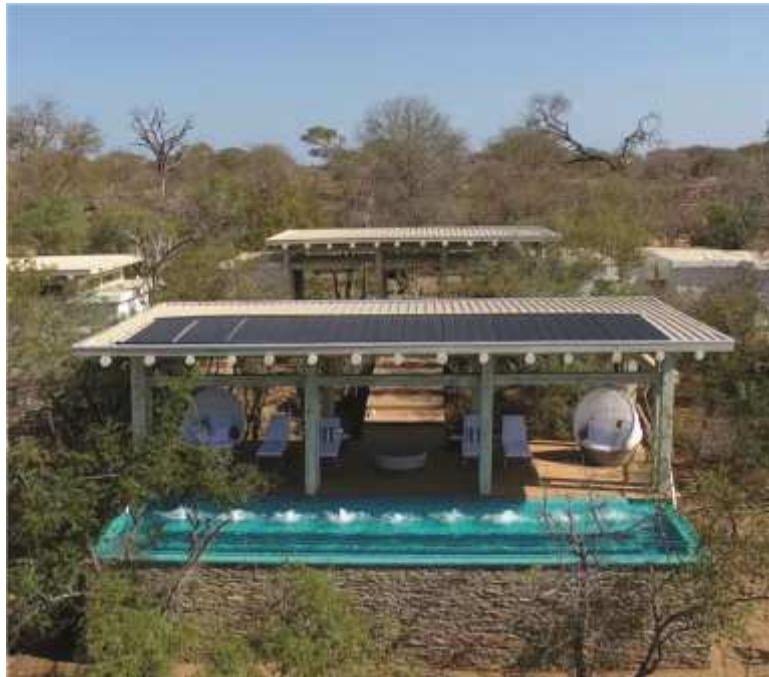




***Kapama***

PRIVATE GAME RESERVE



KARULAWELLNESSCENTRE



## SIGNATURE TREATMENT

### *marula miracle moments 4hrs*

*Embrace the essence of Africa; let your heart beat to its rhythm; let your body enjoy Kapama's magical marula moments. After enjoying a refreshing drink and our invigorating Vichy shower, you start your experience with a relaxing body wrap of Neroli and Marula. The Rasul treatment then cleanses the skin of any residue whilst revitalizing the body with the Marula Bark, infused in the steam. Marula Bark has long been used in traditional African medicine. Continue your journey to total euphoria with the warmth and magic of a truly African calabash massage that leaves the body feeling lazy and at ease. Enjoy a light lunch and end the day's indulgence with a professional facial treatment complimented by a Kapama marble hand or footprint treatment. Treatment time excludes lunch time*

### *treatment procedure*

*Welcome and briefing*

*Refreshing drink*

*Changing into spa clothing*

*Exfoliation & Vichy shower*

*Wrap*

*Rasul treatment*

*Calabash massage*

*Lunch and a glass of wine/champagne*

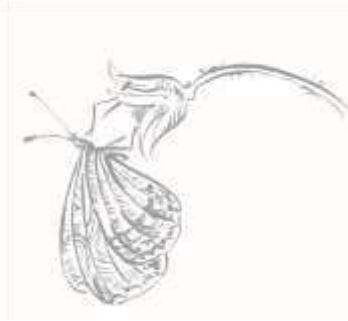
*Facial*

*Kapama marble hand/footprint treatment*



*“by turning back to our earth's*

*secrets we can learn to live in serenity, harmony and balance”*



## HALF-DAY PACKAGES

*Packages include a light lunch and a glass of wine or champagne*

### *african pampering package 2hrs*

*Combined to calm, relax and pamper one completely. Consisting of welcome drink, facial, scalp massage, reflexology, lunch and a tot of Amarula*

### *footprints of africa 2.5hrs*

*Abate the stress of everyday life and marvel in these exotic African treatments. Consisting of welcome drink, head-to-toe massage, Kapama marble hand or foot ritual, lunch and a tot of Amarula*

## DAY PACKAGES

*Packages include breakfast as well as a light lunch with a glass of wine or champagne*

