

# KARIEGA

GAME RESERVE

Eastern Cape · South Africa

## Settlers Drift Treatments

### Massage Treatments

**African Scalp Massage** 20min R200  
(a relaxing scalp, décolleté and face massage)

**Back, Neck and Shoulders** 30min R350  
(massage focused to relieve stress and tension)

**Foot Loose Massage** 20min R150  
(massage focused on pressure points house in your feet)

**Basic Full Body Massage** 50min R500  
Your choice between:

- Swedish Body Massage  
(a light soothing massage)
- Deep Tissue Massage  
(this massage uses pressure aimed at relieving tension on your muscles)

**Specialized Full Body Massage** 60min R650  
Your Choice Between:

- Hot Stone Therapy Massage  
(the use of basalt stones to massage the body to induce complete relaxation and stress relief)
- Holistic Massage  
(a combination of 4 massage techniques to completely relax the body)
- Aromatherapy Massage  
(a light massage using essential oils suited to individual needs)

### Facials

• **Mini Spa Facial** 30min R300  
(a basic facial aimed to cleanse the skin and leave it refreshed and moisturized)

• **Spa Facial** 50min R400  
(a deep cleansing facial with a relaxing facial massage)

### Spa Favourites

• **Kariega Spa Journey** 120min R1200  
(a full body Aromatherapy massage followed by a Spa Facial and Indian Head Massage)

• **Big 5 Treatment** 90min R1000  
(Holistic body massage, Indian Head massage and Pressure point Foot massage)

### Hands and Feet Treatments

**OPI Hand and Foot Journey**  
No artificial nails or removal of Gel

- OPI manicure 50min R200
- OPI French manicure 60min R250
- OPI pedicure 60min R350
- OPI French pedicure 70min R370

### How to Spa

**Where are Treatments provided?**  
All treatments take place in the Sala.

**Bookings**  
At the Lodge.

**What if I have any health considerations?**  
Please be sure to inform your therapist prior to your treatment of any health considerations for example: Diabetes, High blood pressure, Pregnancy, Epilepsy etc.

**Cancellations**  
2hrs advance notice is required for cancellations, after which the full treatment price will be charged. We will however assist in rescheduling your appointments where possible.