



The distinctiveness of our Ezingweni Day Bush Spa lies in its essential qualities, where our therapists are seen as keepers of water, Capturing nature's powerful healing essences, through touch, smell and taste.

Treatments are world class and have been developed uniquely for the spa. On arrival, a personal consultation with the expert therapists will ensure your most appropriate treatments.

- *Dermalogica/Willa Krause /Kalahari*
- *facials for men and women-*



True skin health comes from a customized product regimen designed especially for your skin. Ezingweni Day Spa achieves this through, skin analysis and the subsequent prescription of your product regimen.

Each superior treatment is enhanced by a welcome touch, a luxurious, de-stress scalp treatment for the ultimate in scientific skin-therapy.

-Essential Facials

Aromatic Facial – Basic Facial

A basic cleansing facial with the added benefits of Aromatherapy Essential Oils, makes this facial unforgettable, leaving the skin hydrated and deep cleansed.

60 minutes

R430.00

Problematic Skin- Clearing Treatment

Acneic skin types require extra care and specialized ingredients to address seriously evident concerns such as acneic break outs, black heads and irritated skin leaving the skin visibly disinfected, wonderfully alleviated and decongested.

60 minutes

R480.00

Men's Exclusive Skincare Treatment

This deep cleansing treatment takes factors such as shaving habits into account to prevent ingrown hairs and other skin problems unique to men, leaving your skin revitalized.

60 minutes

R480.00

-Advanced Prescriptive Facials

Age Smart

Counteract the aging process with a proven-effective, replenishes the skin while combating the aging signs. This luxurious treatment improves elasticity and texture, improving the skin's oxygenation and suppleness while reducing signs of aging.

60 minutes

R620.00

Sensitized

Sensitive skin treatment using environmental control system for repairing and soothing sensitized or stressed skin. This healing and immensely calming treatment is completed with a special masque that will instantly calm and heal the skin.

60 minutes

R600.00

Specialised eye treatments

These treatments can be added on to any treatment including facials and wraps.

Specialised Eye Treatment for Puffiness & Dark Circles

Counteract puffiness and dark circles .This eye mask treatment soothes, cools, and decongests the fragile eye area visibly reducing puffiness and dark circles, rendering your eyes visibly rejuvenated.

R200

Specialised Eye Treatment for Lines and Wrinkles

Treat your eye area to visible rejuvenation .Instantly smooth the appearance of fine lines, reduce crepiness, and rejuvenate the eye contour, for long term results.

R200



BODY TREATMENTS

Massages:

We as therapists at Ezingweni Day Spa work towards soothing mind, body and soul of each individual.

- **Moya Deep tissue Full Body Massage**

The world famous, deep-pressured muscle massage. Combining different techniques to focus on areas of concern
60mins R650-00
90mins R700-00

- **Moya Aromatherapy**

A medium pressured massage. A holistic treatment, that works towards physical and emotional effects. Aromatherapy essences are absorbed by your skin and inhaled through your nose creating a deeper and longer lasting effect on your whole self. Combining the relaxing effects of touch & smell to ease body and mind
60mins R600
90mins R650

- **Rungu massage (Moya African Massage)**

Experience the soothing abilities Africa has to offer- using a wooden rungu stick combined with deep tissue massaging-targeting the bodies tired and stressed muscles.
Leaving the body and soul soothed and rested.
Rungu full body massage 60min R580
Rungu back and neck massage 30min R360
Rungu full body massage 90min R650

- **Moya Hair & Scalp Therapy combined with a facial massage**

Starting the treatment with a Moya facial cleanse and massage, moving to the scalp-
A hair & scalp treatment that combines the power of touch & smell to relax and restore the body, a stress reducing treatment which soothes and relaxes the scalp whilst combating the effects of stress and tension and encouraging a healthy scalp. This treatment incorporates 2 techniques; Hair Pulling which releases endorphins, thus combating migranesand headaches.
30mins R320

- **Moya Back, Neck, Head and Shoulder massage**

This massage helps relieve areas of tension, concentrating on the head, shoulders, upper and lower back.
30mins R350
45mins R400

Hot Stone Massage

This Hot Stone massage is a unique connection with nature, offering a sense of profoundness and sacredness that we too often forget.
Creating sensations of comfort and warmth.
Allowing manipulation of a greater intensity
The direct heat of the stones relaxes muscles than with regular massage.
Harnessing ancient healing powers for a completely new body experience
It's a deep healing and unique moment that enhances our awareness and brings us closer to our true essence.

