



KAPAMA

KARULA



*Wellness
Centre*

SPA POLICIES



What to wear

You may wish to bring your swimwear to enjoy our jetted relaxation pool. However, you do not need to bring or wear any special clothing for spa treatments. Comfortable disposable underwear, a 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 15 minutes before your treatment. Should you arrive late, your treatment time may be reduced.

Spa hours

The spa offers treatments from 8 am to 4:30 pm. Should you wish to book a treatment outside of these times, we will do our utmost to accommodate your request, subject to staff availability.

Age restriction

We welcome all guests over the age of 18 years to use the pool and facilities.

Cancellation policy

Please allow for a two-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.



Kapama Karula's spa exemplifies luxury and thoughtful design. The four deluxe couple's rooms offer private changing rooms. The spa offers state-of-the-art facilities like a vichy shower, hydro baths, and a rasul, making it an ideal destination for couples seeking total relaxation. The added steam room with a cold plunge pool is a wonderful touch for refreshing after treatments. The jetted relaxation pool overlooking the bush and the fully equipped gym combine a balanced retreat for both fitness and tranquillity. It's a perfect blend of wellness and nature.

SIGNATURE TREATMENT

Kapama head to toe African ritual - 2hrs R2890



Indulge in our signature 90-minute full-body massage, enhanced with Himalayan salt stones that melt away tension, ease muscle stiffness and promote deep relaxation. The mineral-rich stones help restore balance and foster a profound sense of well-being.

Personalise your experience by selecting one of our luxurious African body butters, each of which offers a unique nourishing and restorative benefit.

Conclude your journey with a relaxing foot scrub and a revitalising foot massage for a truly holistic, rejuvenating experience.

Includes:

- 90-minute full-body massage
- Foot scrub
- Foot massage

Choose from our African body butters:

- Marula & neroli balm
- African potato balm
- Mongongo nut balm



*By turning back to our earth's secrets,
we can learn to live in serenity, harmony and balance.*

SPA PACKAGES

Create your own personalised spa package - 2hrs R3560

Choose and combine any of the following treatments:

30min full body exfoliation
30min mini facial
30min foot massage
30min scalp massage

60min or 90min full body massage of your choice
60min facial



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

SPA BODY THERAPY PACKAGES

Kapama sensual steam treatment - 2hrs R6430 per couple

Embark on a journey of relaxation and connection. Begin with a full-body exfoliation, and thereafter enter a private Rasul room. Cocoon one another with a deeply nourishing, hydrating mask. Complete your experience with an African-inspired full-body massage, featuring the rhythmic techniques of the rungu baton or soothing calabashes for a truly unique and sensual experience. Includes:

- Full-body exfoliation
- Rasul ritual with detox mud clay
- 60-minute African-inspired full-body massage

Unearthed haven - 2hrs 30min R7480 per couple

Reconnect and find harmony in this deeply grounding and luxurious experience. Begin with a revitalising full-body exfoliation using a salt scrub to leave your skin smooth and refreshed. Follow this with a soothing hydrotherapy bath, perfectly positioned. Next, indulge in a nourishing body wrap designed to detoxify and replenish your skin while promoting deep relaxation. Conclude this rejuvenating journey with a deeply relaxing full-body warm basalt stone massage, where the gentle warmth of the stones melts away tension, leaving you feeling renewed. This package is perfect for couples seeking ultimate relaxation together.. Includes:

- Salt scrub exfoliation
- Hydrotherapy bath
- Body wrap
- 60-minute warm salt stone massage



SPA THERAPY PACKAGES

***2-Day deluxe pampering spa experience - R5430 per person**

Day 1 - 2hours

Begin your journey to relaxation with a luxurious full-body exfoliation, leaving your skin smooth, refreshed, and glowing. Follow this with a deeply soothing 90-minute deluxe aromatherapy massage, combining expertly blended essential oils and gentle techniques to melt away tension and rejuvenate your body and mind.

Day 2 - 90mins

Enjoy a rejuvenating 60-minute facial tailored to your skin's needs to restore hydration and radiance. Complete the experience with a calming foot massage designed to ease tired feet and promote a sense of total well-being.

This package is perfect for guests enjoying a 3-night stay and seeking the ultimate escape, spread across two blissful days of self-care and relaxation



AFRICAN BODY MASSAGES

Rungu massage - 60min R1800 | 90min R2200

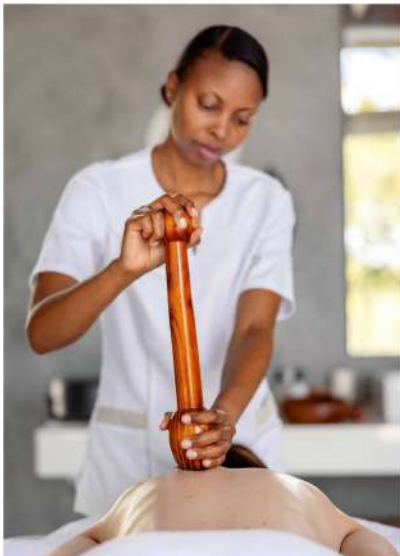
This exotic new African massage is aimed at stress relief. Using the rungu baton and deep stimulating movements, the massage helps to alleviate muscle aches and pains. This treatment will leave you feeling light and stress-free.