### *african sunrise 4hrs*

*This package has remarkable relaxation properties.*

*Consisting of welcome drink, breakfast & lunch, facial, the Kapama moor Rasul treatment, reflexology treatment & a tot of Amarula*

### *rhythm of africa 4hrs*

*Indulge your senses with this ideal moisturizing and revitalizing day package.*

*Consisting of welcome drink, breakfast & lunch, Kapama pinotage bliss treatment, Kapama marble handprint ritual, reflexology treatment & a tot of Amarula*

## SPATHERAPY PACKAGES

### *kapama marula sensual steam treatment 2hrs*

*A relaxing and rejuvenating ritual for two, or on your own, in your own private Rasul room. Cocoon one another in our African nourishing Body Butters. Thereafter enjoy a gentle heat and Marula infused Rasul treatment. Complete the ritual with a scalp and Kapama wellness massage and the application of Marula and Neroli oil, leaving you relaxed from head to toe – scrub, wrap, steam, scalp, massage*

### *kapama pinotage bliss 2hrs 15min*

*The experience starts with a gentle pinotage vine-enriched body buff. A detox vine body embalming wraps you in comfort, whereafter you are immersed in either a milk or moor bath. This hydrotherapy invigorates the mind, whilst massage jets increase blood circulation and relieve muscle tension. A scalp massage and a Kapama marble footprint ritual complete the experience. Although designed for couples, this treatment is just as relaxing on your own – scrub, massage, facial, scalp, pedicure*

### *destress & detox moor hydrobath 2hrs*

*Start your destress treatment with an exfoliation, after which this detoxifying and nourishing natural mineral moor bath will assist in the elimination of toxins and fluid retention. Then submit your body to a vigorous workout of a deep rhythmic and pressure massage, using a tension balm that will leave you completely destressed. Scrub, moor bath, hot stone massage*

## SPATHERAPY PACKAGES

### *elements of africa experience 2hrs 15min*

*The name says it all! By using some of our unique and natural African elements, we created this special treatment for the ultimate natural and relaxing experience. Enjoy a full body exfoliation whereafter the warmth of heated oils and hot stones will elevate your body and mind into a pure state of bliss and relaxation. With the use of marbles in our Kapama hand or footprint treatment, the warmed therapeutic oils will condition and nourish your feet or nails, leaving a rich and healing action on your skin. Scrub, back massage, marble hand or footprint treatment*



### *3 Day Deluxe Pampering Spa Experience*

#### *Day 1*

*Begin your 3-day pampering experience with a full body exfoliation, followed by a 90-minute Deluxe Aromatherapy Massage. The combination of Jojoba seed oil, Grape leaf extract, Sweet Pine spices and citrus will awaken your senses to the surrounding African bush. Full body exfoliation, Deluxe Massage 2hrs*

#### *Day 2*

*Relax your body and mind with a soothing and extremely hydrating Deluxe Body Wrap and Rasul Steam combination. Choose from one of our all natural body wraps. Entering the Rasul steam with your body mask will enhance the absorption of the beneficial ingredients and natural minerals by the body. Thereafter enjoy a delicious spa lunch overlooking the beautiful African scenery & finish off your day at the spa with a purifying Deep Cleansing Dermalogica Facial.*

*Body Wrap, Rasul steam, Lunch, Facial 3hrs*

#### *Day 3*

*Energise your body with a therapeutic hot stone, full body massage. The heat and natural African oils will relieve tension. Enhance your beauty with a Deluxe Manicure or Pedicure including a 30-minute foot or hand massage.*

*Hot Stone massage, Deluxe- Manicure/Pedicure 2.5hrs*

## BODYTREATMENTS

### *kapama wellness massage 60min*

*Still the most popular massage today. Swedish massage techniques leave the body relaxed and rested. Using lighter, rhythmic strokes, it improves poor circulation, relieves muscular tension and enhances feelings of relaxation and wellbeing*

