



Kapama

PRIVATE GAME RESERVE



RIVER LODGE
WELLNESS CENTRE

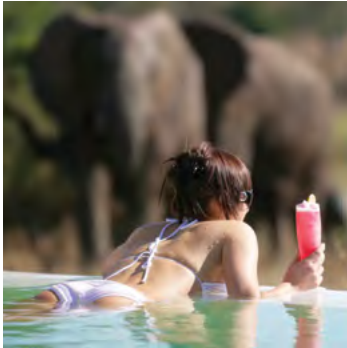


SIGNATURE TREATMENT



marula miracle moments 4hrs

Embrace the essence of Africa; let your heart beat to its rhythm; let your body enjoy Kapama's magical marula moments. After enjoying a refreshing drink and an invigorating shower, you start your experience with a relaxing body wrap of Neroli and Marula. The Rasul treatment then cleanses the skin of any residue whilst revitalizing the body with the Marula Bark, infused in the steam. Marula Bark has long been used in traditional African medicine. Continue your journey to total euphoria with the warmth and magic of a truly African calabash massage that leaves the body feeling lazy and at ease. Enjoy a light lunch and end the day's indulgence with a professional facial treatment complimented by a Kapama marble hand or footprint treatment. Treatment time excludes lunch time



treatment procedure

Welcome and briefing

Refreshing drink

Changing into spa clothing

Exfoliation & shower

Wrap

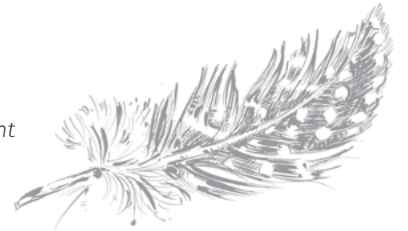
Rasul treatment

Calabash massage

Lunch and a glass of wine/champagne

Facial

Kapama marble hand/footprint treatment



“by turning back to our earth's secrets we can learn to live in serenity, harmony and balance”



SPA PACKAGES

Package includes a light lunch and a glass of wine or champagne

create your own personalized spa package 2hrs

Choose and combine any of the following treatments:

30min Hydrobath Session or 30min Steam Session

30min Full Body Exfoliation

30min Mini Facial

30min Foot Massage

30min Scalp Massage

60min or 90min Full Body Massage of your choice

60min Body Wrap

60min Facial

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

SPA THERAPY PACKAGES

kapama marula sensual steam treatment 2hrs

A relaxing and rejuvenating ritual for two, or on your own, in your own private Rasul room. Cocoon one another in our African nourishing Body Butters. Thereafter enjoy a gentle heat and Marula infused Rasul treatment. Complete the ritual with a scalp and Kapama wellness massage and the application of Marula and Neroli oil, leaving you relaxed from head to toe – scrub, wrap, steam, scalp, massage

unearthed haven 2hrs 30min

Indulge your senses and reconnect with your inner most self and you are transported back to the core of your very being and your stresses melt away. Be enveloped within a luxurious milk bath before an indulgent hydrating wrap with a remineralising and restorative effect, firming and lifting while your whole body is treated to a heat healing experience. Summiting your treatment, treat your skin to a replenishing hydration boost for the face, designed to replenish the reservoirs leaving you with angelically soft, supple skin! Milk Bath, Hydrating wrap, Effective touch body massage, Hydra boost



SPA THERAPY PACKAGES

revival retreat 2hrs 30min

Be taken on a journey through nature as you are transported to the banks of the river and indulge in an invigorating river bath before a reawakening your mind and senses as life is breathed back into your body. New life will stem from within you as you'll be energised with vigour and zest before indulging in a replenishing and vitalizing facial to bring tired skin back to life leaving your skin radiantly restored with a renewed glow and reinvigorated complexion. Reviving green bath, Energising body peel with soft cream wrap, facial



“a sanctuary of health and well-being, Kapama wellness centre offers world-class facilities and signature treatment techniques drawn from our local cultures and healing disciplines”

BODY TREATMENTS



kapama wellness massage 60min

Still the most popular massage today. Swedish massage techniques leave the body relaxed and rested. Using lighter, rhythmic strokes, it improves poor circulation, relieves muscular tension and enhances feelings of relaxation and wellbeing

kapama deluxe aromatherapy massage 90min

This ancient discipline to improve health and wellbeing combines the therapeutic application of aromatic potions and a sensitive touch. The range of movements upon the skin, muscles and joints, ends with a sublime face and scalp massage. This treatment of mind, body and spirit, leaves you feeling healthy and relaxed



kapama sports massage 60min

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 energized and free of your usual aches and pains

back, neck and shoulder massage 30min

This 30-minute massage irons out all the accumulated tension in the back, shoulders and neck. Combine it with a facial treatment and your tension melts away

scalp massage 30min

A scalp massage can bring immediate relief to mental and emotional stress. It also improves circulation in the head, enhances your senses, improves memory and promotes clear thinking

