



Set in the tranquil bushveld gardens of the Indaba Hotel in the up-market suburb of Fourways, Mowana Spa is a wellness sanctuary which will revive your senses, rejuvenate your body and soothe your soul.

Mowana Spa, which takes its name from the majestic Baobab Tree of African Lore & Legend, offers wellness journeys based on the recognised healing energy of Tribal Massage in keeping with the spirit of the "Tree of Life".

Signature Pamper Journeys include the luxurious Mowana Full Day African Rejuvenation Pamper which is an indulgent Spa experience including Breakfast, Lunch, Complimentary Beverages and 6 Revitalising treatments; the romantic Mowana African Skies Night Spa Pamper which includes Dinner, Complimentary Beverages and 3 Relaxing treatments; and the indulgent Mowana African Escape Spa & Stay Pamper Journey for the ultimate decadent relaxation.

Whilst many of us dream of "spending the day at the Spa", workload, deadlines, limited time and budgetary constraints in our current 24/7 lifestyle often do not allow for valuable team members to be out of the office for extended periods of time and thus essential wellness can be compromised. Our Mowana Relaxation Zone, brings wellness to you by incorporating relaxing massage techniques into the short time periods in the comfort of your home, office, corporate or conference environment. The Mowana Relaxation Zone means that wellness and rejuvenation is accessible to all.

In addition to the decadent Pamper Journeys and Rejuvenating single treatments, Mowana Spa is delighted to offer a MatsiMela retail outlet boasting a local product range with its roots in Africa. Drawing from the wisdom of African, the Mowana Spa Baobab Signature Product Range created by MatsiMela harnesses the natural moisturising properties of the Baobab Kernel which produces a rich, golden oil used for centuries by African Women to protect their beautiful skins against the harsh African Sun.

Our commitment to Service Excellence and Staff Empowerment through training and mentoring will ensure that your needs are met and your expectations exceeded as you enjoy a day of African Rejuvenation with the "Makoya Morning Journey" or indulge your senses with the "Mowana Time-Out Pamper".

*Revive your Senses . Rejuvenate your Body . Soothe your Soul*



A woman with long, light brown braided hair is lying down, resting her head on her hand. She is surrounded by a thick layer of pink and orange rose petals. The background is a soft-focus outdoor scene with trees and sunlight filtering through the leaves. The overall mood is serene and natural.

# Beauty Treatment Menu



# beauty@MOWANA

## SASSY SISTERS PAMPER PACKAGE

R999 PER PERSON

- 60-Minute Aroma Back, Neck & Shoulder Therapy Massage
- Revitalising 60-Minute Mowana Pedicure ADD-ON GEL FOR R140
- Refreshing Glass of Wine

## BLOOM & BREATHE PREGNANCY PAMPER

R999 PER PERSON

- 90 minute gentle pregnancy massage with nourishing oils to soothe, support, and help you embrace this special journey

MOMMY'S RECEIVE 10% BEAUTY@MOWANA VOUCHER OFF ANY OTHER BEAUTY PACKAGE

## DAYDREAMERS DELIGHT PAMPER PACKAGE

R1699 PER PERSON OR R2999 PER COUPLE

- 90-Minute Kalahari Advanced Anti-Aging Facial
- 90-Minute Deluxe Pedicure
- 60-Minute Mowana Manicure
- Tasty 2-course Spa Luncheon to feed body & soul
- Complimentary Local Beverages to quench your Thirst

## LORDS & LADIES PAMPER PACKAGE

R1550 PER PERSON OR R2700 PER COUPLE

- 60-Minute Aroma Full Body Massage
- 45-Minute Honeybush Facial
- 60-Minute Mowana Pedicure
- Tasty Spa Breakfast or Luncheon to feed body & soul
- Complimentary Local Beverages to quench your Thirst

## BUBBLES & BLISS PAMPER JOURNEY

R3899 FOR THREE BESTIES, FOURTH BESTIE FREE

- Welcome drinks on arrival at Mowana Spa at 08h00
- 60-minute Aromatherapy or Hot Stone Full Body Massage
- 90-minute Deluxe Pedicure
- High Tea: Fresh daily selection of petit fours and savoury snacks
- Complimentary Bottle of non-alcoholic Bubbly

