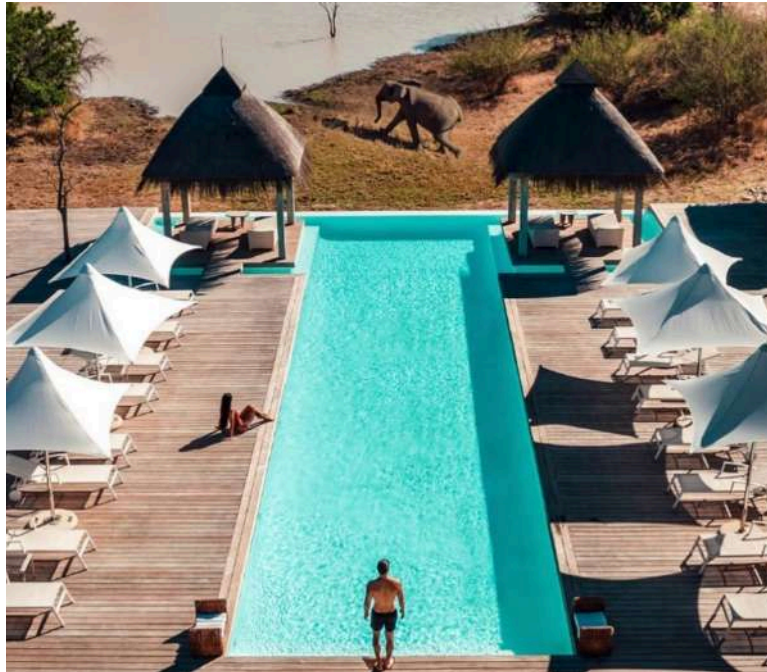




RIVER LODGE
WELLNESS CENTRE

SPA POLICIES



what to wear

You may wish to bring your swimwear to enjoy our lap pool. However, you do not need to bring or wear any special clothing for spa treatments. 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 before your treatment. Should you arrive late, your treatment time may be reduced

spa hours

The spa offers treatments from 8 am to 4:30 pm. Should you wish to book a treatment outside of these times, we will do our utmost to accommodate your request, subject to staff availability

age restriction

We welcome all guests over the age of 18 years to use the pool and facilities

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



Kapama River Lodge wellness centre boasts five opulent treatment rooms where guests can indulge in a variety of restorative therapies tailored to their needs. The experience is elevated by a state-of-the-art hydrotherapy room, offering the soothing benefits of water treatments, and a rasul room, perfect for a unique and detoxifying spa ritual. To complete the journey of relaxation, guests can unwind in a stunning lap pool that offers breathtaking views of a nearby watering hole, often visited by wildlife, creating an unforgettable connection to the natural surroundings

SIGNATURE TREATMENT



Kapama head to toe african ritual - 2hrs R2620

Indulge in our signature 90-minute full-body massage, enhanced with a soothing herbal poultice infused with rooibos and essential oils to release tension in the back

Personalise your experience by selecting one of our luxurious african body butters, each offering unique nourishing and restorative benefits. Conclude your journey with a relaxing foot scrub and a revitalising foot massage, ensuring a truly holistic and rejuvenating experience.

It includes:

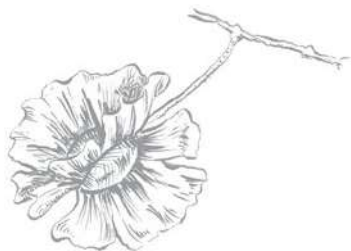
- 90-minute full-body massage
- foot scrub
- foot massage

choose from our african body butters:

- marula & neroli balm
- african potato balm
- mongongo nut balm



*“by turning back to our earth ’s secrets we can learn to
live in serenity, harmony and balance”*



SPA PACKAGES



*create your own personalised spa package - **2hrs R3230***

Choose and combine any of the following treatments:

30min full body exfoliation

30min mini facial

30min foot massage

30min scalp massage

60min or 90min full body massage of your choice

60min facial

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

SPA BODY THERAPY PACKAGES

Kapama sensual steam treatment - 2hrs R5840 per couple

Embark on a journey of relaxation and connection. Begin with a full-body exfoliation, thereafter enter a private rasul room. Cocoon one another with a detox mud clay. Complete your experience with an african-inspired full-body massage featuring the rhythmic techniques of the rungu baton or soothing calabashes for a truly unique and sensual experience. Includes:

- full-body exfoliation
- rasul ritual with detox mud clay
- 60-minute african-inspired full-body massage

unearthed haven - 2hrs 30min R6800 per couple

Reconnect and find harmony in this deeply grounding and luxurious experience. Begin with a revitalising full-body exfoliation using a salt scrub to leave your skin smooth and refreshed. Follow this with a soothing hydrotherapy bath, perfectly positioned to offer tranquil views of a nearby watering hole. Next, indulge in a nourishing body wrap to detoxify and replenish your skin while promoting deep relaxation. Conclude this rejuvenating journey with a deeply relaxing full-body hot stone massage, where the gentle warmth of the stones melts away tension, leaving you feeling utterly renewed. This package is perfect for couples seeking ultimate relaxation and renewal together. Includes:

- salt scrub exfoliation
- hydrotherapy bath
- body wrap
- 60-minute hot stone massage





“the answers you’re looking for are already in nature. Use its force, for
a beautiful and harmonious you”

AFRICAN BODY MASSES

rungu massage - 60min R1650 | 90min R2100

This exotic 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.

calabash massage - 60min R1650 | 90min R2100

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.

gua sha lymphatic massage - 60min R1530

A therapeutic technique that combines the traditional gua sha method with lymphatic drainage massage to promote detoxification, reduce puffiness, and improve circulation.



