



CRESTA  
Mowana Safari  
Resort & Spa

## Cresta Mowana Spa Treatment Journey

### Clarins Triactive Facials

Powered by  
Clarinspro formulas

Six new highly personalized  
results-driven facial treatments

### The Youth Activator

Intensive replenishment reactivates the plump, peachy smooth luminosity of youthful looking skin while contouring and detote wake-up call for mature skin.  
Appointment time 60 MINS / 90 MINS

#### The Radiance Reviver

Dull tired, stressed skin is intensely detoxified and recharged with a cocktail of antioxidants and super revitalizing plant extracts which restore health and radiance. Think multi vitamin for the skin.

Appointment time 60 MINS / 90 MINS

#### The Skin Healer

Sensitive skin is immediately and intensively soothed calmed and repaired to restore softness suppleness comfort and radiance. A cooling healing Hand.  
Appointment time 60 MINS / 90 MINS

#### The Lifting Line Smoother

As skin is retextured and its youth-giving renewal process intensively energized. It instantly becomes smoother, firmer, even lifted and looks refreshed and rested. Just like a week away. Appointment time 60 MINS / 90 MINS



#### The Moisture Replenisher

Intensively replenishes depleted moisture levels in dry dehydrated skin which immediately restores softness, suppleness, comfort and radiance. An oasis in the desert that is parched skin. Appointment time 60 MINS / 90 MINS

#### The Detox And Shine Stopper

Intensively purifies skin rebalances oil production. Tightens and refines pores so oily combination and even shiny complexions becomes clearer, smoother, softer and more matte. A fresh start with a shine free finish. Appointment time 60 MINS / 90 MINS

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## Clarins Men

### Clarins Skin Blitz Facial

Purifying, hydrating and refreshing, this facial treatment is individually tailored to suit all skin types. Skin is cleansed, toned and gently exfoliated before the face, neck and shoulders are treated to a relaxing aromatherapy massage. The treatment addresses overall skin condition, targets specific problems and soothes shaving bumps and irritation leaving skin feeling refreshing healthy and ultra-smooth.

**Appointment Time 60 MINS / 90 MINS**

### Clarins Muscle-ease Body Massage

Suffering from tense shoulders and an aching back? Been over doing it at the gym? This intense regenerative massage eases stress-related knots and muscular tension. The calming aromatherapy vapors relieve over-active stressed minds. Afterwards you feel rebalanced, refreshed and ready to take on the world. **Appointment Time 60 MINS / 90 MINS**

### Energizing Back, Neck And Scalp Massage

Stress tension and anxiety all melt away with this rejuvenating treatment. After the back is deeply cleansed gently exfoliated and treated to a purifying mask, an intensive back neck and scalp massage eases out stress. It revives fatigued muscles and rejuvenates the body. Ideal as a post exercise, pick me up for treating congested blemish prone skin or for restoring harmony to mind and body. **Appointment Time 45 MINS**

## Clarins Signature Massages

Unique massage movements 100% pure plant oils and personalized element (The Therapist will tailor make the treatment to your body's needs). Ensure an unrivaled therapeutic experience. Circulation and lymph flow are boosted and muscular tension is eased.

### Chill Out Massage

Slow and relaxing massage movements melt tension in body and mind, leaving you feeling calm and rebalanced. Our natural beauty secret, relax body treatment oil which contains soothing Geranium and Chamomile. **Appointment time 60 MINS / 90 MINS**

### Awaken Massage

A more stimulating massage that relieves aching muscles and leave you feeling fresh and clear-headed. Our natural beauty secret, Clarins award-winning Tonic body treatment oil which contains energizing Rosemary and Mint. **Appointment time 60 MINS / 90 MINS**

## The Clarins Spa Treatments

Feeling stressed tired or lethargic? Need to chill out and unwind? Want to boost your energy levels? You deserve some indulgent pampering! Then treat yourself to a Clarins Spa experience

### Gentle Skin Smoother

Visibly brighter super soft skin is the main benefit of this highly efficient body treatment. While enriched with fruit enzymes, it also refines, refreshes and detoxifies. Body products applied afterwards are perfectly absorbed. **Appointment time 30 MINS**

### Safflower Fruit And Salt Body Scrub

Exotic blend of warm sea salts, uplifting aromatic oils safflower and pineapple and lemon enzymes have a three phase exfoliating action to remove superfluous cells. It boosts circulation and encourages cell regeneration and energizing aromas to enlighten the senses and re-charge the mind. **Appointment time 30 MINS**

### Lavender Fruit And Salt Body Scrub

An exotic blend of warm mineral rich sea salts, aromatic oils, lavender flowers and pineapple and lemon enzymes; has a three phase exfoliating action to remove cells, boost circulation and stimulate cell renewal. The calming aromas soothe the sense and tap into overactive minds. **Appointment time 30 MINS**