BODY TREATMENTS

head to toe african ritual 90min

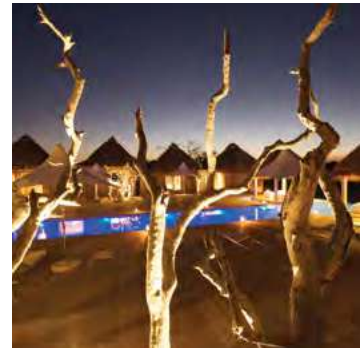
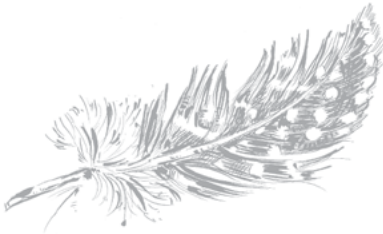
The incarba full body massage is a holistic wellness treatment that instills a feeling of peace and tranquility. It helps protect you from outside pressures and stresses and maintain inner calm

african rungu massage 60min

This exotic all 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!

ear candling 45min

A gentle scalp, neck and face massage that promotes total relaxation. Special ear candles with different aromas are used. The flame of the lighted candle creates a vibration of air in the candle, generating a massage effect on the eardrum. The treatment result is a wonderful balance of pressure in the ears, forehead and sinuses. The ultimate treatment for "jetlag", ear- and headaches as well as sinus relief



BODY TREATMENTS

royal rasul treatment 45min or 60min

Enjoy a soothing and extremely hydrating all over body treatment. Choose between a mud or body butter application. Heat dries the application, drawing out impurities from the body. Thereafter aromatic steam is released, softening the application so that the beneficial ingredients and natural minerals are absorbed by the body. A gentle shower then washes your skin in preparation of a wonderful body lotion application. The treatment not only purifies and hydrates the skin, but also relaxes the body and calms the mind



calabash massage 60min

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

“surrounded by breathtaking scenic beauty, Kapama wellness centre offers a serene environment where nature and technology is seamlessly blended”

BODY TREATMENTS



hot stone therapy 60min or 90min

Smooth black river stones are heated up and used in a therapeutic deep tissue massage. When placed on specific Chakra points, the hot stones help to tap into the body's energy pathways to rest and relax you

reflexology 45min

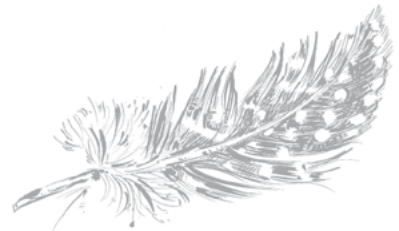
Points in your feet refer to all parts of your body, so take the weight off them for 45 minutes and let the therapist manipulate the pressure points and rebalance your energy levels

mum-to-be nurturing massage 60min

A relaxing massage to pamper and prepare her for her newborn. Specially selected essential blends rich in omega oils are combined and used to maintain suppleness and skin tone. This relaxing massage will also relieve tension in the back and alleviate swelling in the hands and feet

full body exfoliation 30min

Choose between a variety of salts to deep cleanse, polish and soften your skin to perfection. The application of a body lotion will leave the skin glowing and vibrant, replenished and flawless





SKINCARE TREATMENTS

DERMALOGICA SKINCARE

A full skin consultation with specific face mapping will be done by your therapist. You will then be advised which facial would best suit your skin type. Choose from the following:

specialized treatment 75min

Dermalogica's targeted skincare provides a deep look into your skin's health. The latest advances in skin analysis provide you with a treatment specifically designed to address your personal skin concerns

multivitamin / anti-ageing facial 75min

Combined vitamin and hydroxy acid exfoliation, energizing massage techniques and Dermalogica's unique contour masque make this the ultimate in skin therapy for an ageing and devitalized skin

deep cleansing 60min

For a radiant and balanced complexion. Super soothing deep cleansers will remove impurities from your skin, leaving it purified while restoring its firmness and smoothness. The result is a radiant and revived complexion

