

Ghost Mountain

— SPA —



SPA PACKAGES

Couples Indulgence Package **3HRS**

Escape and enjoy precious time together with a friend or partner in our spa suite. Begin with a full body polish with our African botanical ingredients. After a relaxing shower, receive a side-by-side full body Shea aromatic massage followed by a hydrating facial and head massage. Feeling refreshed, radiant and glowing enjoy a fresh fruit platter and a sparkling wine.

Sundowner Package **2HRS**

Melt away the day watching the stars appear with a long soak in an outdoor tub. Continue with a self-exfoliation and body mask steam session followed by a full body Afrique Aroma Massage. Prolong your newfound relaxation with a glass of bubbly and snacks, surrounded by lanterns in the relaxation area of the Spa. This experience is available on your own or shared as a couple.

Time-out Package **90MIN**

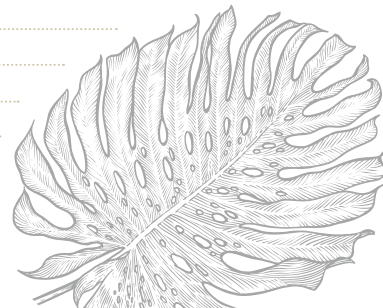
Relieve all of your tension with a back exfoliation, followed by an anti-stress back treatment and aromatic back massage.

Then enjoy a pressure point scalp massage, a revitalising citrus foot soak and pressure point foot massage.

Three Thirty Package **90MIN**

Create your own package using **any three** of the following 30-minute treatments:

- Shea aromatic back, neck and shoulder massage
- Indian head massage
- 30 minute reflexology
- Express face treatments
- Express pedicure
- Express manicure
- Full body polish



MASSAGE THERAPY

Afrique Aroma Massage **75MIN**

A therapeutic full body massage using a blend of aromatic African flora and fauna inspired aromatherapy oil blends. Select from the following oils:

Tropical Dusk (uplifting) with Madagascar ylang ylang, tropical basil and bourbon geranium;

Island Greens (energising) with citronella, Madagascar Zanampoly, ginger and lime;

Fynbos Crush (detox) using South Africa's indigenous health tonic Buchu, plus Madagascar black and pink peppers.

HOT STONE FULL BODY MASSAGE	60min
DEEP TISSUE SPORTS MASSAGE	60min
SWEDISH FULL BODY MASSAGE	60min
REFLEXOLOGY	45min
BACK, NECK & SHOULDER MASSAGE	30min
HEAD MASSAGE	30min
BODY POLISH	30min

BODY MASKS

TERRES D'AFRIQUE

Terre Blanche Body Mask

DETOX & SOOTHE BODY MASK - 90MIN

Bentonite clay, combined with proudly African Buchu and Aloe Ferox work in harmony on the deep layers of the skin to remove heavy metals and toxins to soothe away the stress of everything from too much sun to urban pollution, and leave you soft and smooth to the touch.

RELAX YOU'RE IN THE BUSH

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GHOST MOUNTAIN
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BODY TREATMENTS

TERRES D'AFRIQUE

Afrique Gold DEEP MOISTURISER - 90MIN

Explore the secrets of Mali and Ghana to experience one of the world's richest Shea butters. Begin your journey with a hydrating, detoxing facial using African botanicals, enhanced by signature massage techniques. Thereafter a slow, deep body massage results in profound relaxation. While the essential fatty acids and vitamins rehydrate, recondition and revitalise your body from head to toe.

Afrique in Harmony BODY BALANCER - 90MIN

A full body exfoliation prepares the skin for the pure goodness of Terres D'Afrique Mozambican Coconut Oil which melts antioxidants and Vitamin E into your skin. Soothing hands and the hand-carved wooden TriTouch drains the lymph to the lymph nodes. Pressure points applied along the body's meridians stimulate the body's natural curative abilities. Never have you experienced such relaxation.

Afrique Rediscovered BODY REJUVENATION - 45MIN

Let your body experience rejuvenation. The warm amber scent of Omumbiri nourishes your skin and your soul. After a gentle exfoliation your skin is ready for the moisturising and healing of the rich Terres D'Afrique Omumbiri Body Butter. Rediscover skin that is smooth and soft of the touch, radiant and glowing to the eyes. Skin that feels as good as it looks.

Afrique Released MUSCLE DE-STRESSER - 60MIN

Katrafay, Ravintsara, Ravensara. These unique Madagascan oils have for centuries prove their muscle relaxing and anti-inflammatory properties. They stimulate the immune system, toning and fortifying the body. Add to that the healing and softening effects of baobab oil, and this deep tissue massage is a must for putting you back in the running.

FACIAL TREATMENTS

TERRES D'AFRIQUE

Afrique Mystique ANTI-AGING FACIAL - 90MIN

Using Terres d'Afrique Lymph Wands enhances the lifting and firming properties as this age-defying facial smooths out fine lines and wrinkles by 'straightening' the damaged collagen.

A wealth of Africa's potent antioxidants stimulates the skin's collagen and elastin production.

Afrique Arising REHYDRATION FACIAL - 60MIN

By stimulating the blood flow to the skin, the Afrique Arising massage technique allows the omega-rich Terres d'Afrique oils and linoleic acids to rehydrate and regenerate the deep layers of the skin.

With vitamins from the Baobab working to restore the skin's elasticity, leaving it supple plumped and smooth to the touch.

Afrique Restored DETOX FACIAL - 60MIN

The Detox process begins with a combination of deeply relaxing massage and Shiatsu pressure points of the face using Terres d'Afrique signature Lymph Wands. Stimulating the lymph drainage that helps eliminate toxins and reduce congestion.

Then a cleansing mask extracts heavy metals and toxins from deep within the epidermis. Leaving the skin ready to soak in omega-rich botanicals for a natural radiance.

Afrique Awakening EXPRESS REJUVENATING FACIAL - 45MIN

Hydrating, detoxing and anti-aging African botanicals, enhanced by signature massage techniques, smooth away the signs of life's jet lag, leaving your skin refreshed, radiant and glowing.

FACIAL SKIN CARE

DERMALOGICA

Dermalogica facial treatments are customised to meet your skin's needs based on your personal face mapping skin analysis.

Face Mapping Skin Analysis - 5MIN

A professional, in depth skin analysis.

ProSkin 30 - 30MIN

Radically boost your skin in 30 minutes by targeting key areas for maximum impact.

ProSkin 60 - 60MIN

A comprehensive customised treatments to address all skin concerns and achieve a healthy glowing skin.

Expert Active - 60MIN

Achieve dramatically smooth skin and address signs of aging and skin sensitivity with a professional chemical peel.

ESSENTIALS

OPI GEL MANICURE	60min
MANICURE	45min
EXPRESS MANICURE	20min
OPI GEL PEDICURE	60min
PEDICURE	60min
EXPRESS PEDICURE	20min
OPI GEL SOAK OFF	30min
OPI GEL OVERLAY	30min
PARAFFIN WAX (ADD)	20min
FULL LEG WAX	45min
ARM WAX	20min
FACE WAX	25min
HALF LEG WAX	25min
BIKINI WAX (FROM)	30min
UNDERARM WAX	15min
EYEBROW / CHIN / LIP / SIDE WAX	15min
EYELASH TINT	15min
EYEBROW TINT	15min