



DEE'S AFRICAN

..... SPA .....

# Spa Treatments

07h00 to 22h00 Monday to Sunday

## Reservations & Enquiries

Tell: 013 735 5671 | 082 776 6210

Email: [bookings@deesafricanspa.co.za](mailto:bookings@deesafricanspa.co.za)

Web: [www.deesafricanspa.co.za](http://www.deesafricanspa.co.za)

  
*Kruger Gate*  
HOTEL





## ABOUT US

Dee's African Spa offers guests a tranquil environment to relax and rejuvenate during their safari experience. The spa features skilled beauty and massage therapists, each proficient in a range of African-inspired treatments designed to benefit the body, mind, and spirit.

Our approach to wellbeing is rooted in holistic principles, integrating both traditional knowledge and contemporary expertise.

All therapies are natural, holistic, environmentally conscious, and draw inspiration from nature.

The spa treatment menu is valid from 1/11/2025 to 31/10/2026

All prices are quoted in South African Rand (ZAR). Prices are subject to change without prior notice.

**GIFT VOUCHERS ARE AVAILABLE**



# SPA EXPERIENCES/ JOURNEYS

## HEALING EARTH JOURNEYS

### UBUNTU HEALING JOURNEY

120min | R1600

"I am because we are" - a celebration of African unity and wellbeing. The treatment begins with a Rooibos tea and Kalahari salt foot soak, followed by a Mongongo nut scrub.

A Marula oil massage then eases muscle tension and hydrates your skin, finishing with a rose quartz facial and African Potato balm for a revitalised feel.

*Herbal tea and Affirmation card ceremony*

### AFRICAN SAFARI REAWAKENING

120min | R1500

*A grounding and sensory experience from root to crown*

Experience a coffee and sugar cane body polish, an African clay detox wrap with a scalp and neck massage, then finish with a deep-tension massage to ease muscles and restore balance.

*Choice of Pinotage Oils: Relax & Distress/ Detox & Uplift / Condition & Hydrate*

### COUPLES RECONNECT

60 / 90min | R1770 / R1900

Enjoy a pampering moment with your partner with our customised full body massage targeting areas of tension, leaving your body fully relaxed and rejuvenated.

### RIRHANDZU COUPLES JOURNEY (DUO)

180 min | R4700

- Full Body Exfoliation
- Aromatherapy Full Body Massage
- Intensive Hydration Facial
- Tribal Reflexology

*Snack platter and sparkling wine*

### KRUGER EXPRESS

90min | R1400

Choose any combination of 3 express treatments below for a personal tailor-made experience to suit your needs.

- 30min Head Massage
- 30min Foot Massage
- 30min Back, neck & shoulders massage
- 30min Body Exfoliation
- 30min Express Facial
- 30min Express Manicure
- 30min Express Pedicure

### THE MATRIARCH

120min | R2900

Experience a revitalising Aromatherapy or Hot Stone Massage, complemented by a customised Healing Earth Skincare facial from a skilled therapist, all intended to leave you feeling refreshed and renewed.





## THALGO JOURNEYS

### KRUGER MAN'S JOURNEY

150min | R2400

- Deep Tissue Massage
- ThalgoMen Express Facial
- Classic Manicure
- Classic Pedicure

### FRENCH RIVIERA MARINE SPA RITUAL

120min | R2500

The Thalgo exclusive. Thalassotherapy-inspired treatment with Micronized Marine Algae, to revitalise and remineralise the skin. Imagine being immersed in the Sun, Sea and Sand with a Self-Heating Pebble Massage, surrounded by the fragrances and sounds of the Riviera.

- Marine Scrub
- Marine Body Wrap
- Marine Oil Massage

### MARINE FULL BODY SCRUB

30 min | R800

### ILES PACIFIQUE-RELAXING RITUAL

90min | R1600

- Energizing ocean blue scrub with sea salts and aquatic notes (full body exfoliation)
- Massage with warm sand pouches, ancestral massage techniques for deep relaxation with optimised hydration.





