



SPA & WELLNESS TREATMENTS



## A TRUE AFRICAN SPA EXPERIENCE

### “CREATING MAGICAL MOMENTS AND TURNING THEM INTO SPECIAL MEMORIES”

Amani African Spas is an authentically South African Spa brand, and prides itself with its professionalism, high quality services and standards, and innovation within the Spa, Health and Wellness Industry. Amani focuses on health from a 360° approach to health and wellness, based on the desire to go the extra mile, providing guests with the ultimate Spa experience.

The name “AMANI” meaning “PEACE” in Kiswahili, encapsulates the spirit of Amani’s philosophy to create an “inner peace” by restoring harmony in all three elements – a physical body, a conscious mind and an eternal spirit.

The **AMANI SPA** at the picturesque and unique **TURBINE HOTEL & SPA** on Thesen Island in Knysna, is a haven of peace and tranquillity, and the ultimate escape for pure self-indulgence. The spa houses two treatment rooms, a couple’s suite, an exotic mosaic-tiled Rasul (Arabian steam room) and a luxurious Spa Massage Pedi Chair. On offer are a wide variety of holistic body, skin and beauty treatments, Babor facials and rejuvenating massages and rituals – uniquely designed to relax the body, and bring harmony to the spirit while preserving youthfulness and enhancing health and vitality.

## AMANI SIGNATURE SPA TREATMENTS

**KURHULA BODY RITUAL** 90 min R850 2 people R1530  
Nurturing you from Head to Toe

Amani’s signature holistic body ritual is a unique treatment that incorporates massage techniques from around the globe. Starting with the head and scalp, and working down to the toes, the massage is followed by a revitalising mini-facial. Amani’s exclusive blend of African oils is designed to assist with the elimination of toxins and alleviate stress and fatigue. The Kurhula Body Ritual is the ultimate in total relaxation and pampering.

## LUXURIOUS BODY TREATS

**RASUL CHAMBER** 40 min R380 2 people R645  
Enjoy this multi-sensory Arabian cleansing treatment in the exotically tiled traditional Rasul (steam room). Coloured lighting is emitted by the “starry sky” and soothing background music calms the senses. An application of therapeutic mud envelops the body, and is smoothed over the face, its restorative benefits enhanced by the steam. The mud draws out impurities while conditioning and toning the skin and promoting relaxation. A calming rain shower washes away the mud, leaving you cleansed, renewed, relaxed and your skin silky soft.

**AMANI BODY POLISH** 60 min R580  
Enjoy the exfoliating and cleansing experience of Amani’s body polish specially formulated to slough away rough, dry skin and assist in the cell renewal process, leaving the skin radiant and soft to the touch. This luxurious treatment is completed with a pressure point foot massage.

**LERAGA MUD DETOX BODY WRAP** 60 min R580  
This highly effective slimming treatment is designed to reduce bloating, cellulite and water retention and stimulate circulation in the body. The exfoliating mud wrap followed by a slimming massage assists with the detoxification and releases muscle tension while rehydrating and toning the skin.

## DELUXE FACIALS

**REGENERATING ANTI-AGEING FACIAL** 80min R695  
This facial stimulates the skin’s metabolism, revitalising tired and stressed skin and encouraging cellular regeneration, resulting in soft and supple skin. An excellent anti-ageing treatment that will improve the skin’s tone and texture.

**CLASSIC HYDRATING FACIAL** 60 min R560  
This facial saturates the skin with moisture, plumps it up, and restores the skin’s elasticity & suppleness, ensuring a soft, well-cared-for complexion.

**PURIFYING BALANCING FACIAL** 60 min R560  
Combination skin is characterised by dry areas of skin, combined with oily patches. This facial reduces excess oil flow, and thoroughly moisturises & refines the pores.

## AMANI’S MASSAGE COLLECTION

**CLASSIC SWEDISH MASSAGE** 60 min R480 90 min R730  
Using our signature oil, surrender to a full body Swedish massage, designed to relax the body, iron out any aches and pains, and restore a sense of total wellbeing.

**PUNGUZA DEEP TISSUE MASSAGE** 60 min R495 90 min R745  
*Punguza* means ‘relieve’ in Kiswahili, and this special therapeutic and corrective massage technique tackles the deeper layers of muscle tissue. This massage is perfect for active sportsmen and women who are prone to strains and injuries.

