

MABULA

GAME LODGE

Spa @ Mabula Game Lodge

AFRICAN BODY MASSAGE

CALABASH

African Calabash gives you a transcendent journey into relaxation through ancestral technique and balancing movement, restoring the flow of energy in the body.

Back & shoulder	30 mins	R600
Full body	60 mins	R990

RUNGU

African Rungu massage is a firm, long stroked massage that reduces aches and pains, and provides immediate relief.

Back & shoulder	30 mins	R600
Full body	60 mins	R925

BAMBOO

The Bamboo is heated to give an extreme sensation of relaxation and calm well-being.

Back & shoulder	30 mins	R600
Full body	60 mins	R925

DE-STRESS AND RELAXING MASSAGE

ESSENTIAL OILS

The use of essential oils promotes the healing process from within.

Back & shoulder	30 mins	R650
Full body	60 mins	R925

DEEP TISSUE

A deeper pressure relieves chronic muscular pain.

Back & shoulder	30 mins	R730
Full body	60 mins	R1,175

HOT STONE

Hot stone massage therapy promotes deeper muscle relaxation through the application of heated stones.

Back & shoulder	30 mins	R585
Full body	60 mins	R990

RELAXING FOOT AND LEG MASSAGE

This treatment has the healing aspect of reflexology by stimulating the areas in the feet and legs pertaining to different areas in the body.

Foot & leg	30 mins	R575
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UPLIFT PACKAGE

This 120min package includes an Aromatherapy massage with peppermint oil to Promote Stress Relief and Relaxation. A scalp massage to reduce tension and circulate blood flow and a revitalising foot massage that will let you reach those higher levels of calm.

	120 mins	R2,250
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GENTLEMAN’S ESCAPE

A treat for our gentlemen. This 120 min package includes a back neck and shoulder massage that applies pressure on the muscles to release toxins from stressed areas. Scalp massage to reduce tension. Conditioning hand ritual and a revitalising foot ritual.

	120 mins	R2,250
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NECK AND SCALP MASSAGE

This treatment promotes well-being and renews energy levels. Just what you need after a fantastic day in the bush.

	30 mins	R530
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MABULA COUPLE’S PACKAGES

BUSHVELD BLISS

Any relaxing full body massage with the relaxing foot and leg massage.

	90 mins	R1,250 pp
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EXPRESS PACKAGE

Express Mani / Pedi, back, neck, shoulder and facial (no paint).

	60 mins	R1,050 pp
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AFRICAN BODY SPOILS

FULL BODY POLISH AND GLOW

Full body	60 mins	R945
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FACIALS

ALL FACIALS INCLUDE A COMPLIMENTARY HAND OR FOOT MASSAGE.

Balancing facial	50 mins	R520
Hydrating facial	60 mins	R650
Deluxe anti-aging facial	60 mins	R1,150

HANDS AND FEET

Manicure	60 mins	R525
Pedicure	60 mins	R535

REVITALISING FOOT RITUAL

An invigorating foot massage to leave you feeling rejuvenated and improves circulation.

	30 mins	R450
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CONDITIONING HAND RITUAL MASSAGE

Deeply relaxing hand massage restores devitalised skin as well as reduces stress and anxiety.

	30 mins	R425
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WAXING AND SHAPING

Eyebrow shape and tint		15 mins	R200
Bikini clean		30 mins	R315
Underarm		15 mins	R200
Face, lip and chin wax		30 mins	R220
Leg Wax	Half	45 mins	R250
	Full	60 mins	R340

KIDDIES (12YEARS & YOUNGER)

Kiddies back & shoulder		20 mins	R250
Kiddies full body		30 mins	R405
Kiddies specialized Mani / Pedi with soak and mask with paint		45 mins	R245
Mommy & me (express Mani / Pedi)		60 mins	R700
Daddy & dude (back & shoulder massage)		30 mins	R600

Prices are subject to change without prior notice.

MABULA

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In order to enjoy your time at Mabula Wellness,
please arrive 10 minutes prior to your appointment.

A late arrival may cause your treatment time to be 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 to Sunday - 08h00 to 21h00

☎ **+27 (0)14 734 7000**

✉ **spa@lodge.mabula.co.za**

🌐 **mabula.com**