

BODY

TERRES D'AFRIQUE BODY TREATMENTS

60min - R950 | 90min - R1350

BALANCING MASSAGE Lymphatic Drainage

A combination of lymphatic drainage technique using our signature Tri-Touch tool and pressure points along the body's meridians un-block energy pathways, activate circulation and stimulate the body's natural curative abilities, bringing a feeling of balance and harmony.

SCENT OF SALA Aromatherapy Massage

Grounding, uplifting or energizing aromatherapy experience featuring your personalized essential oil blend from a selection of 15 tropical essential oils. Tailored to your need.

DEEP DIVE Deep Tissue Massage

A deep tension-releasing massage that uses trigger points therapy and cross muscle fiber techniques alongside arnica gel, menthol spray and anti-inflammatory essential oils to ease and relax muscles, restoring blood flow and equilibrium.

OMUMBIRI Body Polish

Sugar, coconut shell and rooibos tea combined with Namibian myrrh and baobab oil, exfoliate, soften and refresh the skin by eliminating dead skin cells. A luxuriously nourishing body butter formulated with powerful African botanical soothes, hydrates and moisturizes, leaving your skin feeling soft and supple.

DETOXING PINDA Massage

A detoxing massage using Terres d' Afrique detoxing oil (buchu, black & pink pepper) and heated botanical pindas. The combination of heat, deep & micro pressure and lymphatic drainage movements, increases blood flow and drains lymph to the lymph nodes, helping eliminate toxins.

TENSION RELEASE MASSAGE Swedish

A well-known technique that aims to promote relaxation by gently releasing muscle tension and loosening up tight muscles caused by daily activities such as sitting at a computer all day long. Enhance this experience by scenting our organic shea butter with our grounding, relaxing blend.

BODY MASSAGE ADD-ONS (+ R300)

FULL BODY SCRUB • BACK SCRUB • ALOE GEL FACE •
ALOE GEL BODY MENTHOL SPRAY • BACK HEAD MASSAGE

BODY

45min - R650 | 60min - R850

BACK, NECK & SHOULDERS	45min
HOT STONE MASSAGE	60min
FOOT MASSAGE	45min
HEAD/SCALP MASSAGE	45min
REFLEXOLOGY	45min

HANDS & FEET

DELUXE MANICURE	60min - R500
DELUXE PEDICURE	60min - R525
LOLA LEE GEL MANICURE	60min - R500
LOLA LEE GEL PEDICURE	60min - R525
LOLA LEE GEL OVERLAY	45min - R350
SOAK OFF	30min - R150

FINISHING TOUCHES

EYELASH TINT	R165
EYEBROW TINT	R165
EYEBROW & EYELASH TINT	R275
LIP, BROW OR CHIN WAX	R100
UNDER ARM WAX	R100
FULL ARM WAX	R300
HALF ARM WAX	R250
FULL LEG WAX	R350
HALF LEG WAX	R250
BIKINI WAX	R200
BRAZILIAN WAX	R300
HOLLYWOOD WAX	R375
BACK WAX	R400

SALA

BEACH SPA

THOMPSON'S BAY



FACE

QMS SIGNATURE FACIAL TREATMENTS

SKIN REPAIR TREATMENT | 45min R995

A refreshing and detoxifying combination of lymphatic drainage techniques. Provides intense cleansing and refining to the skin through the combination of deep pore purification with highly effective fruit acids and enzymes. Designed to combat oiliness, congestion, acne-prone skin, and post acne scarring, clearing impurities and calming inflammation. Your skin will be left healthy, balanced and hydrated.

QMS SKIN REVIVE TREATMENT | 60min R1250

Good for skin of all ages especially dehydrated, stressed skin. Hydrates, refuels, and energizes the skin leaving it fresh and glowing. This facial combines a deep pore decongestion with advanced treatment to support the detox process, strengthen the skin's immune system and protective barrier and boost metabolism. This treatment will breathe new life into your skin, leaving your complexion radiant and revitalised.

QMS COLLAGEN RENEWAL TREATMENT | 90min R1500

Popular for mature skin with visible signs of aging, stagnant lines and wrinkles. Restores and revitalises the complexion whilst delivering an important boost to the moisture levels using a plaster modelage and advanced collagen serums. Delivers a lifting and tightening massage in combination with a collagen boosting mask. Your skin is left firmer with more volume, fine lines reduced, and texture is improved.

TERRES D'AFRIQUE FACIAL TREATMENTS

FIRMING & BRIGHTENING FACIAL | 90min R1500

Firming bioactive from kigelia, combined with vitamin C rich baobab in our black clay mask work in synergy with firming massage techniques to improve skin tone. Crystal cryotherapy with aloe gel, help increase firmness and plumpness while detoxing volcanic mineral clay; lymphatic drainage techniques and indigenous African botanicals help brighten the skin.

FACE

TERRES D'AFRIQUE FACIAL TREATMENTS

SUN KISSED (HYDRATING & FIRMING) FACIAL 90min - R1500

Packed with photo-protective botanicals, this treatment helps to offset the negative effect of the sun's UV radiation by reducing inflammation, protecting cells DNA, stimulating cells endogenous repair mechanism & reducing the negative effects of oxidative stress. Hyaluronic acids combined with glycoproteins and polysaccharides from aloe ferox gel allow for a deep hydration, while essential amino acids, copper & zinc boost collagen production.

PACKAGES

SALA JOURNEY | 5hrs R4700

Prepare for an unforgettable day of relaxation. Revitalise and refresh with an Omumbiri body polish that helps stimulate circulation and eliminate dry skin, followed by a 60 minute full body treatment of your choice. A Deluxe Manicure and Pedicure treatment, and a rejuvenating facial skin treatment to ensure that you are looking and feeling your best. Package includes day access to hotel facilities such as the pool and sun lounge deck to continue your relaxation.

ESSENCE OF SALA | 2hrs R2995

Experience ultimate bliss with by a 60-minute QMS or Terres d'Afrique facial and your choice of 60-minute body treatment. Complete your day with breakfast or a 3 course lunch and enjoy use of the pool and sun lounge area.

ESCAPE TO SALA | 1hr R1995 - R2945

Enjoy pure relaxation with your selection of any 60-minute Terres d'Afrique body treatment completed with breakfast or a 3 course lunch with views over Thompsons Bay. A day of sheer bliss.

WELLNESS

Enquire about our private wellness classes such as yoga or reiki.

OUR SPA

ARRIVAL

Please arrive 15 minutes before your appointment to register. If you arrive late, your appointment will be shortened out of consideration for the next customer.

CANCELLATIONS

If you need to change or cancel an appointment, we ask that you give us 24 hours' notice or the full cost of the treatment will be charged. Please note that we request credit card details to secure bookings.

AGE POLICY

No one under the age of 16 is permitted in our spa; our treatments are specially tailored for adults. However, we do offer treatments to those aged 16 to 18 with parental consent.

HEALTH CONDITIONS

When making your booking, please advise us of any health conditions and any medication you are taking. For certain medical conditions we will require written permission from your doctor to proceed. Please speak to our spa team for more information.

PREGNANCY

Inform your therapist if you are pregnant to allow us to tailor your experience. Please note our pregnancy and safety policy: no treatments can be given in the first 12 weeks of pregnancy.



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