Full Body 60mins R600-00
Back and Neck 30min R380-00



- **Lymph Drainage**

A gentle, rhythmic, pumping and stretching massage in which the therapist controls the flow of lymph within the body. The movements direct the lymph fluid to the lymph nodes where it is filtered and waste is removed. This boosts the immune system, cleans the tissues, clears blockages, removes toxins, transports nutrients and increases blood flow and metabolism.

Lymph draining can improve one's health and promote general well-being
60mins R580

EZINGWENI SIGNATURE TREATMENTS

1. African Signature Journey

This Journey combines the techniques of an African Face and Scalp Massage, full body Hot Stone Massage as well as Aromatherapy.

This unique treatment promotes circulation, eases tension and relaxes tired muscles so you can drift away, effortlessly, in a deep, carefree sleep in a truly African environment using uniquely African products.

The African Face Massage is a natural "face lift" which works within the facial muscles to increase its natural elasticity and reduce lines and wrinkles caused by stress. At the same time the African Head Massage works on areas of mental stress and emotional fatigue. During the Hot Stone Massage, heat from the stones is released, increasing blood flow while specific problem areas can be worked on with more detail or deeper pressure. By improving circulation, nervous tension is soothed, which in turn improves memory and thinking clearly.

African instruments are used to begin and end your treatment to add an aurally African dimension to your whole experience. As your treatment begins, an African Rain stick is used to welcome you. This is used to ease you into your treatment, while the Rain Stick ends off The Touch awakening all senses.

90mins R920

2. Moya Stone

A whole body treatment that is proudly South African, from the indigenous oils used to the energy of the stones, which are mined locally.

The treatment begins with an invigorating full body Ayurvedic salt rub, with specifically formulated essential oil blends, followed by a full body massage with warm stones and facial drainage with cool stones, to rebalance and re-energise.

One leaves feeling cleansed and energised following the Moya Stone Massage, a rare treat indeed.

75mins R950

3. Touch of Nature through Ezingweni

Only here will you experience the true feeling of nature's grace. Allow Mother Nature to show you the path to inner healing.

Your treatment begins with our traditional foot (Water) ritual. After being exfoliated.

Then relax into a full body salt glow which will leave your body tantalizing and refreshed for what is to come

You will then enjoy our signature Reflexology Walk, towards the nature shower, where your therapists will be by your side to guide you to the next step.

Continue this journey with a Full Body Massage, as your treatment commences breathing techniques are used to ease you into the treatment.

Ending off with our scalp massage soothing all senses, specialised eye treatment will be placed on your eyes so you can float away, smoothly, in a deep, relaxing sleep while the foot ritual using stones (fire) ends of the Touch, with the sound of nature bringing back true harmony clarity and pure peace.

Prolong this journey in our Outside day bed where you can enjoy a glass of ice Water bringing back balance to the body and soul.

Including a Lunch and a fruit juice

3hrs R1400-00

Body Scrubs and Wraps

Moya Salt Glow

Applying scrub to the body in a fast moving application, improves circulation which results in draining of toxins, delivering oxygen and nutrients to cells-boosting skin radiance, and absorption of moisturizer
This Full Body Salt Scrub an invigorating and cleansing treatment that leaves the whole body soft, smooth and radiant

Ending off with unique creams to re-energize and restore the body
30mins R300

Body wraps 60mins R750

Body wraps boast a number of benefits, from increased circulation and smoother skin to detoxification and relaxation. Aromatherapy oils, with individual healing properties, are added to the organically based gel wrap to match the client's individual concerns.