### Contouring Detox Body Wrap

A personalized blend of warm clay and aromatic oils massaged in to the skin to reduce fluid retention, boost circulation and eliminate toxins. The body is cocooned in a thermal blanket to intensify the activity of the deep cleansing detoxifying ingredients. **Appointment time 45 MINS**



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## Massage

### Swedish Massage

A relaxing massage which will help tone up muscles and relieve aches and pains due to tired and overworked muscles. **Appointment time 60 MINS / 90 MINS**



### Aromatherapy

A Pleasant way to relax whilst treating specific problems. Essential plant oils combined with gentle massage techniques help rebalance the body's energy including a state of good health and well being. **Appointment time 60 MINS / 90 MINS**

### Thula Thula Back Massage

The perfect choice for some one with limited time to unwind and restore a sense of well being; also includes neck and shoulders. **Appointment time 30 MINS / 45 MINS**

### Aroma Stone Massage

Experience nature's unique connection as ancient basalt stones help melt away modern stress and tension soothing the weary body and soul. **Appointment time 60 MINS / 90 MINS**

### The Marakanelo

Indulge your senses to a decadent four handed body massage combined with a fusion of Mowana's popular massage techniques and indigenous infused oils of the African savannah. Leaves the skin deeply moisturized and protected. The body soothed and relaxed.

**Appointment time 60 MINS / 90 MINS**

### Mowana Signature Massage.

An African massage, using natural and effective massage tool and oil from the baobab tree which is fondly called the "tree of life"; deep pressure and long strokes. Excellent for reducing pains, providing instant relief and relaxation. **Appointment time 60 MINS/90 MINS**

### Replenishing Detox Wrap

A personalized blend of warm clay and aromatic oils; massaged onto the skin to boost circulation and eliminate toxins. The body is then wrapped in a thermal blanket to intensify the action of the cleansing ingredients. The treatment improves blood circulation and lymphatic drainage. **Appointment time 45 MINS**

### Revitalizing Detox Body Wrap

A personalized blend of warm clay and aromatic oils massaged on to the skin. The treatment relieves muscular tension boosts circulation and eliminates toxins. The body is then enveloped in a thermal blanket to intensify the action. **Appointment time 45 MINS**

### Figure Shaper

An intensive stimulating treatment that refines the appearance of the skin, perking up overall tone and helping your body to look smoother and more streamlined. Circulation is boosted, reducing fluid retention. **Appointment time 45 MINS**

### Intensive Body Firmer

This treatment restores youthful firmness and deep down luxurious softness to the skin that is starting to lose condition. Your body looks and feels more supple, toned and revitalized; your skin is nourished and satin smooth. **Appointment time 45 MINS**

### Super Hydrator

A treatment that drenches dry or dehydrated skin in moisture dramatically transforming its texture. Instantly your body feels smooth and silky smooth to touch. **Appointment time 45 MINS**

### Reflexology

An ancient healing art based on the principles that there are reflexes in the hands and feet that correspond to every organ and gland in the body. Benefits are; improved circulation, detoxification, reduced tension and the body's ability to heal itself.

## Eye Enhancers

### Eye Brow Shaping

Brow consultation along with waxing threading or tweezing to determine the right brow shape for your face

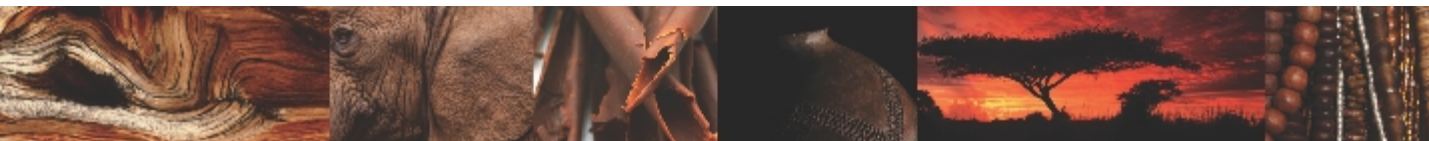
### Eye Brow Maintenance

Perfecting previously shaped brow





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#### Eye Brow Tinting Eye Lash Tinting Eyelash Extensions

For thicker, longer and naturally abundant looking lashes using award winning Novalash and Luschious Lashes. The healthiest lash extension system on the market  
**Appointment time 2 HRS**

#### Make-up One On One

Updating your make-up, getting married or going somewhere special? Need advice? Our Clarins expert will guide you through a full make-up session from colour selection to application techniques so you can learn the tricks of the trade.

#### Sunless Tanning

Professional 100% natural spray on tan combining highly purified water and natural bronzers. The result is the most stunning glow, free from chemicals and harmful additives. No more hours in the sun.

**Appointment time 1 HR**

## Beauty Express

For those who have time constraints

#### Express Facial

For the busy person. Tailored to suit all skin types. It purifies Hydrates and revitalizes the skin.

