



Sala Menu

KARIEGA

GAME RESERVE

Eastern Cape · South Africa

River Lodge 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 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.