



***Kapama***

PRIVATE GAME RESERVE



W E L L N E S S   C E N T R E



## SIGNATURE TREATMENT



### *marula miracle moments 4 hrs*

*Embrace the essence of Africa, let your heart beat to its rhythm, let your body enjoy Kapama's magical marula moments. After enjoying a refreshing drink and an invigorating shower, experience the warmth and magic of a truly African Calabash Massage that leaves the body feeling lazy and at ease. Continue your journey to total euphoria with a body wrap of Neroli and Marula. Rasul treatment cleanses the skin of any residue whilst revitalizing the body with the Marula Bark, infused in the steam. Marula Bark has long been used in traditional African medicine. Enjoy a light lunch, and end the days indulgence with a professional facial treatment complimented by a Kapama Marble hand/footprint treatment.*



### *treatment procedure*

*Welcome and briefing*

*Restroom and changing into Spa clothing*

*Refreshing drink & shower*

*Calabash Massage*

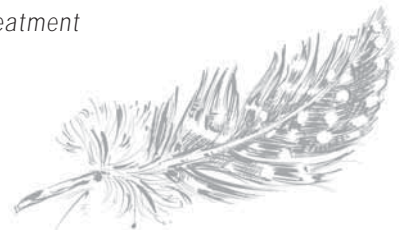
*Wrap*

*Rasul treatment*

*Lunch and a glass of wine/champagne*

*Facial*

*Kapama Marble hand/footprint treatment*



*“by turning back to our earth’s secrets we can learn to live in serenity, harmony and balance”*



## HALF DAY PACKAGES

*Packages include a light lunch and a glass of wine or champagne.*

### ***african pampering package 2 hrs***

*Combined to calm, relax and pamper one completely.*

*Consisting of welcome drink, facial, scalp massage, reflexology, lunch and a tot of Amarula.*

### ***footprints of africa 2.5 hrs***

*Abate the stress of everyday life and marvel in these exotic African treatments. Consisting of welcome drink, head to toe massage, Kapama marble handprint ritual, lunch and a tot of Amarula.*

## DAY PACKAGES

*Packages include breakfast as well as a light lunch with a glass of wine or champagne.*

### ***african sunrise 4hrs***

*This package has remarkable relaxation properties.*

*Consisting of welcome drink, breakfast & lunch, facial, the Kapama marula rasul treatment, reflexology treatment, tot of Amarula and homemade chocolate.*

### ***rhythm of africa 4hrs***

*Indulge your senses with this ideal moisturizing and revitalizing day package. Consisting of welcome drink, breakfast & lunch, Kapama pinotage bliss treatment, Kapama marble handprint ritual, reflexology treatment, tot of Amarula and homemade chocolate.*

## SPA THERAPY PACKAGES

### *kapama marula sensual steam treatment 2 hrs*

*A relaxing and rejuvenating ritual for 2 in your own private Rasul room. Cocoon one another in our African nourishing Body Butters. Thereafter enjoy a gentle heat and Marula infused Rasul treatment. Complete the ritual with a Kapama wellness massage and the application of Marula and Neroli oil, leaving you relaxed from head to toe.  
scrub 10min, "wrap" 20min, steam 30min, massage 60min.*

### *kapama pinotage bliss 2 hrs 15*

*The experience starts with a gentle pinotage vine enriched body buff. A detox vine body embalming wraps you in comfort, whereafter you are immersed in a pinotage extract wine bath. This hydrotherapy invigorates the mind, whilst massage jets increase blood circulation and relieves muscle tension. A scalp massage and a Kapama marble footprint ritual complete the experience. Although designed for couples this treatment is just as relaxing doing it by yourself. 15min scrub, 60min massage, 10min facial, 10min scalp & 20min pedicure.*



## BODY TREATMENTS



### ***kapama wellness massage 60min***

*Still the most popular massage today. Swedish massage techniques leaves the body relaxed and rested. Using lighter, rhythmic strokes, it improves poor circulation, relieves muscular tension and enhances feelings of relaxation and wellbeing.*

### ***kapama deluxe aromatherapy massage 90min***

*This ancient discipline to improve health and wellbeing combines the therapeutic application of aromatic potions and a sensitive touch. The range of movements upon the skin, muscles and joints, ends with a sublime face and scalp massage. This treatment of mind, body and spirit, leaves you feeling healthy and relaxed.*

### ***kapama sports massage 60min***

*This deep rhythmic pressure massage with specially blended massage oils, relieves specific areas of stress and muscle tension, and gives the whole body a vigorous workout. Leave feeling energised and free of your usual aches and pains.*

