



UMNGAZI *Spa*

COMPLETE SERENITY

Rejuvenation of spirit is something all our guests receive in one way or another at Umngazi, but when you visit our internationally acclaimed spa you'll revive your mind, body and soul. Set high on the Umngazi hillside, with breathtaking views of the coast below, guests are treated to a secluded, tranquil experience, which is difficult to beat.

Our dedicated team of professional therapists look forward to treating you to a relaxing Umngazi experience to the soundtrack of nothing but breakers and birdcalls.

Late arrivals may result in a reduction of time of treatment,
whilst the full treatment fee will apply.

Twelve hour notice is required to reschedule or cancel bookings.

Cancellation (without rebooking) after this time will result in a 50% fee being charged.

ARRIVE AT LEAST 15 MIN BEFORE YOUR TREATMENT TO
ALLOW TIME TO ENJOY THE **COMPLIMENTARY WELCOME**
TOUCH RITUAL AND THE RELAXATION DECK.

FACE *Therapy*

AFRICOLOGY FACIALS

ROSE FACIAL | 60 MIN R600

Africology's beautiful blend of Rose Absolute is known to balance the skin, the heart and soul in times of change or upset, reducing fine lines and redness. This rejuvenating facial has a high Vitamin C content leaving you physically and emotionally balanced. Great for sensitive skin types.

AFRICOLOGY REPAIR FACIAL 75 MIN | R700

Using Africology's renewing facial therapy serum containing Padinami® extract which restores the skins elasticity and moisture content as well as defends your skin against external elements. This facial will leave your skin feeling plumper, firmer and revitalized. This treatment includes a luxurious neck, arm and facial massage.

VITAMIN BOOSTER FACIAL | 60 MIN R540

This uplifting facial uses a rich vitamin and mineral cocktail to replenish the skin, boost your immune system and energise the skin. Vitamin C, A, E and B are great for tired, stressed or rundown skin, leaving your skin revitalised.

ANTI-OXIDANT + REJUVENATING FACIAL | 60 MIN R650

An anti-ageing treatment designed to combat the effects and signs of ageing. By combating free-radicals and boosting collagen, it has an immediate toning and smoothing effect on the skin, plumping fine lines and reducing pigmentation and inflammation with Vitamin C. Combat ageing naturally.

DERMALOGICA FACIALS

AGE SMART™ TREATMENT | 75 MIN R1350

Dermalogica's Age Smart system was designed to specifically treat and control the structural skin changes associated with skin ageing and the biochemical triggers that lead to these changes. Recommended for mature or pre-maturely aging skin.

ULTRA CALMING™ TREATMENT | 60 MIN R790

The Dermalogica Ultra Calming™ treatment is serious relief for sensitised skin that calms, soothes and replenishes the most inflamed skin by targeting the triggers behind redness, itching and stinging.

TAILORED DERM FACIAL TREATMENT | 60 MIN R720

For first time Dermalogica users, a customized Dermalogica treatment to address all your current skin concerns.

EXPRESS TREATMENT | 30 MIN R430

Or Breakout Freakout treatment for problem skin. An instant "pick-me-up" for your face - targeting your skin concerns and giving you personalised skin care advice. This will leave your skin looking and feeling refreshed.

FACE MAPPING ANALYSIS

Included in all Dermalogica facials. All facials are suitable for women and men.

FACE & BODY *Therapy*

BODY THERAPY

BODY BEAUTIFUL | 120 MIN R1280

Indulge in a full body exfoliation and a full body massage. This treatment includes a half hour delicious spa bath and your partner can join you in the spa bath for free (Bubbly can be ordered at your own cost)

FACE AND BODY SENSATION | 75 MIN R950

The ultimate experience combining body relaxation and facial rejuvenation. Allow the tender warmth of oils and hot stones to alleviate the tension on the back of the body, putting your mind into a state of pure bliss. This treatment ends with a prescribed anti-ageing express booster facial.

AFRICAN GODDESS ANTI-AGEING SKIN CARE FACIAL | 90 MIN R720

This Africology therapeutic journey starts with a luxurious back exfoliation followed by a warm neck and shoulder massage using traditional oils blended to de-stress. This velvety textured treatment lubricates the skin through anti-ageing cell renewal restoring elasticity and softness. A healthy glow making you feel like an African Goddess.

FOOT THERAPY

SOLE DELIGHT FOOT TREATMENT | 45 MIN R435

A sensory experience for your feet, which promises to leave you walking on cloud nine! This treatment includes a foot file, scrub which nourishes feet & nails and includes a luxurious foot massage.

PAMPERING FOOT MASSAGE | 30 MIN R330

Deeply relaxing foot massage which includes a lower leg massage to promote a total relaxation to the whole body. Excellent for circulation.