### *kapama deluxe aromatherapy massage 90min*

*This ancient discipline to improve health and wellbeing combines the therapeutic application of aromatic potions and a sensitive touch. The range of movements upon the skin, muscles and joints, ends with a sublime face*

*and scalp massage. This treatment of mind, body and spirit, leaves you feeling healthy and relaxed*

#### *kapama sports massage 60min*

*This deep rhythmic pressure massage with specially blended massage oils, relieves specific areas of stress and muscle tension, and gives the whole body a vigorous workout. Leave feeling energized and free of your usual aches and pains*

#### *back, neck and shoulder massage 30min*

*This 30-minute massage irons out all the accumulated tension in the back, shoulders and neck. Combine it with a facial treatment and your tension melts away*

#### *scalp massage 30min*

*A scalp massage can bring immediate relief to mental and emotional stress. It also improves circulation in the head, enhances your senses, improves memory and promotes clear thinking*

## B O D Y T R E A T M E N T S

#### *head to toe african ritual 90min*

*The incarba full body massage is a holistic wellness treatment that instills a feeling of peace and tranquility. It helps protect you from outside pressures and stresses and maintain inner calm*

#### *african rungu massage 60min*

*This exotic all new African massage is aimed at stress relief. Using the Rungu baton and deep stimulating movements, the massage helps to alleviate muscle aches and pains. This treatment will leave you feeling light and stress free!*

#### *ear candling 45min*

*A gentle scalp, neck and face massage that promotes total relaxation. Special ear candles with different aromas are used. The flame of the lighted candle creates a vibration of air in the candle, generating a massage effect on the eardrum. The treatment result is a wonderful balance of pressure in the ears, forehead and sinuses. The ultimate treatment for “jetlag”, ear- and headaches as well as sinus relief*



#### *calabash massage 60min*

*An ancient African massage using various sizes of calabashes. This massage tool promotes circulation and lymph drainage, resulting in deeply relaxed muscles. Your need for relaxation and peacefulness will be completely satisfied*

## BODYTREATMENTS

#### *royal rasul treatment 45min or 60min*

*Enjoy a soothing and extremely hydrating all over body treatment. Choose between a mud or body butter application. Heat dries the application, drawing out impurities from the body. Thereafter aromatic steam is released, softening the application so that the beneficial ingredients and natural minerals are absorbed by the body. A gentle shower then washes your skin in preparation of a wonderful body lotion application. The treatment not only purifies and hydrates the skin, but also relaxes the body and calms the mind*



#### *hot stone therapy 60min or 90min*

*Smooth black river stones are heated up and used in a therapeutic deep tissue massage. When placed on specific Chakra points, the hot stones help to tap into the body's energy pathways to rest and relax you*

### *reflexology 45min*

*Points in your feet refer to all parts of your body, so take the weight off them for 45 minutes and let the therapist manipulate the pressure points and rebalance your energy levels*

### *mum-to-be nurturing massage 60min*

*A relaxing massage to pamper and prepare her for her newborn. Specially selected essential blends rich in omega oils are combined and used to maintain suppleness and skin tone. This relaxing massage will also relieve tension in the back and alleviate swelling in the hands and feet*

### *full body exfoliation 30min*

*Choose between a variety of salts to deep cleanse, polish and soften your skin to perfection. The application of a body lotion will leave the skin glowing and vibrant, replenished and flawless*

## VICHY SHOWER TREATMENTS

### *vichy shower exfoliation 2.5hrs*

*After enjoying a deep cleansing exfoliation, the vichy shower will help stimulate the skin to promote new skin cells, as well as boost the immune system. A rejuvenating steam treatment will leave you feeling completely relaxed, whereafter a Head to Toe massage will end of your euphoric experience. Exfoliation, Vichy shower, Rasul, Tea/drink, Head to Toe massage*



### *nourishing vichy shower experience 2.5hrs*

*Applying a natural body wrap of your choice, will nourish the skin all over. The aromatic steam from the Rasul room will help the product to penetrate even deeper whereafter the Vichy shower will stimulate the touch receptors of your skin and heighten your senses. Your experience will be complete when feeling rejuvenated and energized after the Back, neck & shoulder massage. Wrap, Rasul, Vichy shower, Tea/drink,*