# THE SOUL OF AFRICA

## SIGNATURE MESSAGES

### AFRICAN SHEA BUTTER POULTICE

60 / 90 min | R1250 / R1650

Experience a rejuvenating full-body massage that incorporates techniques inspired by Africa, with hydrating body butters and soothing warm herbal poultices.

These natural elements nourish your skin, boost circulation, and help with healing. You can select your preferred body butter for a personalised touch.

### XIGIYA 'KNOB-KIRI' MASSAGE

90 min | R1200

This full-body massage utilizes the Xigiya Stick, also known as "Knob-Kiri"—a traditional African wooden implement once used by soldiers to alleviate tension.

The treatment is designed to deeply relax muscles, enhance blood circulation, and relieve soreness. The experience also includes a Tribal Head Massage.





# TRADITIONAL THERAPIES

## BACK, NECK & SHOULDERS MASSAGE

30 / 45min | R570 / R750

The primary aim is to relieve muscle tension and spasms in both the upper and lower back. This type of massage focuses on tender areas, particularly near the shoulders, to improve circulation and promote relaxation.

## TRIBAL REFLEXOLOGY

30 / 45min | R570 / R750

Pressure point foot stimulation is an ancient practice dividing the feet into zones representing the body. Massaging nerve endings on the soles triggers bodily responses, reduces stress and tension, and encourages healing.

## AFRICAN HEAD MASSAGE

30min | R570

This massage concentrates on common areas of tension, on the scalp, neck and shoulders.

## DEEP TISSUE FULL BODY MASSAGE

60 / 90min | R970 / R1100

A massage therapy that focuses on realigning deeper layers of muscle and connective tissue. Focus mainly on chronically tensed and contracted areas and sore muscles.

## AROMATHERAPY FULL BODY MASSAGE

60 / 90min | R970 / R1100

This relaxation therapy combines the relaxation effects of touch and smell to ease tension on the body and mind.

## STRESS RELIEF FULL BODY MASSAGE

60 / 90min | R920 / R990

This approach uses light to moderate pressure, gently kneading and rhythmically tapping the surface muscles. Its main aim is to encourage relaxation and reduce muscle tension.

## HOTSTONE FULL BODY MASSAGE

60 / 90min | R920 / R990

The application of heated lava stones facilitates muscle relaxation, thereby enhancing the depth and efficacy of the massage experience.





## FACIAL TREATMENTS

### HEALING EARTH FACIALS

#### HIGH PERFORMANCE FACIAL WITH TRI ENZYME SYNERGY

90min | R1700

This facial exfoliates with papain and bromelain enzymes to remove dead skin cells. Matrixyl peptide may support collagen production and reduce fine lines for firmer skin. Suitable for all skin types, it improves texture and appearance with natural ingredients.

#### INTENSIVE HYDRATION FACIAL

60min | R1200

This facial treatment effectively hydrates dry skin through a tailored cleansing process and the application of hyaluronic acid, which enhances moisture retention and supports the skin's natural production. It is appropriate for all skin types.

#### RESTORING SKIN SOOTHER FACIAL

60min | R990

This facial treatment targets skin exposed to sun or environmental pollutants, using superfoods rather than artificial chemicals. The collection features boosters, masks, serums, and herbal shea butter oils.

#### MEN'S FACIAL

60min | R900

Fully customised for men to address individual requirements, providing deep cleansing intended to refresh and nourish the skin.

## THALGO LA BEAUTÉ MARINE

#### FIRMING SILICIUM LIFT FACIAL (DEEP WRINKLE & LACK OF TONE)

60min | R2600

An anti-ageing, "lifting" facial that targets deep wrinkles and works on restoring firmness.

#### 3 ALGAE FACIAL (ALL SKIN TYPES)

60min | R990

Experience an algae facial suitable for all skin types, featuring a cleansing, seaweed mask, relaxing massage, and customised serum and moisturiser for a soft, radiant complexion.

#### MARINE PURIFYING FACIAL (OILY/COMBINATION SKIN)

60min | R1500

Formulated for combination to oily skin types, the Pureté Marine treatment effectively minimises imperfections, refines pore appearance, and manages excess shine.