AFRICOLOGY WRAPS

Skin is prepared with an Africology Body Scrub of walnut and marula shells to eliminate toxins, exfoliate lifeless skin and enhance the skins absorption of the wrap used. All wraps end with a complimentary Hydro Spa bath to cleanse and indulge! 60 minute wrap time and 30 minute bath time. **Choose from one of the following wraps:**

AFRICAN SLIMMING DETOX MUD WRAP | R745

Rooibos, Aloe Vera, Juniper, Clary Sage and Lemon Grass stimulate working on the circulation and lymph. Recommended for bodies in need of detox, acidic conditions, arthritis and oedema.

IMMUNE BOOSTER WRAP | R745

This wonderful wrap is rich in minerals, vitamins and active enzymes that assist the body in building up the immune system. Topically applied to enhance absorption in the body through the blood stream, it stimulates lymph circulation and thereby more efficient waste-handling and improvement of cell nutrients. It draws toxins, superfluous fat from the skin, stimulates blood circulation and tones the skin.

SOMETHING EXTRA | R1145

To end any of these wonderful wraps with a little extra - add on a quick shower (instead of the bath) and return to the treatment room for a Full Body Massage.

BATHING RITUAL

SPA BATH | 30MIN R450 / 45 MIN R500

Enjoy a wonderful bathing ritual while you watch dolphins and whales in the ocean. If you wish to order bubbly or other refreshments please speak to our spa team who would be happy to assist!

Should you wish to add a spa bath to any of your treatments you may do so at a cost of R400 per couple. Please advise the therapist if you are pregnant and wish to book a bathing ritual.

BODY *Therapy*

ADVANCED BODY MASSAGE THERAPIES

FULL BODY MASSAGE | 60 MIN R670

Using traditional Swedish massage techniques to alleviate tension and relax your mind body and spirit.

FULL BODY MASSAGE WITH LAVA SHELLS | 60 MIN R850

A soothing massage that will encourage the muscles to deeply relax and therefore energise the body. You will leave feeling refreshed, recharged and supple.

BACK OR LEG MASSAGE | 30 MIN R435 45 MIN R535

Specifically targeting the back, shoulders and neck areas, or tired, strained or exercised legs with a powerful massage that is focused where you need it most.

BACK MASSAGE WITH LAVA SHELLS | 30 MIN R650

A soothing massage that will encourage the muscles to deeply relax and therefore energise the body. You will leave feeling refreshed, recharged and supple.

AROMA STONE THERAPY | 60 MIN R680

Harnessing ancient healing powers for the complete new body experience. Hot Pondo stones are placed on key energy points, while signature massage techniques are combined with luxurious warmed oils.

KAHUNA MASSAGE | 60 MIN R680

Originating in Polynesia, this is a complete healing system aimed at restoring balance and harmony within the body, mind and spirit.

INTONGA AMASATCHI STICK MASSAGE | 60 MIN R680

Deep tissue and stress relief, through skilful movement performed with the hands and different sized wooden sticks. These are used to stretch tight muscles and ease toxic overload from daily stress.

DEEP MUSCLE MASSAGE | 60 MIN R690

Submit your body to a vigorous workout of a deep rhythmic pressure massage.

SCALP RITUAL | 30 MIN R480

Using specific pressure points and techniques let the therapeutic benefits of this conditioning scalp treatment allow your thoughts to drift away. This ritual includes neck and shoulders.

FULL BODY EXFOLIATION | 30 MIN R455

Full body exfoliation including shower time.

POST & PRE NATAL TREATMENTS

MUM-TO-BE PACKAGE | 80 MIN R900

Full Body Pregnancy Massage - 45 min

Mini Facial - 30 min • Scalp Treatment - 15 min

A completely relaxing and restoring pregnancy massage using tried and tested techniques to ensure absolute comfort during the treatment. Includes a mini facial to revitalize and renew your skins health as well as a scalp treatment while the facial masque is on.

PREGNANCY BACK MASSAGE | 30 MIN R450 45 MIN R500

Enjoy this tailor made pregnancy specific back massage to help relax and let you float away on cloud nine. Certain pressure points will be avoided during this massage due to them not being safe or recommended during pregnancy.

PREGNANCY FULL BODY MASSAGE | 60 MIN R580

Combines safe, tried and tested pregnancy techniques adapted for each stage of pregnancy. Specialised positioning to ensure ultimate comfort and relaxation.

ENVIRON *Treatments*

ELECTRO-SONIC ESSENTIAL TREATMENTS

ESSENTIAL YOUTH RESET | 60/90 MIN R800/R870

Helps soften the appearance of fine lines, sun-damage and sagging skin with our peptide and vitamin packed facial for a more youthful appearance.

ESSENTIAL MOISTURE BOOST | 60/90 MIN R600/R790

Helps reduce the appearance of fine lines caused by dehydration and increases the plumpness of the deeper layers of the skin. Hyaluronic Acid is the hero ingredient, promoting a moisturised, glowing-looking skin.