**Appointment 30 MINS**

#### Make Up To Go

Full make up session for everyone on the move. High speed make-up session, Let our experts apply everything to create a look that suits you **Appointment time 30 MINS**

#### African Head Massage

An ancient traditional head neck and shoulder treatment that will leave you more relaxed than you can imagine.

**Appointment time 30 MINS**

## Hands And Feet

#### Deluxe Pedicure

An intensive pedicure treatment with either a hydrating heated or cooling mask, particularly good for puffy ankles and tired feet. **Appointment time 80 MINS**

#### Deluxe Manicure

An intensive manicure with a hydrating mask which has a conditioning effect to improving circulation and eliminates muscular aches and pains.

**Appointment time 80 MINS**

#### African Perfect Manicure And Pedicure

Nails are filed, buffed and polished to perfection

**Appointment time 60 MINS - Manicure / Pedicure**

#### Shellac Gel Polish Paint

A unique chip free gel system that leaves your nails looking perfect for two weeks. Wonderful addition to your manicure or pedicure treatment.

**Appointment time 45 MINS**

#### Artificial Nails

Choose from gel, fiberglass or silk wraps – PRICES ON REQUEST

#### Customer Notice

Please remember to bring open toed shoes when having a pedicure treatment.

## Spa Safari

#### The Big Five

A decadent five hours of top to toe treatments. This package includes a full body exfoliation followed by a full body massage, facial treatment, luxury manicure and pedicure, accompanied by light lunch and refreshments on the spa deck **Appointment time 5 HRS**

#### Kubu's Secret

African therapeutic masks are carefully selected and prepared. Then self applied to all parts of the body and face. The heat allows the mud to draw out impurities from the body. A calming rain shower washes the mud away completing the ritual and bringing a new beginning; leaving you feeling cleansed renewed and relaxed  
**Appointment time 30 MINS**

#### African Romance

Indulge in a exfoliating cocooned in African therapeutic mud followed by a couple's massage of your choice in our special couple's therapy suite. Then unwind in our relaxation lounge with some "bubbly"

**Appointment time 1hr 30 MINS**

#### Pure Chobe Bliss

Choose from one of our unique spa facials and combine it with the powerful effect of an African therapeutic massage. Pure relaxation with dramatic results.

**Appointment time 2 HRS**

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#### African Foot Prints

Swollen tired legs, poor circulation and water retention. An African tea ceremony with a warm application of detox mud followed by a pressure point hot and cold stone massage will leave your legs feeling tight and deeply hydrated. An excellent treatment after a long flight.

#### Xakanaxa Body Experience (pronounced Kakanaka)

Pamper the body with a full body exfoliation to prepare the skin. The African body wrap is warmed and applied to the skin to soothe soften and protect the skin. A luxurious full body massage ends the experience leaving the body hydrated, and the mind soothed and relaxed.

## Advanced Facial Treatments

#### Microdermabrasion Treatment

An excellent and progressive treatment with no down time for ageing skin, lines, pigmentation, wrinkles, open pores and acne scars. **Appointment time: 30 MINS**



Deluxe with specialized mask and oxygen serum. **Appointment time: 1 HR**

#### Oxygen Facial Treatment

The perfect rejuvenating treatment for all skin types. A high – pressure blast of oxygen that feeds serums, packed with vitamins, minerals and collagen in to all levels of the skin stimulating collagen and elastin and reverses damage caused by free radicals. The result is a clearer, plumper, smoother face and a younger looking you. **Appointment time: 45MINS**

## Spa Policies

Please arrive at least 15-30 minutes prior to your treatment. We recommend earlier should you wish to use the spa facilities.

In order to ensure that all guests benefit from the quiet tranquility you are requested to keep noise to a minimum and remember to turn your mobile phone to silent mode.

On arrival Robes, slippers and towels will be provided in the locker rooms for your convenience. Hotel guests are requested to use their robes and slippers from their hotel rooms.

Please bring your bathing costume should you wish to make use of our pools these must be worn at all times. Spa guests must shower before and after using the pools and Jacuzzi

Please ensure you have alerted your therapist to any possible medical condition's allergies, intolerances or special needs before commencing with treatments

We accept cash, debit and visa and mastercard credits cards for payment.

No children under 12 allowed in the spa, fitness area and swimming pool unless if they are having a treatment.

Use of the spa facilities is only allowed if you are having a spa treatment.





## When Using The Fitness Centre Please

Wear appropriate clothing and non-marking footwear

Keep a sweat towel with you at all times

Wipe all machines after use with the wipes provided

Do not drop weights on the floor or remove them from the floor.

Do not move any machines

Always shower after a workout and before entering any of the pools



## When Using The Sauna And Steam Room

Shower before entering  
Sit and lie on a dry towel if you are not wearing a roman shirt  
Have a cool shower before re-entering if you feel any distress  
Be aware of the limited time of 10-15 minutes is recommended.