The treatment commences with a full body salt scrub an invigorating and cleansing treatment that leaves the whole body soft, smooth and radiant, followed by the application of the wrap most suitable for you. Relax with a scalp and face massage while the wrap permeates the skin for 20mins.

Ending off with a 20mins Back Neck and Shoulder Massage

Anti Cellulite Body treatment

A unique slimming and anti cellulite treatment utilizing Cape Snowbush & Cape May extracts

Focusing on areas of the body that are difficult to reshape even after weight loss. It has been designed to reduce stubborn fatty deposits, improve the circulation in the areas of cellulite and detoxify, improve skin texture and tone.

Detox Wrap

Active Buchu extracts detoxify & restore the body.

This wrap has been designed to accelerate the removal of the foreign chemicals and to decrease the damaging effect of free radicals. This treatment is suitable for all types of skin especially dry skin.

Restore Wrap

With Cape Chamomile, soothes & relieves troubled skin.

This treatment has been designed to free up the mind and ease the stresses and strains of an emotionally demanding lifestyle. This is an excellent treatment for prematurely aged skin and dehydrated with poor regeneration ability



Anti Ageing Wrap

Organically based anti-ageing & dry skin wrap.

This luxurious treatment aims to moisturize, firm, tone and improve oxygenation to the skin and is followed by the exclusive Bellabaci massage to promote relaxation and a feeling of divine privilege.

This is an excellent treatment for tired, dull and dry skin or just as an exquisite pampering experience.

Defense Wrap

Uniquely formulated from Cape Lavender & Lanyana to help boost the body's immune system

This intensive body treatment has been developed to bring both physical and emotional benefits to the client. Excellent for immune booster, hormone function and circulation.



Couples Packages

COUPLES BLISS PACKAGE

Spoil yourself and that special person with this unique experience that includes a Jacuzzi session in our Double Room, a multi-sensory experience that will leave you feeling calm as you and a partner enjoy a 60mins Aromatherapy massage and a glass of bubbly with a snack.

1hr45mins R1700 per Couple

MOONLIGHT TREATMENT

Loose yourself in the breathtaking views of Ezingweni in our Double Room as you and your partner will experience decadent revitalization.

Start off this Premium experience with a glass of tantalizing champagne, succulent strawberries and enjoyable Picnic Basket, whilst enjoying the breathtaking views. Continue this unique journey with our welcome touch starting on the feet, hands and scalp.

This journey will awaken all your senses of smell touch and taste. Finish off with our Back and Neck Hot Stone **Massage**, harnessing ancient healing powers for a completely new body experience.

2hrs R2300 Per Couple

SHARE THE EXPERIENCE

This is an ideal treatment that all couples can experience together. Indulge your loved one with an afternoon or evening of unsurpassed luxury and pampering.

A side by side Moya Full Body massage ending with a 2 course spa lunch/dinner exclusively prepared for you
1hr R1600 Per Couple



PACKAGE FOR MEN AND WOMEN

Full Day Package

Game Drive & breakfast picnic
Welcoming African foot ritual
Moya Foot treatment & Mask
Moya facial & eye treatment
Full Body snowbush glow
Jacuzzi session & bubbly
Scalp Massage & Hair treatment
Full Body massage
Spa lunch & an African delight
R2580 per person

Half Day Package

Welcoming African foot ritual
Moya Foot treatment
Moya mini facial
Rock Pool session & bubbly
Scalp Massage
Back and neck massage
Spa lunch and beverage
R1500 per person

MOYA PREGNANCY PACKAGE

A choice of any 3 out of our 5 Pregnancy Experience treatments, make up 1hr30 minutes of pure indulgence. Because you have the choice on the day, it will suit both the physical demands your body is making, as well as soothing the temperament.



Moya Mini- Pedicure Experience – 30 minutes R300

A mini-pedicure to nourish the feet and maintain well groomed feet throughout pregnancy. (Incl. nail varnish)

Moya Mini-Manicure Experience – 30 minutes R280

A relaxing, calming and soothing treatment for the hands to maintain their well groomed appearance throughout pregnancy. (excl. nail varnish)

Moya Relaxing Back Experience – 30 minutes R350

A combination of massage techniques to ease back aches and muscle tension with gentle flowing movements. Moya Massage Butter is the first for massaging with and calms, relaxes and soothes the senses.