ESSENTIAL COMFORT CALM | 60/90 MIN R600/R790

Ideal for sensitive, irritated skin. A powerful combination of smart ingredients, leaving the skin feeling soothed with a healthy radiance.

ESSENTIAL RADIANCE REVEAL | 60/90 MIN R600/R790

A targeted solution for sun-damaged or pigmented skin. Boosting the skin with the correct combination of ingredients, results in flawless, radiant-looking skin.

ELECTRO-SONIC FOCUS-ON TREATMENTS

Specially developed to target specific areas using Environ's revolutionary dual electro-sonic DF technology, ensuring that your primary skin care concerns are directly addressed.

Perfect for when time is limited.

FOCUS-ON EYE TREATMENT | 30 MIN R430

Combining our powerful peptide complexes with Hyaluronic Acid, ensures a completely refreshed, hydrated and youthful appearance.

FOCUS-ON FILLER TREATMENT | 30 MIN R430

An advanced facial protocol designed to help smooth the look of facial lines and restore a rejuvenated, plumped youthfulness to the skin.

ENVIRON COOL PEEL® TREATMENTS

Environ's unique Cool Peel® Technology is a non-invasive, intelligent skin renewal system developed by Dr Des Fernandes, to safely and effectively help refine, revive and brighten skin. Experience a real, lasting difference to skin through beautiful science.

MOISTURE BOOST COOL PEEL | 60 MIN R730

Designed to gently buff the skin's surface and focus on revitalising dry, tired-looking skin, revealing a healthy-looking glow. This gentle yet effective peel is suitable to do all year round with no visible peeling.

DEEP CLEANSING COOL PEEL | 60 MIN R730

Environ's interpretation of the classic deep cleanse facial. This unique method of deep cleansing the skin is gentle in exfoliating the skin's surface, yet effective in purifying and assisting to control the appearance of congested, breakout-prone skin. This unique, gentle peel helps to achieve visible improvements, leaving the skin looking radiantly healthy and refreshed.

BRIGHT RECOVERY COOL PEEL | 60 MIN R730

This gentle lactic acid cool peel assists with reducing the appearance of premature ageing, fine lines and uneven toned skin complexion as a result of excessive sun exposure.

UMNGAZI SPA *Journey's*

Our Spa Journey treatments are designed to allow you hours of indulgent and blissful pampering. Embrace the gentle warmth of nature as you come up to our Spa to embrace our haven of tranquillity and embark on a journey of relaxation. Each journey includes specific treatments that have been carefully chosen for you to enjoy during your stay at Umngazi.

AN EASY SPA JOURNEY | R1100

CHOOSE BETWEEN A FOCUS ON EYE OR FOCUS ON FILLER SKIN TREATMENT WITH A VITAMIN FOOT WRAP | 30 MIN

An electro-sonic treatment that focuses on ensuring a completely refreshed, hydrated and youthful appearance combining the powerful Environ peptide complexes with Hydraulic Acid.

BACK MASSAGE | 30 MIN

FOCUS ON EVEN TONE SKIN | 30 MIN

A targeted powerful combination of Vitamin A, C and AHA is a unique approach to assist in lightening the appearance of pigmented marks resulting in a more even toned, brighter combination.

HOLISTIC SPA JOURNEY | R2000

ESSENTIAL YOUTH RESET FACIAL | 60 MIN

This helps to soften the appearance of fine lines, sun damage and sagging skin with our peptide and vitamin packed Environ facial for a more youthful appearance.

A FULL BODY MASSAGE WITH AFRICOLOGY SCRUB | 60 MIN

A REVITALIZING AND REFRESHING AFRICOLOGY BODY WRAP | 30 MIN

AN EXPRESS MANI OR PEDI COMBINED WITH FOCUS ON EYE SKIN | 60 MIN

This electro-sonic treatment will focus on ensuring a completely refreshed, hydrated and youthful appearance combining the powerful Environ peptide complexes with Hydraulic Acid.

SKIN DEEP JOURNEY | R1850

A LIGHT ENVIRON COOL PEEL (PERSONALISED TO YOUR SKIN CONCERNS) | 60 MIN

Designed to gently buff the skin surface and focus on revealing a healthy, glowing skin.

A COMBINATION OF FOCUS ON EYE AND FOCUS ON FILLER SKIN | 60 MIN

Specially developed to target specific areas using Environs revolutionary technology and a peptide blend which will reduce the appearance of fine lines around the eyes and forehead resulting in a more youthful appearance.

ESSENTIAL MOISTURE BOOST FACIAL | 60 MIN

Helps to reduce the appearance of fine lines caused by dehydration and increases the plumpness of the deeper layers of skin. Hydraulic acid is the hero ingredient, promoting a moisturised, glowing-looking skin.

