

GRAND KRUGER SPA

Enter a World of Peace and Renewal. We all need some time to get away from the busy world and focus on taking care of ourselves. At Grand Kruger Spa, you can escape from the stress of your responsibilities and soothe and pamper your mind, body and soul. Retreat to our friendly spa where you'll receive all the pampering and care you can dream of. Our professional therapists are ready to make your visit with us as comfortable and enjoyable as possible. Are you looking for a relaxing massage, or enjoy being pampered by our professional therapists. We invite you to come visit us. We provide a wide range of beauty treatments in our relaxed friendly spa.



Stand 4627 Hartbees Avenue, Marloth Park
Contact: 013 013 0290/082 651 4567/info@grandkrugerylodge.co.za



Cash, Credit Cards, Debit Cards and EFT are all accepted methods of payments.
Unfortunately Dinners Club and American express are not accepted.

Please ensure to arrive 15 minutes prior to your appointment in order to complete Indemnity Forms.

Massages



Set aside some time for tranquillity to touch you as you walk into your spa experience. Allow our skilled therapists to transport you into a Grand Kruger world of relaxation that will revitalise your body and uplift your soul. Where you will find your peace of mind and loose all your tension being bathed in relaxation, adding perfection to any holiday. Choose between our various specialised techniques that will ease the bodies balance.

30 MINUTES

Back, Neck and Shoulder Massage

R350

Deep penetrating massage to relax and de-stress tired neck and back areas

Indian Head Massage

R300

Relax those stressed neck and shoulder areas with a "champiassage". Dating back thousands of years. Ideal for headaches and insomnia

Aromatherapy Massage Treatment

R390

A more healing technique of massage using pure essential oils to uplift the spirit. This rejuvenating massage touches all the body's senses, relaxing body and mind.

Deep Tissue Massage

R400

A slow, deep & mechanical softening of the tissues, by stretching and applying deep pressure. This allows tissues to rehydrate and become more pliable, targeting severe tension and pain in muscles.

Swedish Massage

R350

A light, flowing massage which helps the bodies circulation and relaxation, providing an overall sense of well being.

45 MINUTES

Back, Neck and Shoulder Massage

R500

Deep penetrating massage to relax and de-stress tired neck and back areas

Hot Stone Massage

R520

Return to one's true nature. Deep penetrating heat is applied using hot stones. Balance all levels of emotional, mental and physical energy.

Deep Tissue Massage

R550

A slow, deep & mechanical softening of the tissues, by stretching and applying deep pressure. This allows tissues to rehydrate and become more pliable, targeting severe tension and pain in muscles.

Swedish Massage

R400

A light, flowing massage which helps the bodies circulation and relaxation, providing an overall sense of well being.

Aromatherapy Massage Treatment

R520

A more healing tecdhnique of massage using pure essential oils to uplift the spirit. This rejuvenating massage touches all the body's senses, relaxing body and mind.

60 MINUTES

Hot Stone /full Body Massage

R600

Return to one's true nature. Deep penetrating heat is applied using hot stones. Balance all levels of emotional, mental and physical energy.

Aromatherapy Massage Treatment

R620

A more healing tecdhnique of massage using pure essential oils to uplift the spirit. This rejuvenating massage touches all the body's senses, relaxing body and mind.

Deep Tissue /full Body Massage

R650

A slow, deep & mechanical softening of the tissues, by stretching and applying deep pressure. This allows tissues to rehydrate and become more pliable, targeting severe tension and pain in muscles.

Swedish /full Body Massage

R550

A light, flowing massage which helps the bodies circulation and relaxation, providing an overall sense of well being.

- **EXTRA 15 MINUTES CAN BE ADDED TO ANY OF THE ABOVE TREATMENTS AT R150**

TASTER MENU - 15 MINUTES

| | |
|---------------------------------|-------------|
| Tension Reliever (Back Massage) | R280 |
| Head & Scalp Massage | R280 |
| Mini Facial Treatments | R280 |

FACIALS



The DermaPlex™ route to a healthy skin is provided by various natural ingredients, including Meloshield™, a natural melon extract which is rich in anti-oxidants. With regular use of this range, the harmful effects of environmental aggressors and pollutants will be reduced to leave your skin looking healthy, youthful and radiant.

