



*Grand Kruger Spa*  
*Treatment Menu*



# ESSE ORGANIC FACIALS

## HYDRATING FACIAL R550

Formulated for skin in need of extra hydration

## DETOX FACIAL R550

Suitable for skins needing deep cleansing.

## BALANCING FACIAL R550

Designed for combination skins to get back into balance.

## ANTI-AGEING FACIAL 90MINS R700

Vitamin enriched treatment, leaving the skin revitalised & nourished, increases firmness, diminishes fine lines & restores glow.. Ampoule and cupping included.

## MINI FACIAL R385

A luxury express facial that cleanses, exfoliates & hydrates.

## AMPOULE ADD ON R120

For an extra boost to your facial, include a concentrated customised ampoule to accelerate results.

## FACIAL CUPPING ADD ON R100

Reduce fine lines, wrinkles & rings under the eyes. Cupping is an age-old method of draining toxins from the face, bringing fresh oxygen & nutrients to the area.

# MANICURES & PEDICURES

## MINI MANICURE R150

## MINI PEDICURE R170

A quick clean up of the nails including polish

## FULL MANICURE R240

## FULL PEDICURE R260

Enjoy a soak, scrub & massage with your treatment

## LUXURY MANICURE R275

## LUXURY PEDICURE R300

Spoil yourself with a soak, scrub, massage & nourishing Clay Masque

## GEL ADD ON R60

## SOAK OFF R80

## MEN'S HAND GROOMING R180

## MEN'S FOOT GROOMING R200

## FILE & PAINT ONLY R100

## FRENCH PAINT EXTRA R60

## FOUR PAWS TREATMENT R350

A balancing treatment that increases circulation & induces relaxation. Spoil your hands & feet with a light polish, a natural masque & finish off with a relaxing hand & foot massage.

# WAXING

## LASH OR BROW TINT R100

## BROW/LIP/CHIN/NOSE WAX R60

## FULL FACE WAX R165

## HALF LEG R175

## FULL LEG R240

## UNDERARM R100

## SWIMSUIT BIKINI R120

## HOLLYWOOD R280

# BODY TREATMENTS

## FULL BODY EXFOLIATION R280

## HIMALAYAN SALT & OIL SCRUB R340

## BODY WRAP R450

## LEG & FOOT TREATMENT R350

Revitalise those tired legs after a long trip

## LULUR BODY PACKAGE R1250

Jasmine scrub; Frangipani Clay Masque; Balinese Massage (including stone placements)

## ALOHA BODY PACKAGE R1250

Coconut & Lime Scrub; Lemongrass Clay Masque; Lomi Lomi Massage



PROBIOTIC SKINCARE



# THERAPEUTIC MASSAGE

BACK, NECK & SHOULDERS MASSAGE 30MINS	R300
BACK, NECK & SHOULDERS MASSAGE 45MINS	R400
FULL BODY MASSAGE 60MINS	R600
FULL BODY MASSAGE 90MINS	R700

With your choice of:

**SWEDISH MASSAGE**

**SPORTS MASSAGE**

**DEEP TISSUE MASSAGE**

**RAINDROP AROMATHERAPY MASSAGE**

**HOT STONE AROMA :**

In a firm & rhythmic massage sequence the stones give up their power & warmth to tired, stressed muscles.

BACK & NECK MASSAGE 45MINS	R450
FULL BODY MASSAGE 60MINS	R650
FULL BODY 90MINS	R750

## SPA ADD-ON'S

Add something special to your treatments (15mins)

SINUS MASSAGE TREATMENT	R100
ULTIMATE FOOT SCRUBS	R100
SCALP MASSAGE	R100
FOOT MASSAGE	R100
SHEA COCOA BUTTER ADD ON	R100

# SPECIALIZED MASSAGE

LOMI LOMI MASSAGE 90MINS	R800
--------------------------	------

A Hawaiian massage which works the muscles using continuous, flowing strokes to encourage you to let go & simply be.

BALINESE MASSAGE 90MINS	R800
-------------------------	------

Balinese massage is a deep-tissue, holistic treatment. Using a combination of massage techniques to bring a sense of wellbeing, calm & deep relaxation.