**AROMATHERAPY MASSAGE** 60 min R500 90 min R750  
A rhythmic, gentle full body and face massage using specially blended aromatic plant oils, is guaranteed to relax the body, calm the mind & bring peace to the soul.

**LEFIKA HOT STONE MASSAGE** 60 min R550 90 min R800  
A sensory body and face massage using warm, smooth river stones and essential oils, will ease muscle aches and tension while hydrating the skin.

**AFRICAN RUNGU / CALLABASH / BAMBOO MASSAGE** 60 min R550  
This unique African massage is performed with the use of natural and effective African massage tools. Because of the deep pressure and long strokes, it is excellent for reducing aches and pains and **provides instant relaxation**.

**IKÊTLA ... NECK, BACK & SHOULDER MASSAGE** 30 min R295 60 min R480  
*Ikêtle* means to ‘relax and unwind’, and that is exactly what this relaxing massage is designed to do. The sensory power of touch and aroma encourages relaxation, and allows the tension to drain from the shoulders, back and neck areas.

**REFLEXOLOGY FOOT THERAPY** (Subject to therapist availability) 60minR460  
This hour of bliss begins with a foot soak followed by the traditional pressure point massage, helps to re-establish energy flow, improve circulation, relieve stress and restore balance and harmony to the body.

**INDIAN HEAD MASSAGE** 30 min R280  
A relaxing scalp and neck massage, Indian Head Massage is effective for reducing tension, relieving sinusitis, and for treating insomnia, fatigue, headaches and migraines.

**AMANI FOOT RITUAL** 30 min R280  
Sole indulgence for travellers and those with tired and aching feet. Treatment starts with a foot soak, followed by a relaxing massage, inducing relaxation, soothes sore & tired feet, improves circulation, softens & nourishes dry skin.

**MOM-TO-BE MASSAGE** 60 min R480  
Pamper yourself with a specialised Mom-to-be massage, uniquely designed to cater for your needs during pregnancy. This massage helps to relieve lower back pain & fatigue, improve circulation & reduce swelling in the legs and feet. Specially formulated massage oils that are safe for mother and baby are used. (Maternity massage is not recommended in the first trimester of pregnancy).

**COUPLES MASSAGE**  
Enjoy a couples’ massage of your choice with your partner or friend in our exclusive couples’ suite.

## AMANI BEAUTY

**CLASSIC MANICURE** 60 min R280  
This luxurious hand treatment that incorporates a hand soak, cuticle care, nail shaping, relaxing hand massage and polish application, leaving your hands beautifully pampered and conditioned.

**CLASSIC PEDICURE** 60 min R280  
An intensive foot treatment that incorporates a foot soak, cuticle care, relaxing foot massage, which induces relaxation, improves circulation & softens the skin on your feet; polish application completes the treatment.

**AMANI SPA PEDICURE** 60 min R380  
Experience the ultimate pedicure in our luxurious Spa Massage Pedi Chair.

**AMANI SPA MANI & PEDI DUO** 90 min R590  
Pamper your hands and soles as you sit back in our luxurious Spa Massage Pedi Chair.

**DELUXE MANICURE** 90 min R420  
A hydrating manicure where the hands are dipped into a thermal paraffin bath, forming a mask around their contours. Enjoy a foot massage while your hands receive the therapeutic benefits of the mask.

**DELUXE SPA PEDICURE** 90 min R550  
A hydrating Spa pedicure where the feet are dipped into a thermal paraffin bath forming a mask around the feet. Enjoy a hand massage while your feet receive the therapeutic benefits of the mask.



## AMANI MAN

**GENTLEMAN'S FACIAL** 60 min R580  
This facial is specially formulated for male skin, deeply cleansing and hydrating the skin. The active ingredients found in the BAVOR MEN products provide intensive moisture, leaving the skin refreshed and rejuvenated.

**CLASSIC MANICURE** 60 min R250  
An intensive hand treatment begins with a softening hand soak, skin polish and mask followed by cuticle care, nail shaping and a relaxing hand massage, which feeds the skin with nourishing and hydrating nutrients.

**CLASSIC SPA PEDICURE** 60 min R350  
Amani's luxurious spa massage Pedi Chair will massage and relax your back while you indulge in an intensive foot treatment using therapeutic ingredients, which will induce relaxation, improve circulation and soften the skin on your feet.

