

## Your Spa Therapists

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### Pauline

“This is a small way in which I can help guests keep their bodies in good health which is a duty to all of us – otherwise we shall not be able to keep our minds strong and clear.”



### Valencia

“I enjoy reaching out and ‘touching’ someone. People love a warm welcoming treatment. Healing yourself is connected with healing others.”

## Rhulani means “Relax”

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Immerse yourself in the fascinating sound of silence of nature and be pampered with a soothing massage in the privacy of your own chalet.

Please book your massage or treatment at reception.

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# MASSAGES &

# TREATMENTS

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## Body massages

### Aromatherapy massage

Aromatherapy massage combines the healing properties of essential plant oils with the relaxing benefits of touch. Massage can be stimulating or relaxing depending on the oils used and the technique applied. It is an effective way to regulate mood, relieve stress, anxiety and tension, as well as to alleviate pain.

Full body	60'	R650
Back, neck & feet	45'	R550
Back & neck	30'	R450

### Swedish massage

Also known as "Classic massage", it is an oil massage known to reduce muscle tension and relieve anxiety and stress.

Full body	60'	R600
Back, neck & feet	45'	R500
Back & neck	30'	R400

### Hot stone massage

A special massage that uses smooth, heated basalt stones. It is deeply soothing, relaxing. The warmth of the stones improves circulation and calms the nervous system.

Full body	60'	R650
Back, neck & feet	45'	R550
Back & neck	30'	R450

### Intonga stick massage

A deep tissue and stress relieving treatment. Skillful movements are performed with the hands, while different sized wooden sticks are used to stretch tight muscles and ease toxic overload from daily stress. Symbolically the stick represented wisdom and direction to the healer.

Full body	60'	R600
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As Africology is considered as a leading natural, eco-friendly and holistic spa and skin care company in South Africa, naturally Rhulani had to get their hands on the therapeutic spa and hotel amenity products. Rhulani would like to spoil their guests with luxury bathroom amenities and massage oils which allow you an authentic African spa in the room experience whilst being kind to the earth.

Through the passionate help of Africology, Rhulani can now offer an even better chance to complete relaxation and by doing so also lending a helping hand in the conservation of our African bush life and nature.

## Rhulani SPECIAL



### Novelty in Africa

Experience the natural healing power of Africa with a Swiss quality seal

### "Tree of Life" massage

The baobab tree is a symbol of wisdom in Africa and is one of the oldest trees on the planet. Traditionally called "tree of life" it can provide shelter, food and health benefits to humans and animals living in the African savanna. Baobab oil is obtained from the baobab fruit seeds and represents a vegetable oil of exceptional cosmetic quality.

A regenerating and rejuvenating experience with a 100% natural oil, which is finely textured, rapidly absorbed and protects your skin.

Full body	60'	R720
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## Head & foot massages

### African foot massage

Experience a true African hospitality with our foot ritual, your feet are pampered by a true African warming foot scrub and massage leaving you feeling refreshed and exhilarated.

African foot ritual	30'	R320
Deep relaxing	30'	R300

### African head massage

It is designed to relieve stress, tension, fatigue, insomnia, headaches and migraine whilst also improving hair growth and scalp conditions.

African head massage	30'	R320
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## Nail treatments

### Manicure / pedicure

A pure indulgence to nourish, hydrate and restore vitality of the hands and feet, rounded off with an Africology sugar scrub.

Manicure	45'	R320
Pedicure	60'	R450