45 MINUTES – R 400

- **Teen Facial**
A light facial especially suited to young skin, to purify and cleanse. Also reduces excess oil production, decongests pores and lifts impurities.
- **Chocolate facial**
A revitalising facial, for all skin types, to nourish, soothe and rejuvenate the skin.

60 MINUTES – R480

- **Multivitamin facial**
A boosting facial designed to firm, moisturise and rejuvenate the skin. Suitable for most skin types that need a boost of vitamins and moisture.
- **DNA Anti-ageing facial**
A Facial especially designed to refine the skin by stimulating skin cell renewal and boosting skin's rejuvenation. Offering anti-ageing, moisturising, soothing and firming properties.
- **Deep Cleansing facial**
A refreshing facial for all skin types, to purify, cleanse, reduce excess of oil, decongest pores, lift impurities, rejuvenate and soothe the skin.
- **Calming facial**
A light cooling facial for relieving skin stress and discomfort. Offers a sunburn-healing and anti-inflammatory effect as well as scar reduction and wound healing. Suitable for all skin types, especially for sensitive and problematic skins.
- **Ultra-Hydrating facial**
A moisturising facial, especially suited to dry or dehydrated skin, to moisturise, soothe, protect and restructure. Also has lipid-reforming and anti-inflammatory properties.

90 MINUTES FACIAL– R540

- **Stem Cell Facial**
A Rejuvenating facial, designed for mature skin, to stimulate skin cells and activate cell growth. Also has anti-ageing effect as well as firming, moisturising, boosting and soothing properties.

Foot treatment



Our pedicures include a moisturizing soak, scrub, cuticle work, massage and paint. A little judicious heel-filling and an hydrating treatment can work wonders on your feet if they tend to be dry and rough.

15 MINUTES

Tidy and paint on toes R 100

This is fast and effective. We shape the nails, work on the cuticles and end off with paint.

Foot Massage R 100

Perfect for those tired feet and legs

60 MINUTES

Pedicure R200

(Soak, scrub, buff and paint)

Male Mini Pedicure R150

(Soak, Cut, buff no paint)

Paraffin Pedicure R250

This is a lovely treatment to have in the winter for those dry, aching feet. Once the foot massage has been done we dip your feet in paraffin which helps with the cracks and to heats up those winter feet

Hand treatment



Our manicures include a soak, scrub, cuticle work, massage and paint. It's time to give your hard working hands a little **TLC** with our wonderful manicures designed to make them look and feel great.

15 MINUTES

Tidy and paint of nails R100

This is perfect for the woman on the run. It's a quick shape of the nails, cuticle work and ended off with paint.

Hand Massage R100

A lovely hand and arm massage to soothe those tired muscles.

60 MINUTES

Manicure R200

Paraffin Manicure R250

This is the perfect treatment for those dry, cracked hands that are in the water all day

Male Mini Manicure R 150

Cut, buff no paint



Grand Kruger SPA Packages:

Weekend & Public Holiday bookings available on request

GRAND SPA PAMPER PACKAGE - Starts at 09H00 - includes Spa Breakfast

Midweek – R 1 550 per person

Weekend – R 1 750 per person

- Spa Breakfast
- Full Body Massage
- Indian Head Massage
- Hand Treatment
- Foot Treatment
- Juice selection throughout the day
- Non alcoholic cocktail
- 3 hours of treatments

MINI GRAND SPA PAMPER PACKAGE - Starts at 09H00 - includes Spa Breakfast

Midweek – R 1 290 per person

Weekend – R 1 490 per person

- Full Body Massage
- Indian Head Massage
- Hand or Foot Treatment
- Spa Juice selection throughout the day
- Non alcoholic cocktail
- 2 hours of treatments

Rejuvenating Mid week special @ R 850.00 pp

- Back Neck and Shoulder including Hot stone
- Foot Treatment
- Pedi peel and Paraffin Pedicure
- 2 hours of treatments.

Couples are welcome

Group bookings on request.