TEEN JOURNEY | R1150

DEEP CLEANSING COOL PEEL | 60 MIN

Environs interpretation of a deep cleanse which will focus on the skins needs. This unique method of deep cleaning the skin is gentle in exfoliating the skins surface yet effective in purifying and assisting to control the appearance of congested, break-out prone skin.

AN AFRICOLOGY BACK MASSAGE AND SPA BATH | 60 MIN

This treatment is a 30 minute back massage and a 30 minute spa bath.

SPA Packages

3x PLEASURE 60 MINUTE PAMPER | 60 MIN R750

Choose three 20 minute options from the following:

- Express skincare treatment: resure, refresh, revitalise
- Express pedicure (file, buff & paint)
- Scalp massage
- Foot and ankle massage
- Express manicure (file buff & paint)
- Back massage

UMOJA: THE SPIRIT OF TOGETHERNESS | 90 MIN R1850 (PER COUPLE)

Our suggested couples treatment for the absolute romantics! A couples Deep Tissue Muscle Massage, focusing on relieving specific stress and muscle tensions. This powerful, customised massage uses dynamic blends of essential oils to suit each individuals needs. Finish the treatment with a spa bath with a view - a bathing ritual and a bottle of bubbles.

UTHANDO: LOVE | 150 MIN R2600 (PER COUPLE)

Indulge in some quality time in a blissful treat for two. Start with a Deep Tissue Massage to relax and ease aching muscles. Follow this with a specialised facial treatment. Top this with an indulgent spa bath. Sip some bubbly, relax and watch the dolphins frolic in the surf below.

ULTIMATE SPA RITUAL FOR HER | 150 MIN R1590

From the soles of the feet to the crown of her head, this is the ultimate skin therapy. Choose one of the unique specialised facials on offer combined with the powerful effects of a relaxing Full Body Massage. Enjoy the rest of your "me time" sipping on a bottle of bubbly while you relax in the spa bath.

ULTIMATE SPA RITUAL FOR HIM | 150 MIN R1590

Choose one of the specialised facials on offer, combined with the dynamic immediate relief of a relaxing Full Body Muscle Massage you will emerge looking and feeling refreshed and de-stressed. Enjoy the rest of your pamper time sipping on a bottle of bubbly while you contemplate your next fishermen's tale!

IZANDLA EZINE - FOUR HANDS | 90 MIN R1210

Two therapists, our signature treatment includes an Africology walnut and marula shell powder body exfoliation, massage, wrap and an express facial.

TOP TO TOE - HALF DAY PACKAGE | 240 MIN R2190

A perfect morning or afternoon escape at the spa! You may choose from the below two options and this package includes a healthy smoothie and spa lunch on our beautiful relaxation deck.

Option 1:

Full Body Massage / Express Facial / Full Body Exfoliation and Wrap followed by a spa bath.

Option 2:

Kahuna Massage / Full Facial or Sole Delight Foot Treatment followed by a spa bath.

FULL DAY UMNGAZI SPA WELLNESS PACKAGE

08H30 - 16H00 R3460

Join us for a spa wellness day! Allow your wellness journey to begin with a health breakfast at the relaxation deck followed by a relaxing Full Body Massage; a facial treating your individual skin concerns and a spa bath soak sipping a glass of bubbly followed by a healthy lunch on the relaxation deck. Completing your Top to Toe spa indulgence with a full manicure and Sole Delight Foot Treatment.

Treatments

GROOMING TREATMENTS

MANICURE, PEDICURE & COLOUR

Manicure	45 Min	R490
Pedicure	60 Min	R500
Gelish Manicure	60 Min	R540
Gelish Pedicure	60 Min	R550
Gelish Soft Tips	60 Min	R500
Gelish Soft Tips plus Polish	60 Min	R550
Soak-off Gelish	30 Min	R220
Express Mani or Pedi <i>Includes file, buff, paint</i>	30 Min	R250
Gelish Express	30 Min	R300
Pedicure for men	45 Min	R320
Manicure for men	30 Min	R240

HAIR REMOVAL

Eyebrow / Lip / Chin	R110
Full Leg	R250
Half Leg	R150
Bikini	R120
Underarm	R120
Back	R150
Chest	R150

ADD-ON TREATMENTS

A variety of options to add a little "something extra" to your preferred treatment.

Back Exfoliation	5 Min	R140
Foot or Hand Massage	15 Min	R170
Scalp Massage	15 Min	R170
French Paint	15 Min	R120
Paraffin	15 Min	R100
Hot Stones or Intonga Sticks	15 Min	R160
Add Varnish	15 Min	R80
Brow Shape	15 Min	R120
Tint Combo	30 Min	R140
Eyelash Tint	20 Min	R100
Eyebrow Tint	10 Min	R80