

LEOPARD HILLS

PRIVATE GAME RESERVE



SPA MENU

Seasons in Africa
ADVENTURES • HOTELS • LODGES



We look forward to welcoming you to experience an array of Leopard Hills' bush treatments in our Sala overlooking the bush and experiencing the tranquil ambiance of the surroundings.

For booking please dial Reception on Ext. 9.

SALA ETIQUETTE:

- Treatment prices are subject to change.
- Please make yourself comfortable in Reception 5 minutes before your treatment commences, your Therapist will meet you there.
- A late arrival may affect the length of your treatment.
- Couples treatments can be done on request, if both therapists are available.
- Out of consideration for all guests, a notice period is required to cancel or reschedule.
- Please note - Therapies are done purely for relaxation purposes and are not meant to treat any ailments.

FACIAL TREATMENTS

FACIAL R 990

A full skin consultation will be done by your therapist. Taking into consideration your concerns the Facial will then be tailored to your specific needs.

MASSAGE THERAPY

Enjoy the freedom of choosing your favourite scent from our selection of expertly blended Massage Oils & Balms.

MASSAGE OILS

Each of these individualized massage oils have a base of marula oil infused with rooibos and hypoxis for their anti-oxidant action. The addition of essential oils work to uplift the mind and balance the body through their powerful effect.

MUSCLE-RELAXANT MASSAGE OIL – With hints of clary sage, chamomile and black pepper oils. The Muscle Relaxant Blend eases tension in sore and stiff muscles.

RELAXING MASSAGE OIL – This soothing combination of lavender, chamomile, geranium and lemon allow this massage oil to ease away stress and anxiety.

ENERGISING MASSAGE OIL – Invigorating black pepper, ginger, neroli and rosemary aid this massage oil in restoring energy levels in times of exhaustion.

MASSAGE BALMS

Easy-melting Shea from Ghana blended with healing African potato, rooibos and natural essential oils creates a sublime, beautiful body experience. Shea, normally as hard as rock, once applied to the skin melts deeply into the upper layers of the dermis to hydrate, soothe and condition.

BLACK PEPPER MASSAGE BALM – Black pepper releases stiff and sore muscles while refreshing and focusing the mind.

NEROLI MASSAGE BALM – Neroli relieves stress and creates a feeling of calm and restfulness.

CINNAMON & GINGER MASSAGE BALM – The earthy tones of this combination are warming and soothing creating a feeling of balance and groundedness

AFRICAN RUNGU MASSAGE

Full Body – 1 hour R 1 500

Back & Neck – ½ hour R 800

Traditionally a wooden throwing club the Rungu has been integrated into modern African massage. This deep tissue and stress relieving massage incorporates use of the hands and the wooden Rungu to stretch tight muscles, relieving muscular aches and pains.

CALABASH MASSAGE

Full Body – 1 hour R 1 500

Back & Neck – ½ hour R 800

The calabash was one of the first cultivated plants in Africa used as a container. In recent years it has been incorporated into massage as a tool. Classically a light massage which stimulates circulation and lymph drainage; your therapist will use Calabash's of varying shapes and sizes tailoring the massage to your area's of tension.

HOT STONE THERAPY

Full Body – 1 hour R 1 500

Back & Neck – ½ hour R 800

Melt away tension with the use of warm basalt rocks to gently massage weary muscles. Hot Stone Therapy promotes deeper muscle relaxation, increases blood flow and aids in the removal of toxins from fatigued muscles.

DEEP TISSUE RELAXING MASSAGE

Full Body – 1 hour R 1 500

Back & Neck – ½ hour R 800

A unique blend of relaxing and deep rhythmic pressure. Deep Tissue Massage relieves specific areas of stress and muscular tension restoring your fatigued body.

SWEDISH MASSAGE

Full Body – 1 hour R 1 300

Back & Neck – ½ hour R 700

One of the most popular massages 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 well-being.

OTHER TREATMENTS

CLASSIC MANICURE R 600

Treat your hands to the ultimate luxury. This manicure is perfect for dehydrated hands. Relax and renew your hands with a selection of OPI's Manicure range finished off with an invigorating hand and lower arm massage.

CLASSIC PEDICURE R 700

This pedicure treatment leaves you with outstanding results, you will experience a pure foot transformation. Indulge your feet in this luxurious OPI pedicure finished off with a deeply relaxing foot massage.

INDIAN HEAD MASSAGE (45 min) R 1 000

Based on traditional ayurvedic healing this head, neck and shoulder massage is excellent for chronic headaches and neck or shoulder spasms. This relaxing treatment will leave you with a general feeling of well-being and spiritual upliftment.

ANTI-STRESS BACK TREATMENT (1 hr) R 1 000

This detoxifying and muscle relaxing treatment includes an invigorating scrub, mask selected for your specific needs and a relaxing massage. The Anti-Stress Back Treatment absorbs fatigue, reduces inflammation and re-balances your vital energy.