## PAMPER PACKAGES

**AMANI ROMANCE** 2 hours 2 people R1960  
Begin your journey with the rejuvenating experience of the Rasul, followed by our signature body ritual "KURHULA", pampering not only the body but the face and scalp too. A relaxing full body massage flows into a revitalizing mini facial, bringing balance to your body, mind and soul.

**THE FEAST - FOR THE SOUL & SENSES** 3 hours R1260 2 people R2270  
Discover a little African magic and experience Amani's African Rungu Massage followed by a luxurious Babor facial and scalp massage. Complete your feast with a pampering Classic manicure or pedicure.

**BRIDAL SPA JOURNEY** 4 hours R1995  
Surrender to a day of head-to-toe pampering with a series of therapeutic and relaxing spa rituals that will leave you feeling like royalty ahead of your big day. Your journey begins with a therapeutic exfoliating body mud in the rasul followed by an Aromatherapy full body massage. A luxurious facial will leave your skin soft, hydrated and glowing. Finally, a Deluxe Spa Mani & Pedi duo will ensure that hands and feet have never looked and felt so good.

**THE TRAVELLER** 60 min R520 90 min R685  
Ideal for travellers and those who have tired feet and stressed muscles, this treatment starts with an Amani Foot Ritual, which is followed by the Ikèta - Neck, back & shoulder massage. Guaranteed to leave you feeling relaxed and energised.

**MIND, BODY & SOUL DETOX RETREAT** 3 hrs R1365  
A treatment designed to aid in the reduction of bloating, cellulite and water retention, this retreat begins with a specialised Detox Body exfoliation followed by a detox mud wrap in the rasul. A slimming massage assists with detoxification, releasing muscle tension while hydrating and toning the skin. Complete your retreat with a Deluxe Facial leaving your skin cleansed, hydrated and revitalized.

**MOM-TO-BE SPA INDULGENCE** 3 hrs R1380  
Pamper yourself with Amani's specialised Mom-to-be spa indulgence. Start the journey with a full body cleanse and exfoliation using body polish, followed by a moisturising massage, uniquely designed to cater for your needs during pregnancy. This massage helps to relieve lower back pain and fatigue, improve circulation and reduce swelling in the legs and feet. Specially formulated massage oils that are safe for mother and baby are used. The treatment ends in Amani's Spa Massage Pedi Chair, while you enjoy a relaxing Classic Spa Mani and Pedi duo. (Maternity massage is not recommended in the first trimester of pregnancy).



**CONTACT DETAILS**  
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### SPA ETIQUETTE

**PUNCTUALITY:** Guests are requested to arrive a minimum of 20 minutes prior to the appointed time, as each guest will be required to complete a consultation card prior to the spa treatment/s. Guests must please alert the therapist to any medical condition or contra-indications that he/she may have. A late arrival may mean that your treatment time is reduced or unable to be honoured.

**SPA HOURS:** The Spa offers treatments from 08h00 to 17h00. Should a guest however wish to book a treatment outside of these times, we will do our utmost to accommodate their request, subject to staff availability.

**SPA TREATMENTS:** Subject to therapist availability. Prices are subject to change without prior notice; Prices are VAT inclusive.

**SPECIAL PACKAGES:** The Spa offers specialised packages to suit any requirement, including bridal, birthday, anniversary and corporate.

**SAFETY REGULATIONS:** We advise guests to lock away valuables, including jewellery, money and cell phones in the in-room safe as Amani does not accept responsibility for any loss or theft of goods.

**CANCELLATION POLICY:** A booking cancellation fee of 50% will be charged on all Spa bookings that are cancelled within 4 hours or less of the appointment time; in the case of a "no-show", the full cost will be charged to the guest's room account. Should the booking be confirmed with a gift voucher number, there will be a cancellation fee of 50% of the value of the gift voucher, and in the event of a "no show", the full value of the gift voucher will be considered as redeemed.

**GIFT VOUCHERS:** Please note that gift vouchers are non transferable and have an expiry date. Gift vouchers must be presented at an appointment in order to be honoured. Gift vouchers may not be redeemed for cash.

**DISCLAIMER:** The Hotel, Amani or any of its Spa therapists cannot accept responsibility for adverse reactions, accidents or complications before, during or after Spa treatments. Amani is not liable for any theft, damage or loss that may occur.