

MABULA

GAME LODGE

THE SPA



LIVE WELL
LOVE MUCH
LAUGH OFTEN

DE-STRESS & RELAX MASSAGES

DEEP TISSUE

Deep tissue massage therapy is similar to Swedish massage, but the deeper pressure is beneficial in releasing chronic muscle tension.

Back, neck & shoulder	30 mins	430.00
Full body	60 mins	720.00

ESSENTIAL OIL INFUSED

Essential oil massage is the use of essential oils to promote healing and a feeling of well-being and relaxation excellent way to keep the body relaxed and free of toxins.

Back, neck & shoulder	30 mins	380.00
Full body	60 mins	540.00

HOTSTONE

Hot stone massage therapy session promotes deeper muscle relaxation through the placement of smooth, water-heated stones at key points on the body.

Back, neck & shoulder	30 mins	420.00
Full body	60 mins	580.00

RELAXING FOOT & LEG TREATMENT (foot soak included)

Leaves leg muscles and the body in tone, but also is a unique relaxing procedure.

	30 mins	370.00
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CALABASH

Africa Calabash massage gives a deeper dimension to the massage African massage originates in the ancestral manual therapies of Africa. Our Ritual is a "balancing" massage, one that restores the flow of energy in the entire body.

Back, neck & shoulder	30 mins	380.00
Full body	60 mins	540.00

BAMBOO

This massage works at all levels to balance, calm and energise. Bamboo massage using heated bamboo to roll and knead the tissue to create an extreme sensation of relaxation and well-being.

Back, neck & shoulder	30 mins	380.00
Full body	60 mins	540.00

RUNGU

African Rungu massage is a long stroked, deep pressure massage that reduces pains and aches, and provides Immediate relaxation.

Back, neck & shoulder	30 mins	380.00
Full body	60 mins	540.00

AFRICAN BODY SPOILS

Full body polish and glow and envelopment with shower	60 mins	440.00
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FACIALS

ALL FACIALS INCLUDE A COMPLIMENTARY 10 MIN HAND OR FOOT MASSAGE.

THERAVINE™

Balancing facial	50 mins	370.00
Hydrating facial	70 mins	420.00
Delux anti-aging facial	90 mins	470.00

HAND & FOOT TREATMENTS

MANICURE

Classic	60 mins	260.00
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PEDICURE

Classic	60 mins	320.00
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FRENCH PAINT

	15 mins	50.00
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TINTING & SHAPING

Eyebrow tint and shape	15 mins	160.00
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Eyelash tint	20 mins	110.00
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HAIR REMOVAL & WAXING

Leg Wax	Full	60 mins	230.00
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Half	45 mins	160.00
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Bikini clean	30 mins	210.00
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Underarm	15 mins	110.00
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Face incl. lip and chin	30 mins	160.00
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SIGNATURE PACKAGES

COUPLE'S DELIGHT

Any relaxing full body massage with an express Indian head massage and an express foot soak

1 hour 30 mins	850.00 per person
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EXPRESS PACKAGE

Express mani, pedi, back, neck & shoulder and facial (no paint)

2 hours	740.00 per person
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KIDDIES (12 YEARS & YOUNGER)

ALL KIDDIES MASSAGES DONE WITH KIDDIES OIL HYPOKID OR LULLABYE.

Kiddies back, neck & shoulder	20 mins	160.00
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Kiddies full body	40 mins	260.00
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Kiddies specialised mani/pedi with soak & mask with paint	45 mins	160.00
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Mommy & Me (Express mani & pedi)	1 hour	520.00
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Daddy & Dude (Swedish back, neck & shoulder massage)	30 mins	440.00
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Prices are subject to change without prior notice.

In order to enjoy your time at Mabula Spa, please arrive 10 mins prior to your appointment. A late arrival may mean that your treatment time is reduced.

Guests who want to change or cancel an appointment are kindly requested to provide 24 hours notice or the full cost of the appointment will be charged.

OPERATING HOURS

Monday - Sunday 08h00 - 21h00

TEL: +27 (0)14 734 7000

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WWW.MABULA.COM