BABOR SKINCARE

classic babor facial 60min

A classic BABOR facial tailored to suit each skin's individual needs. The SKINOVAGE treatments are based on a holistic approach to beauty while incorporating revolutionary skincare technology with the foundation of this range based on the study of Epigenetics. It incorporates wonderful signature massage techniques that stimulate the entire body and optimise the skin's ability to absorb active ingredients. At the same time, the body's own energy systems are brought back into perfect balance, restoring your radiant beauty and promoting total inner harmony

babor men facial 60min

A sophisticated treatment tailored to male needs which contains a powerful, energizing active formula based on Siberian ginseng, hops and taurine to boost the performance and resilience of the skin. This will strengthen and activate body and banish fatigue and stress



NATURAL BODY WRAPS

body peel with hydrating wrap 60min

REMINERALISING RADIANCE - An intense exfoliation to reveal radiant skin followed by an invigorating wrap treatment designed to improve body circulation and replenish the skin leaving you feeling energized, glowing and revitalised

body peel with algae detox wrap 60min

ULTIMATE ALGAE DETOX - A full body scrub to remove the stresses of the day and reveal radiant skin followed by a natural detoxing treatment to remove toxins from your body, smooth your skin and leaving your body revitalised and your skin renewed



“the answers you’re looking for are already in Nature. Use its force, for a beautiful and harmonious you”



HAND AND FOOT CARE

kapama manicure 60min

A revitalizing hand bath and exfoliation starts this treatment, before your nails are shaped, shortened and cuticles trimmed. A reconditioning hand massage will leave your hands relaxed and soft to complete the treatment

kapama pedicure 60min

Delivering instant relief for heavy, painful and tired feet, a Kapama pedicure treats your feet and nails with the utmost care and attention. A wonderful foot bath, exfoliation and foot and lower leg massage boosts circulation and replenishes dry skin



heel peel 30min

With the application of a unique and nourishing masque, your hands and feet will never be the same! All dead cells and dry skin are scraped off when the masque is removed. A Kapama foot massage completes this unique treatment

EXTRA BEAUTY TREATMENTS

african make-up 20min

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

waxing

lip & chin, eyebrow, underarm, bikini, half leg, full leg

tinting

eyelash & eyebrow

KAPAMA SPA KIDS

scalp massage 30min

A scalp massage for the little ones adjusted to their age and different pressure points

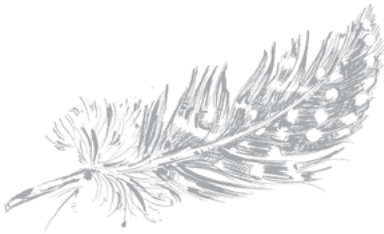
back, neck & shoulder massage 30min

As today's children do grow up in different times, they may already be exposed to underlying stress. This relaxing massage will leave them feeling as they deserve to feel – CARE FREE...

mini mani/pedicure 30min

Spoil the girls (and boys) with this pampering treatment. Let them experience and enjoy the scrub, massage and for the adventurous ones some added nail art

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



KAPAMA PRODUCTS

healing earth

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

dermalogica

An American-based product, formulated by the world renowned biochemists and researchers at the International Dermal Institute. A product dedicated to the success and credibility of skincare

babor

Babor skincare and beauty products are manufactured according to EU and international cosmetic standards and are manufactured and packaged at a state-of-the-art production facility in Germany. Their precision formulas are based on the most innovative active ingredients. The effect is enhanced by the expertise of Babor estheticians in their luxurious, tailor made treatments, which have been specially designed to provide maximum results !! Enjoy an indulgent experience !!



SPA POLICIES



what to wear

You may wish to bring your swimwear to enjoy our lappool. For spa treatments, there is no need to bring or wear any special clothing. For spa wear, including comfortable disposable underwear, 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 prior to your treatment. Should you arrive late, your treatment time may be reduced

spa hours

The spa offers treatments from 8am to 5pm. Should you wish to book a treatment outside of these times, we will do our utmost to accommodate your request, subject to staff availability

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



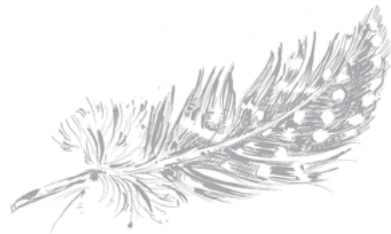
RECONNECTING WITH YOUR SPIRIT

kapama wellness centre gym

Complete with a state-of-the-art gym, equipped with cardio and weight training facilities, the Kapama Wellness Centre energizes and uplifts in the healing presence of nature



“Kapama wellness: the centre of well-being combines to refresh and restore your body, your spirit and your soul”



KAPAMA WELLNESS CENTRE

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