Calabash massage - 60min R1800 | 90min R2200

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.

Gua sha lymphatic massage - 60min R1600

A therapeutic technique that combines the traditional gua sha method with lymphatic drainage massage to promote detoxification, reduce puffiness, and improve circulation.



BODY MASSAGES



Kapama wellness massage - 60min R1700 | 90min R2200

Still the most popular massage choice, this treatment uses classic Swedish massage techniques to leave your body relaxed and rested. The lighter, rhythmic strokes are designed to improve circulation, relieve muscular tension, and enhance feelings of relaxation and overall well-being.

Kapama sports massage - 60min R1800 | 90min R2200

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 aches and pains.

Enhance your 60-minute massage with one of the following 15-minute add-ons: R 390

Scalp massage: relieve stress and tension with a soothing scalp massage

Foot massage: revitalise tired feet with targeted pressure and gentle strokes

Warm basalt stones: melt away tension with the comforting warmth of warm basalt stones

Back exfoliation: refresh your skin with a cleansing and invigorating back scrub

Back, neck and shoulder massage - 30min R1080 | 45min R1380

This targeted treatment focuses on relieving tension in the areas where stress often accumulates—the back, neck, and shoulders. Using a combination of gentle to firm pressure and rhythmic strokes, this massage eases muscle stiffness, improves circulation, and promotes a sense of deep relaxation.

Grounding foot ritual - 30min R 770 | 45min R980

This ritual is designed to restore energy, reduce stress, and leave guests feeling centred and revitalised. Includes a foot soak, scrub and a foot massage.

BODY MASSAGES



Warm basalt stone massage - 60min R1900 I 90min R2300

Combines traditional massage techniques with the soothing warmth of heated basalt stones. The gentle heat penetrates deeply into the muscles, melting away tension, easing stiffness, and improving circulation. This treatment promotes profound relaxation and leaves you feeling balanced and rejuvenated.

***Mum-to-be nurturing massage - 60min R1600**

Designed with care for expectant mothers, this nurturing massage focuses on easing tension, improving circulation, and promoting relaxation for both mum and baby.

This treatment also includes the application of a luxurious biloba peel-off tummy mask, which hydrates and nourishes the skin, helping to improve elasticity and prevent stretch marks.

This indulgent touch makes it the perfect pampering experience for mums-to-be.

Please note we do not perform any massage during the 1st trimester

Head & shoulder massage - 45min R 1100

Immerse yourself in a moment of pure indulgence with our sensory scalp and back massage, enriched with the luxurious, nutrient-rich formulations.

Botanical oils glide over the back, easing tension and releasing knots, while delicate, rhythmic strokes awaken the scalp, leaving it nourished and refreshed.

The soothing aroma of natural botanicals enhances mental clarity and serenity, creating a truly immersive experience.



BODY TREATMENTS

Grounding full body exfoliation - **30min R980**

This luxurious treatment gently buffs away dry, dull skin using expertly crafted exfoliants, leaving your body feeling smooth, refreshed, and deeply nourished.

Grounding full body exfoliation with back, neck and shoulder massage - **60min R1370**

This luxurious treatment is paired with a soothing back, neck, and shoulder massage to release tension, restore balance, and promote deep relaxation. Perfect for rejuvenating your skin and calming your mind, this treatment is a complete escape for both body and soul.

Grounding full body exfoliation, wrap and back, neck and shoulder massage - **90min R2260**

Immerse yourself in the ultimate relaxation with our babor grounding body wrap, a luxurious treatment that nourishes and restores your skin while promoting a sense of deep calm. Enjoy a soothing back, neck, and shoulder massage, expertly tailored to relieve tension and restore balance.



HOLISTIC TREATMENTS



Reflexology - 45min R1160

Points in your feet refer to all parts of your body, so take the weight off them for 45 minutes and let the therapist manipulate the pressure points and rebalance the energy levels.

Ear candling - 45min R1200

Experience the calming and restorative benefits of ear candling, a holistic therapy designed to promote relaxation and balance. This gentle treatment involves hollow, natural candles that create a soothing, warm sensation and a light vacuum effect to help alleviate earwax build-up, sinus congestion, and ear pressure.

Benefits:

- May reduce sinus congestion and headaches
- Helps alleviate pressure in the ears
- Promotes relaxation and a sense of well-being

Sleep-enhancing massage - 90min R2300

Drift into tranquillity with this indulgent full-body massage, designed to release tension, calm the mind, and prepare you for a restful night. Warm Team Dr Joseph oils glide over the back, shoulders, and limbs, while soothing aromatherapy envelops your senses, promoting deep relaxation and restorative sleep.

HYDROTHERAPY TREATMENTS

Vichy shower - 45min R740



A soothing water therapy coupled with a skin exfoliation, where warm water flows over the body from multiple showerheads, promoting relaxation, improving circulation, and enhancing skin rejuvenation.