SLIDE SIGNATURE FULL BODY 90MINS	R700
----------------------------------	------

A pure indulgence & highly recommended. Our signature treat is an experience of bliss. Using specialized techniques for whole body wellness & relaxation.

INDIAN HEAD MASSAGE	R300
---------------------	------

An age-old treatment based on Ayurvedic systems. It allows tension headaches to slip away, providing a tremendous sense of ease. It also reduces stress & aids in the elimination of toxins.

REFLEXOLOGY	R300
-------------	------

A therapeutic massage method using acupressure on pressure points in the feet, sending relief throughout the whole body. This specific massage will promote bodily functions & aids in the relief of pain.

## CUPPING THERAPY MASSAGE

Traditionally used to boost circulation & detox the body, it has a lymph drainage effect as well as skin smoothing. Not only is it good for cellulite, but is incredible for pain relief.

• BACK & NECK MASSAGE 45MINS	R450
• FULL BODY MASSAGE 90MINS	R750





# SPA PACKAGES

## TASTER PACKAGE

2hrs/R895

For those on the go but still want to be pampered. Enjoy a mini-facial, mini-manicure, mini-pedicure & 30min Swedish Back, Neck & Shoulder Massage.

## BODY OF NATURE

2hrs/R1110

This luxurious treatment begins with a gentle exfoliation to smooth & soften the skin. Next a moisturising wrap full of antioxidants & nutrients, renewing the body's natural defences. Finally relax with a refreshing Aromatherapy Full Body Massage.

## FOUR SEASONS PACKAGE

4hrs/R1430

Spoil yourself with the full package. Lie back & relax while having an ESSE facial, full manicure & pedicure, ending off with a Full Body Massage.

## TIP TO TOE PACKAGE

2hrs/R1020

An ultimately renewing experience. Indulge your senses with an ESSE Organic Facial, Back, Neck & Shoulder Massage, completing the session with a Leg & Foot Treatment for those tired legs.

## TIME FOR MEN PACKAGE

2.5hrs/R1190

A treatment package tailor made for men. A deeply cleansing ESSE facial, a hand & foot grooming, ending with a 45min Sports Back, Neck & Shoulder Massage will leave your body feeling relaxed & tension-free.

## ROMANCE COUPLES PACKAGE

2.5hrs/R2500

Enjoy time together during your treatments. Side by side you will have a Slide Signature Massage, a customised ESSE Facial, & while having a Luxury Pedicure you may sip on a glass or two of bubbly.

## KIDS PACKAGE (Under 12)

1hr/R700

A package just for the kids. Starting with a Back, Neck & Shoulder 20mins; ESSE Facial Cleanse 20mins; file & paint fingers & toes 20mins each.

## GRAND WELLNESS DAY PACKAGE

8hrs/R2880

A day full of luxury & pampering, where we will take you away from all the stresses of life & make you feel renewed & refreshed. We will begin with a delicious breakfast in the restaurant, there-after starting your spa journey with an invigorating Patchouli & Lavender Salt Glow, a detoxifying Lemongrass Clay Wrap including an Indian Head Massage & ending off with a relaxing Raindrop Aromatherapy Full Body Massage. You will then enjoy a flavoursome 3 course Spa Lunch overlooking our beautiful African bush. We will continue your spa journey with an Esse Organic Facial customised to your skin, indulging in a Reflexology Treatment while your Masque is on. You will then end your special day off with a Full Manicure & Full Pedicure. This full day package is a true indulgence for the soul.





# SPA ETIQUETTE

Thank you for taking time to look at our treatment menu. We hope to see you at our spa during your stay.

Treatments are by appointment only.

Please arrive 5mins before treatment time. Late arrivals may result in receiving remaining treatment time to cater for other guests. Please inform your therapists of any health concerns, pregnancy or allergies before any treatment starts.

Please note that all our products in the spa are hand crafted to ensure the best quality. We only use raw, unrefined and organic ingredients in all of our products. We do not test on animals and only use sustainable ingredients.

Any cancellation with less than 5 hours notice will incur a 50% cancellation fee. A full fee will be imposed for a “no-show”.

**PLEASE MAKE YOUR SPA BOOKINGS THROUGH GRAND KRUGER RECEPTION**

**013 0130290**

**FOR MORE INFORMATION ON TREATMENTS COME AND VISIT US IN THE SPA**