 7 different points of the body. Choosing a crystal that represents the chakra that needs balancing will allow our therapists to treat that in balanced chakra. An oil will be chosen according to the chakra that you have picked.

## AVO AND SHEA BODY BUTTER MASSAGE

30/60 min

Enjoy the freedom of choosing your favourite scent from our selection of luxurious herb-infused Avo and Shea- massage butters.

### AFRICAN SUNSET - Relaxing

R510/R750

### AFRICAN DAYBREAK - Uplifting

R510/R750

### AFRICAN STORM - Detoxifying

R510/R750

### AFRICAN EARTH - Safe and soothing

R510/R750

## AFRICAN VIGOUR BACK MASSAGE

45 min - R600

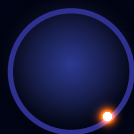
A warm aroma blend infused with circulatory-boosting essential oils is coupled with a deep tissue massage relieving deep seated tension all the way to the core of the muscle. A refreshing gel is applied, leaving your body feeling refreshed and invigorated.

# THE 7 CHAKRAS



### CROWN CHAKRA {Sahasrara}

Knowledge; Consciousness, Fulfillment, Spirituality  
"I Understand"



### THIRD EYE CHAKRA {Ajna}

Intuition; Lucidity; Meditation; Trust

"I See"



### THROAT CHAKRA {Vishuddha}

Communication; Expression; Creativity; Inspiration  
"I Talk"



### HEART CHAKRA {Anahata}

Acceptance; Love; Compassion; Sincerity

"I Love"



### SOLAR PLEXUS CHAKRA {Manipura}

Strength; Personality; Power; Determination

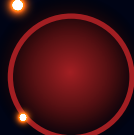
"I Do"



### SACRAL CHAKRA {Svadhithana}

Sensuality; Sexuality; Pleasure; Sociability

"I Feel"



### ROOT CHAKRA {Muladhara}

Energy; Stability; Comfort; Safety

"I Am"

# SIGNATURE MESSAGES

## **AFRICAN WOOD MASSAGE**

**90 min - R850**

Mimicking the rhythmical patterns of an African dance, the TheraNaka™ signature massage blends light stretching techniques and specially designed body and facial wooden implements to relax and restore your weary body. Being drizzled with a warm Olive and Shea butter ointment will nourish and heal dry skin whilst experiencing blissful relaxation and rejuvenation.

## **TRI-SCENTED SHEA BODY NUGGET MASSAGE**

**90 min - R850**

Inspired by the people of Africa's use of the circular form, this unique ritual was created to encompass our connection with nature and celebrating the circle of life. Small blocks of citrus infused Shea butter are placed on different areas of your body which will aid circulation and relaxation of the body. Experience the soothing warmth as the butter melts under your therapist's hands, leaving you utterly relaxed and your skin nourished and hydrated.

## **AFRICAN AWAKENING MASSAGE**

**90 min - R850**

Drawing inspiration from the Marula tree and the African traditional healing beliefs, an ultra relaxing indulgent full body massage was created. The skilful combination of contracting and oxygenating enhancing breathing techniques will awaken your senses and revive your body and mind. Enjoy the freedom of choosing your favourite scent from our selection of Marula-herb infused Fusion body oils to address your every need.

## **GINGER AND LAVENDER POULTICE MASSAGE**

**90min - R1000**

A tranquil experience designed to enhance deep relaxation, muscle recovery and increased lymphatic flow from the tips of your toes to the intricate muscles of your face. Inspired by ancient de-stressing heat therapies, your senses are calmed as the Himalayan Salt poultice bags infused with Keffir Lime and African Potato Extract release tension and restore vitality. A sensorial journey of therapeutic warmth awaits as the lingering fragrances of Lavender and Ginger invite you to escape from your busy life and restore harmonious flow, leaving your skin nourished and your soul deeply relaxed.





## HAND AND FOOT TREATMENTS

### MANICURE

**45 min - R350**

Indulge in an African inspired spa manicure, treating your hands and forearms to a gentle exfoliation followed by an African Earth fusion hand massage, whilst including nail and cuticle attention, followed by a nail colour of your choice for your rejuvenated younger-looking hands.

### PEDICURE

**60 min - R400**

Pamper tired feet and legs during a soothing spa pedicure, focusing on exfoliation of rough skin, a customised nourishing African Shea butter dumbbell massage, including nail and cuticle attention. Choose a dazzling nail colour for your gorgeous new feet.

## HYDROTHERAPY

### Rasul

**45 min - R480**

This traditional cleansing method of scrub, steam and mud will leave you feeling pure and calm. With the selection of the finest products your skin will feel hydrated and nourished.

### Heated milk and Honey bath

**45 min - R510**

This is an extremely relaxing journey and a perfect nourishing treatment to hydrate the skin. The bath is rich in antioxidants, making it beneficial for your health.

## SPA PACKAGES

### De-stress package

**120 min - R1800**

De-stress with a full body massage, Mini Facial, Heated milk and honey bath and light lunch

### Detox package

**150 min - R1850**

Release all the toxins in your body with this detox package. Full body exfoliation, detox mud wrap, full body massage and light lunch

### Romance package

**120 min - R2500/couple**

Feel connected with your partner by experiencing the ultimate romance package. Rasul treatment with a body scrub and nourishing mud wrap followed by a couples full body massage. Ending off a perfect day with a private meal.

### Ultimate experience package

**150 min - R 2000**

Experience ultimate relaxation. Full body hot stone massage, pedicure and mini facial, Relax and absorb all the oils whilst sitting at the pool side with a glass of bubbly and a light lunch.





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