# SPA EXPERIENCES

**AFRIQUE GOLD | 90 min**

Inspired by Africa's rich Shea butter traditions, Afrique Gold combines a nourishing Terres d'Afrique Skin Revive facial with a deeply moisturising Shea butter body massage. A restorative head-to-toe treatment designed to hydrate the skin, release tension and leave the body deeply relaxed.

**SAFARI RECOVERY RITUAL | 2 hrs**

Designed for tired bodies after safari, travel or an active day in Zululand. Begin with a relaxing private bath and body exfoliation, followed by a Terres d'Afrique massage concentrating on the legs, back, neck and shoulders. Finish with a head or foot massage and refreshments in the spa garden.
For something a little more atmospheric, the ritual can also be enjoyed as a candlelit late-afternoon or evening experience.

**GHOST MOUNTAIN ESCAPE | Approx. 3 hrs**

Set aside a few hours to slow down and enjoy Ghost Mountain Spa. Begin with a welcome drink, followed by a 60-minute Terres d'Afrique massage and lunch in the spa, hotel or gardens. Spend time relaxing in the steam room, spa garden and relaxation areas, with tea, coffee and refreshments included.

**GHOST MOUNTAIN HALF DAY RETREAT | Approx. 4 hrs**

A more indulgent half-day spa experience combining several treatments with time to relax and enjoy the spa. Includes a welcome drink, a 60-minute Terres d'Afrique massage, a choice of a 60-minute facial or Terres d'Afrique Myrrh Body Polish, a choice of a 30-minute foot treatment or head massage, lunch and use of the steam room, spa garden and relaxation areas.

# RELAX & UNWIND

REJUVENATE, RE-ENERGISE, RENEW

Take time out at Ghost Mountain Spa with a choice of massages, body treatments and personalised facials. Our treatments use Terres d'Afrique botanical skincare and Dermalogica professional skincare, with a steam room, private plunge pool, spa garden and relaxation areas available to enjoy around your treatment.

## TERRES D'AFRIQUE

Terres d'Afrique is at the heart of the Ghost Mountain Spa body experience. The range draws on African botanical ingredients and oils selected for their nourishing, hydrating and restorative properties. Used across our massages, body treatments and signature rituals, the products complement the setting and sense of place of Ghost Mountain.

## BOOK YOUR SPA TREATMENT

Scan the QR code to view treatments, availability and book online

WWW.GHOSTMOUNTAININN.CO.ZA
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@ghostmtn @ghostmtn

GHOST MOUNTAIN

# SPA MENU

# BODY
## MASSAGES

**TENSION RELEASE MASSAGE / SWEDISH | 60 / 90 min**
Our most popular massage. Flowing Swedish massage techniques and moderate pressure help ease everyday muscular tension, improve circulation and encourage deep relaxation.

**AFRICAN AROMATHERAPY MASSAGE | 60 / 90 min**
A relaxing full-body massage using Terres d'Afrique botanical oils selected to suit the guest's needs. Ideal for easing tension, restoring balance and encouraging a sense of calm.

**DEEP TISSUE MASSAGE | 60 / 90 min**
A firmer massage using targeted techniques to work more deeply into areas of muscular tension. Particularly suited to the back, shoulders and legs.

**HOT STONE BACK TREATMENT | 45 min**
A focused back, neck and shoulder treatment combining warm basalt stones with massage techniques to ease muscular tension and encourage deep relaxation.

**HOT STONE FULL BODY MASSAGE | 60 / 90 min**
A full-body massage combining warm basalt stones with flowing massage techniques to release muscular tension and promote deep relaxation.

**LYMPHATIC DRAINAGE MASSAGE | 60 / 90 min**
A gentle, rhythmic massage designed to encourage lymphatic movement and help relieve feelings of heaviness and fluid retention.

**MOTHER-TO-BE MASSAGE | 60 min**
A gentle and nurturing massage adapted for pregnancy, concentrating on common areas of tension and discomfort.

# BODY
## TREATMENTS

**AFRICAN BACK, NECK & SHOULDER MASSAGE | 45 min**
A focused massage for the areas where tension is most commonly carried. Particularly good after travelling, driving or time spent on safari.

**MYRRH BODY POLISH | 45 min**
A full-body exfoliation using sugar, coconut shell and rooibos, followed by nourishing body butter to soften, smooth and hydrate the skin.

**REFLEXOLOGY | 45 min**
A focused foot treatment using pressure-point techniques to encourage relaxation and soothe tired feet.

# FACE

**TERRES D'AFRIQUE SKIN REVIVE HYDRATING & FIRMING FACIAL | 60 min**
A deeply hydrating facial using Terres d'Afrique botanical skincare to replenish moisture, nourish the skin and improve its overall tone and appearance.

**DERMALOGICA PROSKIN 30 | 30 min**
A personalised express facial tailored to the skin's immediate needs. Ideal when time is limited or when the skin needs a quick refresh.

**DERMALOGICA PROSKIN 60 | 60 min**
A complete personalised Dermalogica facial combining professional techniques and targeted products selected according to the guest's skin.

**DERMALOGICA ADVANCED SKIN CARE TREATMENT | 60 min**
A more intensive Dermalogica facial tailored to specific skincare concerns and using advanced professional products and techniques.

# HANDS AND FEET

A selection of manicures and pedicures to care for hands, feet and nails, from quick express treatments to more complete treatments for a polished finish.

**GEL NAILS**
Longer-lasting gel nail treatments for hands and feet, including overlays, manicures, pedicures and professional removal.

**TINTING AND WAXING**
Eyebrow and eyelash tinting to define and enhance the natural brow and lash colour. A range of facial and body waxing services for smooth, well-groomed skin.

# TREATMENT ENHANCEMENTS

*Add a little extra to your treatment with one of these focused enhancements.*

**AFRICAN HEAD MASSAGE | 15 min**
A relaxing scalp and head massage, ideal for releasing tension and completing a body treatment.

**FOOT MASSAGE | 15 min**
Focused massage for tired feet and lower legs, particularly welcome after travelling, walking or safari.

**BACK SCRUB | 15 min**
A targeted exfoliation to smooth and refresh the skin.

**FULL BODY SCRUB | 20 min**
A Terres d'Afrique full-body exfoliation to smooth the skin and prepare it for a massage or body treatment.

**HYDRATION BOOST | 20 min**
An aloe-based hydration treatment for dry or sun-exposed skin.

**COOLING MENTHOL RECOVERY | 15 min**
A refreshing targeted treatment for tired muscles and legs.