”

## GUESTS SAY IT BEST

*The staff and therapists radiate with friendly smiles and are passionate about their work, always wanting to make sure we are comfortable and well taken care of. THE FACILITY AND AMBIANCE ARE SO RELAXING. ONCE YOU STEP INTO THE SPA, YOU IMMEDIATELY FEEL AT PEACE, COMPLETELY FORGETTING THAT YOU ARE IN THE HEART OF A CONCRETE JUNGLE AS YOU GET LOST IN THE SCENIC BEAUTY OF BUSHVELD GARDENS AND THE TRANQUIL ENVIRONMENT OF THE SPA. The whole experience from start to finish was memorable and surpassed all my expectations. KEEP IT UP! YOU'RE ON A WINNING FORMULA.*



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## THE RADIANCE RITUAL

R1899 PER PERSON OR R3398 PER COUPLE

- Balance and Breathe 60 Minute Aromatherapy Full Body Massage
- Lipid Rich 60 Minute Radiance Facial
- Polished to Perfection 60 Minute Mowana Manicure
- Feet First, 60 Minute Mowana Pedicure
- Sumptuous Lunch with Dessert
- Afternoon High Tea Treats
- Limited Local Beverages Included

## A MUST FOR MEN PAMPER PACKAGE

R1599 PER PERSON

- 60-Minute Aromatherapy Back, Neck & Shoulder Massage
- 60-minute Mowana Pedicure for Men
- 60-Minute Men's Specialised Facial
- Complimentary Beer or Glass of Wine

Add on a Tasty 2-course Spa Luncheon to feed body & soul for R250 including complimentary Local Beverages to quench your Thirst

NO MORE THAN TWO (2) PEOPLE CAN BE ACCOMMODATED FOR THE PACKAGES ABOVE

## SKIN CARE FACIALS

### Kalahari Honeybush Facial (60 min)

R650

A nourishing treatment including a relaxing facial massage that includes natural plant extracts and rich botanical oils to hydrate and rejuvenate your skin. Suitable for all skins and as a maintenance treatment. A Summer Must

### Lipid Rich Skin Treatment (60 min)

R700

A botanical oil mask rich in essential fatty acids that hydrate even the most dry and dehydrated skin. Suitable for all skin conditions, excluding oily and acne-prone skin. A Winter Must

### Kalahari Specialised Facial (60 min)

R800

Based on your skin assessment, your professional therapist will recommend one of the following: Vit C Booster Treatment, Skin Texture Treatment, Phyto Compound Treatment or TCA Treatment

### Kalahari Advanced Anti-Aging Facial (90 min)

R900

Ultra-firming, de-ageing treatment rich in essential antioxidants and natural, organic Vit C, extracted from the African Baobab fruit. Suitable for all skin conditions. Includes a 20 minute back, neck & shoulder massage.



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## AROMATHERAPY MESSAGES

Aromatherapy Treatments using Lilian Terry oils, is a holistic healing treatment that uses natural plant extracts to promote health and well-being. Aromatherapy uses aromatic essential oils medicinally to improve the health of the body, mind, and spirit.

|                                        |      |
|----------------------------------------|------|
| Back, Neck & Shoulder Massage (60 min) | R700 |
| Full Body Massage (60 min)             | R750 |
| Full Body Massage (90 min)             | R850 |

## HOT STONE THERAPY MESSAGES

Hot stones expand blood vessels, which encourages blood flow throughout the body, hot stones also have a sedative effect that can relieve chronic pain, reduce stress and promote deep relaxation.

|                                        |      |
|----------------------------------------|------|
| Back, Neck & Shoulder Massage (60 min) | R700 |
| Full Body Massage (60 min)             | R750 |
| Full Body Massage (90 min)             | R850 |