#### MEN FORTIFYING FACIAL (BALANCING)

30/60min | R750 / 1500

This treatment hydrates, replenishes, soothes, or purifies men's skin with a customised approach. Featuring Algae Blue Vitale extract and a relaxing massage, it revitalises and balances skin.



## HAND & FOOT TREATMENTS

### AFRICAN HANDPRINT JOURNEY

This service features nail polishing, reshaping your nails, caring for your cuticles, and a relaxing hand massage to boost hydration and nourishment. It wraps up with a coat of Nail Lacquer or Gel varnish.

|                |              |
|----------------|--------------|
| Regular Polish | 60min   R450 |
| Gel Polish     | 60min   R550 |
| Soft Gel Tips  | 70min   R700 |

### AFRICAN FOOTPRINT JOURNEY

Feet are soaked, exfoliated, cuticles treated, and toenails trimmed, and polished. The process is completed with a foot massage and application of Nail Lacquer or Gel varnish.

|                |              |
|----------------|--------------|
| Regular Polish | 75min   R570 |
| Gel Polish     | 75min   R670 |

### GENTS HANDPRINT OR FOOTPRINT CEREMONY

Ideal for men: soak, exfoliate, nail shaping, and cuticle care included and a relaxing massage.

|       |              |
|-------|--------------|
| Hands | 45min   R350 |
| Feet  | 45min   R450 |

## PERFECT FINISH

|                        |      |
|------------------------|------|
| Eyebrow shaping/waxing | R220 |
| Tint Lashes            | R170 |
| Tint Brows             | R170 |
| Tint Lash & Brow       | R280 |

## WAXING

*\*Available on request, subject to therapist's availability.*

|               |      |
|---------------|------|
| Hollywood wax | R480 |
| Brazilian wax | R400 |
| Bikini wax    | R300 |
| Underarm      | R300 |
| Half leg wax  | R300 |
| Full leg wax  | R400 |
| Full face wax | R250 |
| Lip wax       | R120 |
| Chin wax      | R120 |

## KRUGER CUBS "Kiddies"

*Kruger Cubs offers treatments designed for kids of every age group, featuring spa products specially formulated to be kind to delicate skin.*

### JUNIOR RANGER

30min | R450

Back, neck and shoulder massage, tribal head massage or hand or foot massage.

### KIDDIES MESSAGE

45min | R550

A comprehensive full-body massage utilising specialised gentle pressure techniques.

### AFRICAN PRINCESS

60min | R720

Mini facial treatment, therapeutic back, neck, and shoulder massage, professional manicure, and pedicure services.

### SPARTY PAMPER JOURNEY

*Create your own package*

Indulge in a pampering experience with your closest friends. Our Sparty Pamper Journey combines luxurious spa treatments with a vibrant party atmosphere, creating unforgettable memories.

- Perfect for birthdays, bridal showers, kitchen teas, or girls' day out
- Customized spa treatments and party atmosphere
- Advance bookings recommended
- Custom quotes available upon request
- Chat with our friendly Spa team to design your dream celebration



## SERVICES

The spa provides an extensive selection of services, including massages, facials, grooming treatments, waxing, children's treatments, body therapies, signature services, as well as manicures and pedicures.

## CANCELLATION POLICY

Clients are required to provide a minimum of 24 hours' notice when cancelling or rescheduling, 50% cancellation fee applies for cancellations within 24 hours. If you arrive late, your session may be shortened, but the entire fee will still apply.

## FACILITIES INCLUDE

- Two private treatment rooms with showers
- Two couple rooms with showers
- Outdoor treehouse treatment facility
- Manicure and pedicure lounge (2 stations each)
- Two separate changing rooms

## SPA GUIDLINES

- Please arrive 15 minutes early to change and complete your consultation form.
- Maintain a quiet environment and respect other guests' privacy.
- Kindly set your mobile phones to silent mode.
- Kindly inform your therapist of any health concerns or recent procedures.
- It is advisable to refrain from consuming alcoholic beverages prior to and following treatments.
- Treatments tailored for expectant mothers are available; please consult our therapists for expert guidance.
- All prices include VAT.
- Please note that prices are subject to change at any time without prior notice.