Moya tension Alleviating Head Experience – 30 min R320

A deeply relaxing head massage to de-stress the scalp, including specialised lymph drainage to improve the radiance of the face. Whilst the Moya pregnancy Hair treatment oil nourishes the Hair and Scalp

Moya Foot Experience – 30 min R280

A relaxing and soothing foot massage to alleviate swollen and painful feet, leaving you ready to face another day The Refreshing foot Mask is a must leaving your feet new.

BRIDAL PACKAGES

This can also include the Groom, Best Man, Bride's Maid's and Mother of the Bride **ALSO IDEAL FOR A GIFT** (these can be selected by the bride herself). Also available as basic packages, not just as bridal packages.



Bride & Bridesmaids Packages

Indulgence Package

Whilst the bride and her entourage enjoy their decadent and relaxing foot rituals. After this luxury experience they'll move onto:

- Hand treatments
- Foot treatments
- Moya Body Wrap with a Back Neck and Shoulder Massage
- Finish off this day with a light lunch and beverage in the spa.

This package could be used the day before the wedding or as part of the bachelorette party.

3hrs R1200-00 Per person

Revival Package

Start off this experience in our Jacuzzi with a Glass of bubbly and continue your day with a:

- Moya Foot Massage
- Moya 30min Hot Stone back Massage
- Hair and Scalp Treatment
- And Finish off with a lunch in the Spa

This package could be used the day before the wedding or as part of the bachelorette party.

1hrs30mins R1100.00 Per person

Ezingweni Nail lounge

Hands and feet

We pride ourselves on our manicure and pedicure techniques. No detail is ignored as we thoroughly cleanse, groom and restore the condition of your hands and feet.

All manicure and pedicure treatments include water soaking, nail shaping, cuticle care, moisturizing cream and polish to perfection.

Start off these Classical treatments with a tender exfoliation ending off with a tranquil massage (hands or feet) with a color of choice.

Classical Manicures and Pedicures include a Moya Mask leaving your skin soft and nourished

Classic Manicure 45mins R430

Classic Pedicure 60mins R450

The mini manicure and pedicure incl: file, paint and cuticles

Mini Manicure R330

Mini Pedicure R350

Varnish 20mins R200



This treatments includes soothing mask and a relaxing massage

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|--------------------------|-------------|--------------|
| Moya Foot Massage | R300 | 30min |
| Moya Hand Massage | R280 | 30min |

Spa Guidelines

- Bookings must be made in **ADVANCE** to secure treatments and therapists.
- Please arrive 10 minutes prior to your appointment to allow time for your consultation and so that you may leisurely prepare for your treatment.
- Lockers are provided for your personal items and clothing.
- Ensure cell phones are switched off.
- Please bring your bathing costume along.
- Please alert your therapist of any of the following: heart conditions, high blood pressure, muscle or joint injuries, pregnancy, diabetes, epilepsy, allergies to iodine or any other products, medication such as Roaccutane or Retin-A.
- Advise your therapist on the preferred pressure for your massage.
- Besides package prices, all other prices are per treatment.
- Ezingweni Day Bush Spa is not responsible for any theft, damage, loss or misfortune that may occur.
- **For any booking to be confirmed, a proof of payment is required- emailed through**
- No cash refunds for products / gift vouchers purchased or services
- No children allowed at spa, except when booked for a treatment
- Spa facilities only available for clients receiving treatments
- Corkage fee not available. Personal alcohol or beverage preferences can be arranged, with Ezingweni restaurant and bar.

Contact Details:

082 821 3202 /admin@ezingweni.co.za

Signal are not available at the Day Spa, thus when wanting to book or inquire about us telephonically, encase of no answer -please leave a text message and you will be contacted as soon as possible.

Directions www.ezingweni.co.za

Accommodation bookings and info: 082 821 3202/ admin@ezingweni.co.za