*BNS massage*



## SKINCARE TREATMENTS

### DERMALOGICA SKINCARE

*A full skin consultation with specific face mapping will be done by your therapist. You will then be advised which facial would best suit your skin type. Choose from the following:*

#### *specialized treatment 75min*

*Dermalogica's targeted skincare provides a deep look into your skin's health. The latest advances in skin analysis provide you with a treatment specifically designed to address your personal skin concerns*

#### *multivitamin / anti-ageing facial 75min*

*Combined vitamin and hydroxy acid exfoliation, energizing massage techniques and Dermalogica's unique contour masque make this the ultimate in skin therapy for an ageing and devitalized skin*

#### *deep cleansing 60min*

*For a radiant and balanced complexion. Super soothing deep cleansers will remove impurities from your skin, leaving it purified while restoring its firmness and smoothness. The result is a radiant and revived complexion*

#### *men's clean shave facial 60min*

*Because men are different and have specific expectations, we have created a professional treatment to satisfy the specific needs of male skin. This*

*targeted skincare treatment energizes the skin for a radiant complexion, and also fights the signs of ageing for a more youthful appearance*

## MOORSKINCARE

### *classic moor facial 60min*

*The classic moor facial is beneficial for all skin types – dry, normal, combination or oily. It can even be performed on sensitive and problem skins. The overall effect is to deeply purify the skin and pores, aid in abating wrinkles, and rejuvenate the complexion with a heightened firmness, tone and freshness*

### *vitamin C glow facial 60min*

*This specialized facial is high in vitamin C. It is the super-star antioxidant that helps fight free-radical damage, increases the collagen synthesis, is a pH adjuster, improves environmentally damaged skin and effectively fights pigmentation*

*“as we look deeply within, we understand our perfect balance. For when you stand in the present moment, you are timeless”*



# NATURALBODYWRAPS

## *mineral wrap 60min*

*Awaken your senses with a rhythmic exfoliation using Mineral Rich Salt Glow and Complete Oil. A brisk massage follows using a luxurious mask of Moor, Vitamin E and Aloe Vera Oil, leaving you energized*

## *hydrating wrap 60min*

*Restores a youthful glow with a Mineral Rich Salt Glow after which the micronutrients of Klamath Blue Green Algae and Sea Kelp infused with Vitamin E and Aloe Vera Oil envelope you in luxury. Your mind, body and spirit are enhanced for overall well-being*

## *cellu-eliminate wrap 60min*

*An intensive, purifying body envelopment using the Algamoor Mask, which revitalizes and detoxifies the skin creating suppleness and elasticity and leaves your body feeling like it can breathe again. A draining massage follows with the Contour Cream of Black Pepper, Cinnamon, Mandarin, Ginger and Green Tea*

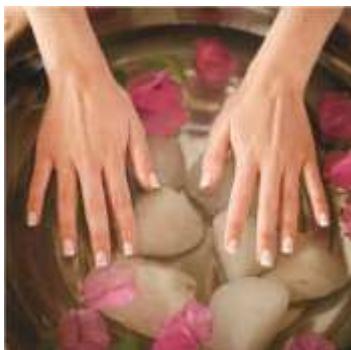
## *detox wrap 60min*

*For detoxification, deep cleansing, weight loss and general well being, a detox wrap also activates lymph glands, kidneys, skin and intestines. It stabilizes tissues and reduces tissue volume, deacidifies and mineralizes skin. Excellent for psoriasis, dermatitis and acne*



“the answers you’re looking for are already in Nature.