BODY MESSAGES

Kapama wellness massage - 60min R1550 | 90min R2100

Still the most popular massage choice, this treatment uses classic swedish massage techniques to leave your body relaxed and rested. The lighter, rhythmic strokes are designed to improve circulation, relieve muscular tension, and enhance feelings of relaxation and overall well-being

Kapama sports massage - 60min R1650 | 90min R2100

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 energised and free of your aches and pains

enhance your 60-minute massage with one of the following 15-minute add-ons: R 350

Scalp massage: relieve stress and tension with a soothing scalp massage

Foot massage: revitalise tired feet with targeted pressure and gentle strokes

Hot stones: melt away tension with the comforting warmth of hot stones

Back exfoliation: refresh your skin with a cleansing and invigorating back scrub

back, neck and shoulder massage - 30min R 980 | 45min R1250

This targeted treatment focuses on relieving tension in the areas where stress often accumulates—the back, neck, and shoulders. Using a combination of gentle to firm pressure and rhythmic strokes, this massage eases muscle stiffness, improves circulation, and promotes a sense of deep relaxation

grounding foot ritual - 30min R 700

This ritual is designed to restore energy, reduce stress, and leave guests feeling centred and revitalised. Includes a foot soak, scrub and a foot massage



BODY MESSAGES



hotstone massage - 60min R1720 | 90min R2140

Combines traditional massage techniques with the soothing warmth of heated basalt stones. The gentle heat penetrates deeply into the muscles, melting away tension, easing stiffness, and improving circulation. This treatment promotes profound relaxation and leaves you feeling balanced and rejuvenated

mum-to-be nurturing massage - 60min R1450

Designed with care for expectant mothers, this nurturing massage focuses on easing tension, improving circulation, and promoting relaxation for both mum and baby.

This treatment also includes the application of a luxurious biloba peel-off tummy mask, which hydrates and nourishes the skin, helping to improve elasticity and prevent stretch marks. This indulgent touch makes it the perfect pampering experience for mums-to-be

Please note we do not perform any massage during the 1st trimester

scalp massage - 30min R 995

Indulge in a deeply relaxing scalp massage designed to ease tension, improve circulation, and promote a sense of calm. Using the luxurious lilian terry hair shine oil, this treatment not only soothes your mind but also nourishes your hair and scalp. The oil, enriched with natural ingredients, adds moisture, enhances shine, and revitalises your hair, leaving it feeling soft and healthy

Perfect as a standalone treatment or as an add-on to complement any spa experience



BODY TREATMENTS

grounding full body exfoliation - 30min R 920

This luxurious treatment gently buffs away dry, dull skin using expertly crafted exfoliants, leaving your body feeling smooth, refreshed, and deeply nourished.

grounding full body exfoliation with back, neck and shoulder massage

60min R1240

This luxurious treatment is paired with a soothing back, neck, and shoulder massage to release tension, restore balance, and promote deep relaxation.

Perfect for rejuvenating your skin and calming your mind, this treatment is a complete escape for both body and soul

grounding full body exfoliation, wrap and back, neck and shoulder massage

90min R2050

Immerse yourself in the ultimate relaxation with our babor grounding body wrap, a luxurious treatment that nourishes and restores your skin while promoting a sense of deep calm. Enjoy a soothing back, neck, and shoulder massage, expertly tailored to relieve tension and restore balance



HOLISTIC TREATMENTS

reflexology - 45min R1050

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 the energy levels



earcandling - 45min R1100

Experience the calming and restorative benefits of ear candling, a holistic therapy designed to promote relaxation and balance. This gentle treatment involves hollow, natural candles that create a soothing, warm sensation and a light vacuum effect to help alleviate earwax build-up, sinus congestion, and ear pressure

Benefits:

- may reduce sinus congestion and headaches
- helps alleviate pressure in the ears
- promotes relaxation and a sense of well-being

signature deluxe aromatherapy massage - 60min R1700 | 90min R2100

Choose between the following oils:-

vasco flow

Therapeutic massage oil designed to boost circulation, reduce water retention, and support detoxification

artho s

Therapeutic massage oil formulated to ease joint and muscle discomfort. Reduces inflammation, improves mobility, and provides soothing relief for arthritis

betta sleep

Relieves chronic & acute insomnia, insufficient deep sleep, anxiety & fears. Essential oils of lavender & ylang ylang

travel time

These oils are designed to help relieve travel-related discomforts, such as nausea, dizziness, and stress, typically experienced during long journeys