Hydro baths - 45min R1740 per couple



Ideal experience for couples seeking relaxation and connection in a serene natural setting. The combination of therapeutic shiatsu jets and breathtaking wildlife views creates a perfect romantic and rejuvenating atmosphere.

Rasul treatment - 30min R740

Step into your private Rasul chamber and immerse yourself in a luxurious ritual of hydration and renewal. Cocoon your body in a warm, nourishing mask, allowing its rich, skin-loving ingredients to soften, replenish, and rejuvenate.

The gentle heat enhances circulation and promotes deep relaxation, leaving your skin radiant and your body feeling completely restored.



BABOR SKINCARE

Dr Babor Signature Facial - 60min R1790

A transformative facial that delivers intensive hydration, supports skin barrier repair, and enhances the skin's natural function, helping to address multiple skin concerns.

BABOR Radiance & glow facial - 75min R1980

A rejuvenating facial treatment designed for environmentally damaged skin, targeting uneven skin texture, dullness, pigmentation, fine lines and loss of elasticity, promoting a smoother, more radiant and even complexion.

BABOR HSR Anti-wrinkle facial - 90min facial R2260

A luxurious anti-ageing facial for demanding skin with lines, wrinkles and loss of elasticity and dryness, promoting smoother, firmer skin, enhancing facial contours, and a youthful-looking complexion.



THE GENTLEMEN COLLECTION



Facial for men - 60min R1790

Skincare range for men that is formulated to suit the skin's unique characteristics, offering solutions for deep hydration, soothing after shaving, and replenishing the skin's natural barrier. The treatment can help with relaxation while providing effective skincare results.

Express facial for men - 30min R720

It is a quick, results-driven treatment designed to refresh and revitalise the skin in just 30 minutes.



Express manicure or pedicure for men - 30min R490

Designed for the modern man, this effective treatment ensures your hands are impeccably groomed. Nails are trimmed, shaped & buffed to a natural shine, while cuticles are tidied for a clean, polished look.

Deluxe manicure for men - 45min R520

Deluxe manicure focuses on relaxation and provides a more thorough experience with a blend of skincare benefits for both the hands and nails. It's an ideal way to treat your hands to a luxurious experience.

Deluxe pedicure for men - 45min R570

Comprehensive foot treatment that not only grooms and revitalises the feet but also includes a specialised treatment to address dry, cracked heels and calluses.



HAND AND FOOT CARE



Kapama manicure - 60min R 750

This indulgent experience includes expert nail care, shaping, and cuticle work, leaving your hands perfectly groomed.

Enhance your manicure with a choice of add-ons:

An additional 30min R200 per add-on

- Gel polish for a long-lasting, flawless finish.
- Paraffin treatment to deeply nourish and soften your skin.

Kapama pedicure - 60min R850

Treat your feet to the ultimate indulgence with our Kapama pedicure, a luxurious experience designed to soothe, refresh, and beautify. It includes expert nail care, shaping, cuticle work, and a rejuvenating foot massage, leaving your feet feeling soft, smooth, and pampered.

Enhance your pedicure with a choice of add-ons:

An additional 30 min for R220 per add-on

- Gel polish for a long-lasting, impeccable finish.
- Heel peel removal of dry and hardened skin on the feet.

EXTRA BEAUTY TREATMENTS

African traditional face painting - 20min R 390

For the fun-loving amongst us! African face paint is applied using the traditional method by our African ladies. Using different patterns and colours, create the look of an African queen.

Tinting R350

Eyelash or eyebrow

KAPAMA SPA KIDS

Scalp massage 20min (age 6-12years) - **R850**

Back, neck & shoulder massage 20min (age 6-12years) - **R870**

Mini mani & mini pedicure 60 min - **R850**

Full body massage 60min (age 13-16years) - **R1120**

Back, neck and shoulder massage 30min (age 13-16 years) - **R900**

Scalp massage 30min (age 13-16 years) - **R890**

Please note that children's treatments are subject to terms and conditions, and all children have to be accompanied by an adult when using the spa.

Children under the age of 18 years are not allowed to use the spa pool without supervision



KAPAMA PRODUCTS

Team Dr Jospeh

Our products are developed, formulated and manufactured with great care by our team of skin experts, herbalists and cosmetic formulators in our in-house production and research laboratory in Italy.

BABOR

Prestigious skincare brand renowned for its cutting-edge formulas and luxurious treatments. Combining advanced scientific research with natural ingredients, Babor delivers high-performance solutions tailored to individual skin needs.

Healing Earth

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





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 energises and uplifts in the healing presence of nature.

Yoga at Kapama

Kapama offers daily yoga sessions, providing a perfect opportunity to relax, rejuvenate, and find balance. These classes are available subject to availability. Whether you're looking for gentle stretching, mindful breathing exercises, or a more vigorous session, the yoga classes are tailored to suit all levels of experience and are conducted by experienced instructors.

KARULA WELLNESS CENTRE

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*Defined
By Time*