## WAXING

### Face

|                            |      |
|----------------------------|------|
| Ear, Nose, Lip or Chin Wax | R80  |
| Brow Wax and Shape         | R100 |
| Lash or Brow tint          | R100 |
| Lash and Brow tint         | R160 |
| Brow Wax, Shape & Tint     | R180 |

### Arms (Women)

|              |      |
|--------------|------|
| Full Arm Wax | R220 |
| ½ Arm Wax    | R180 |
| Underarm Wax | R150 |

### Legs (Women)

|              |      |
|--------------|------|
| Full Leg Wax | R280 |
| ¾ Leg Wax    | R250 |
| ½ Leg Wax    | R230 |

### Bikini Areas

|               |      |
|---------------|------|
| Bikini Wax    | R200 |
| Brazilian Wax | R240 |
| Hollywood Wax | R300 |

### Arms (Men)

|              |      |
|--------------|------|
| Full Arm Wax | R220 |
| ½ Arm Wax    | R180 |
| Underarm Wax | R150 |

### Legs (Men)

|              |      |
|--------------|------|
| Full Leg Wax | R350 |
| ¾ Leg Wax    | R300 |
| ½ Leg Wax    | R280 |

### Upper Body

|           |      |
|-----------|------|
| Chest Wax | R300 |
| Back Wax  | R350 |



# *Pedi Lounge and Nail Bar*



# the Retreat

PEDI LOUNGE · NAIL BAR  
MOWANA SPA

## MANICURE MENU

|                                                                                                                                       |      |
|---------------------------------------------------------------------------------------------------------------------------------------|------|
| Manicure for Men (90 min)<br><i>Soak, exfoliate, file, paraffin dip, buff and massage</i>                                             | R350 |
| Mini Mani (45 min)<br><i>Removal of nail varnish, file and new colour reapplication</i>                                               | R180 |
| Gel Overlay (30 - 45 min)<br><i>Application of product. Excludes Soak Off</i>                                                         | R250 |
| Mowana Manicure (60 min)<br><i>Soak, exfoliate, file &amp; nail varnish application and massage<br/>Add Gel for R140</i>              | R300 |
| Deluxe Manicure (95 min)<br><i>Caviar gel soak, exfoliate, file, buff, nail varnish application and massage.<br/>Add Gel for R140</i> | R350 |
| Acrylic overlay (natural or colour)                                                                                                   | R380 |
| Acrylic Overlay French                                                                                                                | R400 |
| Acrylic Fill (2 weeks)                                                                                                                | R300 |
| Acrylic or Gel Soak Off                                                                                                               | R100 |
| Acrylic Tips Overlay                                                                                                                  | R460 |
| Paraffin Dip                                                                                                                          | R150 |
| Nail Repair – Tip with Gel or Acrylic (per nail)                                                                                      | R60  |
| NAILZ Application excluding soak off                                                                                                  | R520 |
| NAILZ 2-week Fill                                                                                                                     | R300 |

*\*Treatment time may vary according to add-ons such as soak off, tips and Gel applications*

## PEDICURE MENU

|                                                                                                                                                                                           |      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| Pedicure for Men (90 min)<br><i>Soak, exfoliate, file, paraffin dip, buff and massage</i>                                                                                                 | R400 |
| Mini Pedi (45 min)<br><i>Removal of nail varnish, file and new colour reapplication</i>                                                                                                   | R200 |
| Mowana Pedicure (60 min)<br><i>Soak, exfoliate, file &amp; nail varnish application<br/>Add Gel for R140</i>                                                                              | R350 |
| Deluxe Pedicure (95 min)<br><i>Caviar gel soak, exfoliate, file, buff, nail varnish application &amp; massage<br/>Add Gel for R140</i>                                                    | R400 |
| Footlogix Specialised Pedicure (95 min)<br><i>Soak, exfoliate, file, buff, callus softener, rejuvenating foot mousse,<br/>nail varnish application &amp; massage<br/>Add Gel for R140</i> | R500 |
| Manicure & Pedicure Combo (120 min)<br><i>Soak, exfoliate, file, nail varnish application &amp; massage (excluding soak off)<br/>Add Gel for R140</i>                                     | R600 |