### ***back, neck and shoulder massage 30min***

*This 30-minute massage irons out all the accumulated tension in the back, shoulders and neck. Combine it with a facial treatment and your tension melts away.*

### ***scalp massage 30min***

*A scalp massage can bring immediate relief to mental and emotional stress. It also improves circulation in the head, enhances your senses, improves memory and promotes clear thinking.*

## BODY TREATMENTS



### *head to toe african ritual 90min*

*The incarba full body massage is a holistic wellness treatment that instills a feeling of peace and tranquility. It helps protect you from outside pressures and stresses and maintain inner calm.*

### *african rungu massage 60min*

*This exotic all new African massage is aimed at stress relief. Using the Rungu baton and deep stimulating movements, the massage helps to alleviate muscle aches and pains. This treatment will leave you feeling light and stress free!*



### *ear candling 60min*

*A gentle scalp, neck and face massage that promotes total relaxation. Special ear candles with different aromas are used. The flame of the lighted candle creates a vibration of air in the candle, generating a massage-effect on the eardrum. The treatment result is a wonderful balance of pressure in the ears, forehead and sinuses. The ultimate treatment for "jetlag", ear- and headaches as well as sinus relief.*

*"surrounded by breathtaking scenic beauty, Kapama wellness centre offers a serene environment where nature and technology are seamlessly blended"*

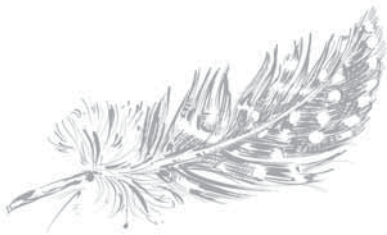
## BODY TREATMENTS

### *royal rasul treatment 30min*

*Enjoy a soothing and extremely hydrating all over body treatment. Choose between a mud or body butter application. Heat dries the application drawing out impurities from the body. Thereafter aromatic steam is released, softening the application so that the beneficial ingredients and natural minerals are absorbed by the body. A gentle shower then washes your skin in preparation of a wonderful body lotion application. The treatment not only purifies and hydrates the skin, but also relaxes the body and calms the mind.*

### *calabash massage 60min*

*An ancient African massage using various sizes of calabashes. This massage tool promotes circulation and lymph drainage, resulting in deeply relaxed muscles. Your need for relaxation and peacefulness will be completely satisfied.*



## SKINCARE TREATMENTS

### DERMALOGICA SKINCARE

*A full skin consultation with specific face mapping will be done by your therapist. You will then be advised which facial would best suit your skin type. Choose from the following:*

#### ***specialised treatment 75min***

*Dermalogica's targeted skincare provide a deep look into your skin's health. The latest advances in skin analysis provide you with a treatment specifically designed to address your personal skin concerns.*

#### ***multi vitamin / anti-ageing facial 75min***

*Combined vitamin and hydroxy acid exfoliation, energizing massage techniques and dermalogica's unique contour masque make this the ultimate in skin therapy for an ageing and devitalised skin.*

#### ***deep cleansing 60min***

*For a radiant and balanced complexion. Super soothing deep cleansers will remove impurities from your skin, leaving it purified while restoring the firm and smoothness. The result is a radiant and revived complexion.*



*“as we look deeply within, we understand our perfect balance. For when you stand in the present moment, you are timeless”*

## MATIS SKINCARE

### *vitalite facial 75min*

*This professional treatment reawakens the epidermis, bringing it luminosity and vitality. The recovery and regenerative effects leave the skin supple and bursting with health and radiance of healthy skin.*

### *face print facial 75min*

*This dual action treatment combines the application of a high concentrate serum full of active ingredients and a facial "faceprint" mask with instant radiance-boosting properties.*

### *deep cleansing facial 60min*

*A fundamental skin cleansing treatment with the application of a specialized deep cleansing Mask, purifying, soothing & hydrating the skin.*

### *just for men facial 60min*

*Because men are different, and have specific expectations, Matis has created two professional treatments to satisfy the specific need of male skin. A targeted skincare treatment of either an energizing (for radiant complexion) or anti-ageing (for a more youthful appearance) option.*



## NATURAL BODY WRAPS

### **mineral wrap 90min**

*This mineral treatment has revitalizing and invigorating benefits. Experience a sensorial peeling to eliminate dead skin cells, a reviving massage and re-mineralising body wrap containing mineral elements. Emerge smooth and recharged.*