Use its force, for a beautiful and harmonious you”



## HAND AND FOOT CARE

### *kapama manicure 60min*

*A revitalizing hand bath and exfoliation starts this treatment, before your nails are shaped, shortened and cuticles trimmed. A reconditioning hand massage will leave your hands relaxed and soft to complete the treatment*

### *kapama pedicure 60min*

*Delivering instant relief for heavy, painful and tired feet, a Kapama pedicure treats your feet and nails with the utmost care and attention. A wonderful foot bath, exfoliation and foot and lower leg massage boosts circulation and replenishes dry skin*



### *heel peel 30min*

*With the application of a unique and nourishing masque, your hands and feet will never be the same! All dead cells and dry skin are scraped off when the masque is removed. A Kapama foot massage completes this unique treatment*

## EXTRA BEAUTY TREATMENTS

### *african make-up 20min*

*For the fun loving amongst us! African make-up is applied using the traditional method from our African ladies. Using different patterns and colours, create the look of an African queen*

### *waxing*

*lip & chin, eyebrow, underarm, bikini, half leg, full leg*

*tinting eyelash & eyebrow*

## KAPAMA SPA KIDS

*scalp massage 30min*

*A scalp massage for the little ones adjusted to their age and different pressure points*

*back, neck & shoulder massage 30min*

*As today's children do grow up in different times, they may already be exposed to underlying stress. This relaxing massage will leave them feeling as they deserve to feel – CARE FREE...*

*mini mani/pedicure 30min*

*Spoil the girls (and boys) with this pampering treatment. Let them experience and enjoy the scrub, massage and for the adventurous ones some added nail art*

*Please note that children's treatments are subject to terms and conditions and all children have to be accompanied by an adult when using the spa*

## KAPAMA PRODUCTS

*healing earth*

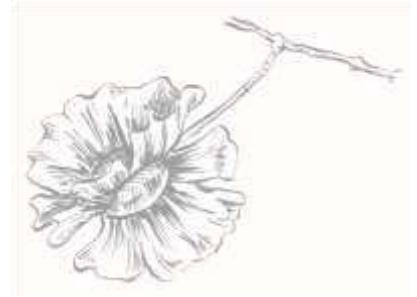
*A South African-based product. These products contain only the purest most natural indigenous ingredients, sourced from the rich soils of Africa*

*dermalogica*

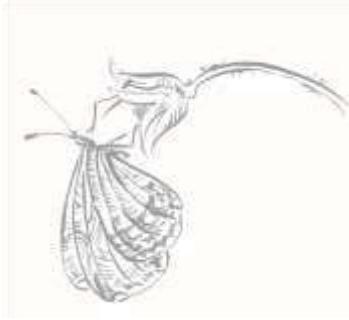
*An American-based product, formulated by the world renowned biochemists and researchers at the International Dermal Institute. A product dedicated to the success and credibility of skincare*

*moor spa*

*An internationally well-known product, 100% naturally derived from deep moor. Combined with solely naturally derived ingredients, these products are state-of-the-art products for the modern and healthconscious individuals*



SPAPOLICIES



#### *what to wear*

*You may wish to bring your swimwear to enjoy our lap pool. For spa treatments, there is no need to bring or wear any special clothing. For spa wear, including comfortable disposable underwear, robe and slippers are provided*

#### *spa etiquette*

*To ensure that all guests can enjoy the peace and harmony within the spa, we respectfully request that all guests keep noise levels to a minimum and refrain from carrying cellular phones and other electronic devices*

#### *punctuality*

*We kindly request that you arrive 15 minutes prior to your treatment. Should you arrive late, your treatment time may be reduced*

#### *spa hours*

*The spa offers treatments from 8am to 5pm. Should you wish to book a treatment outside of these times, we will do our utmost to accommodate your request, subject to staff availability*

#### *cancellation policy*

*Please allow for a two-hour notification period, should you wish to move or cancel your appointment. Should an appointment not be met, without notification, the full cost of the appointment will be charged*

#### *spa vouchers*

*Please note that spa vouchers have to be presented when booking a treatment and that the vouchers are non-transferable*

## RECONNECTING WITH YOUR SPIRIT

*kapama wellness centre gym*

*Complete with a state-of-the-art gym, equipped with cardio and weight training facilities, the Kapama Wellness Centre energizes and uplifts in the healing*



*presence of nature*

“Kapama wellness: the centre of well-being combines to refresh and restore your body, your spirit and your soul