HYDROTHERAPY TREATMENTS



hydrobaths - 45min R1580 per couple

Ideal experience for couples seeking relaxation and connection in a serene natural setting. The combination of therapeutic shiatsu jets and breathtaking wildlife views creates a perfect romantic and rejuvenating atmosphere



rasul treatment - 30min R 670

Combination between therapeutic benefits of steam, natural mineral muds, and aromatic oils to detoxify the body, rejuvenate the skin, and promote relaxation



BABOR SKINCARE



classic babor facial - 60min R1620

A personalised facial tailored to your skin's unique needs. This treatment blends a holistic approach to beauty with cutting-edge skincare technology. Choose between calming, balancing, and moisturising options to perfectly address your skin's requirements

detox facial - 75min R1800

Revitalise your skin with this intensive detoxifying facial designed to deeply cleanse, purify, and rejuvenate. Using advanced dr. babor formulations, this treatment targets environmental stressors, removes impurities, and enhances the skin's natural detoxification process. Perfect for those seeking a radiant, clarified complexion



advance - 90min facial R2050

Experience pure luxury with a 90-minute anti-aging dr babor facial, meticulously designed to deeply cleanse, hydrate, and rejuvenate your skin. This exclusive treatment utilises cutting-edge formulations and personalised active ingredients to purify, balance, and restore your complexion to its natural glow. Indulge in the ultimate pampering with a luxurious paraffin hand treatment, designed to nourish and soften your hands, leaving them feeling velvety smooth and beautifully radiant. This elevated experience is the perfect escape for those seeking radiant, youthful skin and a moment of complete relaxation



THE GENTLEMEN COLLECTION



facial for men - 60min R1620

Skincare range for men that is formulated to suit the skin's unique characteristics, offering solutions for deep hydration, soothing after shaving, and replenishing the skin's natural barrier. The treatment can help with relaxation while providing effective skincare results

express facial for men - 30min R 700

Is a quick, results-driven treatment designed to refresh and revitalise the skin in just 30 minutes

express manicure or pedicure for men - 30min R 470

Designed for the modern man, this effective treatment ensures your hands are impeccably groomed. Nails are trimmed, shaped & buffed to a natural shine, while cuticles are tidied for a clean, polished look

deluxe manicure for men - 45min R 500

Deluxe manicure focuses on relaxation and provide a more thorough experience with a blend of skincare benefits for both the hands and nails. It's an ideal way to treat your hands to a luxurious experience

deluxe pedicure for men - 45min R 550

Comprehensive foot treatment that not only grooms and revitalises the feet but also includes a specialised treatment to address dry, cracked heels and calluses



HAND AND FOOT CARE



Kapama manicure - 60min R 710

This indulgent experience includes expert nail care, shaping, and cuticle work, leaving your hands perfectly groomed.

Enhance your manicure with a choice of add-ons:

An additional 30min R200 per add-on

- gel polish for a long-lasting, flawless finish
- paraffin treatment to deeply nourish and soften your skin

Kapama pedicure - 60min R 830

Treat your feet to the ultimate indulgence with our Kapama pedicure, a luxurious experience designed to soothe, refresh, and beautify. This treatment includes expert nail care, shaping, cuticle work, and a rejuvenating foot massage, leaving your feet feeling soft, smooth, and pampered.

Enhance your pedicure with a choice of add-ons:

An additional 30 min for R200 per add-on

- gel polish for a long-lasting, impeccable finish.
- heel peel removal of dry and hardened skin on feet

EXTRA BEAUTY TREATMENTS

african traditional face painting - 20min R 370

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

waxing *pricing on request*

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

tinting - R 270

eyelash or eyebrow

KAPAMA SPA KIDS

scalp massage 20min (Age 6-12 years) - **R 820**

back, neck & shoulder massage 20min (Age 6-12 years) - **R 820**

mini mani & mini pedicure 60min - **R 820**

full body massage 60min (Age 13-16 years) - **R 1100**

back, neck and shoulder massage 30min (Age 13-16 years) - **R 890**

scalp massage 30min (age 13-16 years) - **R 850**

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. Children under the age of 18 years are not allowed to use the spa pool without supervision



KAPAMA PRODUCTS

lilian terry

The ever-popular lilian terry is a well-known brand specialising in natural and organic products for holistic health, wellness, and skincare. Their product range includes a variety of homeopathic and aromatherapy solutions that are designed to nurture the body, mind, and spirit

abor

Prestigious skincare brand renowned for its cutting-edge formulas and luxurious treatments. Combining advanced scientific research with natural ingredients, abor delivers high-performance solutions tailored to individual skin needs

healing earth

A south africa-based product. These products contain only the purest most natural indigenous ingredients, sourced from the rich soils of africa





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 energises and uplifts in the healing presence of nature

yoga at Kapama

Kapama offers daily yoga sessions, providing a perfect opportunity to relax, rejuvenate, and find balance. These classes are available subject to availability. Whether you're looking for gentle stretching, mindful breathing exercises, or a more vigorous session, the yoga classes are tailored to suit all levels of experience and are conducted by experienced instructors

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

KAPAMA WELLNESS CENTRE

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