### **cacao cream body wrap 90min**

*A sheer delight treatment! After a targeted body peeling treatment, suited to your skin type and a relaxing massage, you will be enveloped in relaxing cacao cream body wrap. Need we say more?*

### **cellu-smoothing wrap 90min**

*This targeted treatment smoothes away localized imperfections. A two salt or soft crush body peeling, is followed by the application of a shape and firmness serum, then a body contouring massage is topped off by the cellu-smoothing self-heating mask and slimming fluid.*

### **african potato body wrap 75min**

*This intensive and repairing treatment are put together from the soul of the earth products. These natural ingredients restore your skin's elasticity leaving it feeling silky smooth and completely nourished.*

### **kalahari melon body paste 75min**

*A soothing and extremely hydrating all-over body treatment. It consists of the perfect balance between essential minerals and amino acids that are massaged onto your skin, that eliminates waste material in the body and restores moisture and suppleness to the skin.*



## HAND AND FOOT CARE



### *kapama manicure 60min*

*A revitalizing hand bath and exfoliation starts this treatment, before your nails are shaped, shortened and cuticles trimmed. A reconditioning hand massage will leave your hands relaxed and soft to complete the treatment.*

### *kapama pedicure 60min*

*Delivering instant relief for heavy, painful and tired feet, your feet and nails are treated with the utmost care and attention. A wonderful foot bath, exfoliation and foot and lower leg massage boosts circulation and replenishes dry skin.*



### *kapama marble hand/footprint ritual 75min*

*The Kapama manicure/pedicure followed by a unique massage using african marbles. The deep massage movements on specific muscles in the hands and feet, helps to leave them completely relaxed and replenished.*

## EXTRA BEAUTY TREATMENTS

### *african make-up 20min*

*For the fun loving amongst us! African make up is applied using the traditional method from our African ladies. Using different patterns and colours, create the look of an African queen.*

### *waxing*

*lip & chin, eyebrow, underarm, bikini, half leg, full leg.*

### *tinting*

*eyelash & eyebrow.*

## KAPAMA PRODUCTS

### *wisdom of africa*

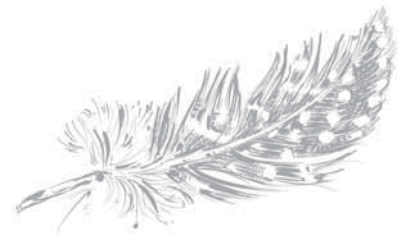
*A South African based product. These products contain only the purest most natural indigenous ingredients, sourced from the rich soils of Africa.*

### *matís*

*A French based product with technical efficiency and specific aims. All products are formulated from various sources and active ingredients from the plant and sea world.*

### *dermalogica*

*An American based product, formulated by the world renowned biochemists and researchers at the international dermal institute. A product dedicated to the success and credibility of skincare.*



“a sanctuary of health and well-being, Kapama wellness centre offers world-class facilities and signature treatment techniques drawn from our local cultures and healing disciplines”

## SPA POLICIES



### ***what to wear***

*You may wish to bring your swimwear to enjoy our lappool. For spa treatments, there is no need to bring or wear any special clothing, as spa wear, including comfortable disposable underwear, robe and slippers are provided.*

### ***spa etiquette***

*To ensure that all guests can enjoy the peace and harmony within the spa, we respectfully request that all guests keep noise levels to a minimum and refrain from carrying cellular phones and other electronic devices.*

### ***punctuality***

*We kindly request that you arrive on time or preferably 15 minutes prior to your treatment. Should you arrive late, your treatment time may be reduced.*

### ***spa hours***

*The Spa offers treatments from 9am to 5pm. Should you wish to book a treatment outside of these times, we will do our utmost to accommodate your request, subject to staff availability.*

### ***cancellation policy***

*Please allow for a 2 hour notification period, should you wish to move or cancel your appointment. Should an appointment not be met, without notification, the full cost of the appointment will be charged.*

### ***spa vouchers***

*Please note that spa vouchers have to be presented when booking a treatment and that the vouchers are non transferable.*



## RECONNECTING WITH YOUR SPIRIT

### *kapama wellness centre gym*

*Complete with a state of the art gym, equipped with cardio and weight training facilities, the Kapama Wellness Centre energizes and uplifts in the healing presence of nature.*



“Kapama wellness: the centre of well-being combine to refresh and restore your body, your spirit and your soul”

KAPAMA WELLNESS CENTRE

*website*

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