



PRANA

LODGE & FOREST
WELLNESS RETREAT

WELLNESS SPA MENU

All wellness treatments start with a pampering complimentary foot scrub

AROMATIC FUSION MASSAGE 60min | R960

Experience Prana's Aromatic Fusion Massage, which combines traditional body touch techniques with Swedish, reflexology and deep tissue manipulation – this leaves you rejuvenated and relaxed; it brings balance to your body and melts away tension and fatigue.

HOT STONE MASSAGE 90min | R1360

Embrace the restorative power of warmth with our Hot Stone Massage. This unique treatment combines the soothing strokes of our aromatic fusion massage with the comforting heat of smooth stones, creating a harmonious blend that truly elevates your massage experience to new heights of relaxation.

HEAD | NECK | SHOULDERS 60min | R960

Loosen up tired stressed muscles and relieve tension in your head, neck, shoulders and upper back, easing chronic aches and pain. This massage enhances your well-being and revitalises your energy.

HERBAL BODY EXPERIENCE 150min | R1920

An herbal steam session followed by a body scrub, herb infused body wrap and a relaxing massage. Opening the flow of energy and relieving body tension to detoxify, soothe and nourish your skin.

COCONUT OIL FACIAL 60min | R1050

The Prana Virgin Coconut Oil Facial is the ultimate skin overhaul and will restore elasticity and softness, combat aging, and promote a healthy glow.

ANTI-STRESS MASSAGE 90min | R1360

Relax the senses and bring them back into harmony and balance with the power of essential oils and traditional body touch techniques. The addition of the foot massage helps to improve circulation and the natural function of your body.

CANDLE OIL MASSAGE 60min | R1010

Our luxury warm Candle Massage allows your tensions and stress to melt away. The special combination of heat and massage helps to relax tight muscles and increases circulation. In addition, the natural ingredients in our handcrafted soy candle infused with essential oils, provide nourishment to the skin and deep relaxation.

FOOT MASSAGE 60min | R960

Indulge in a foot soak, exfoliating scrub, followed by a massage. Foot Massage is the ancient art of healing which relieves tension, improves circulation and helps promote the natural function and restoration of your body.

HAND AND FOOT RITUAL 60min | R960

A holistic lower leg, foot, arm and hand treatment that includes a gentle exfoliation and relaxing pressure point massage.

ADD-ONS:

These can only be add-ons to treatments or packages.

EXPRESS PEDICURE 45min | R450

EXPRESS MANICURE 30min | R300



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www.pranalodge.co.za



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PACKAGES

PRANA SPECIAL	60min R1360	HALF DAY PACKAGE	3 hours R2280
<ul style="list-style-type: none">. Aromatic Fusion Massage. Breakfast or Lunch		<ul style="list-style-type: none">. Breakfast or Lunch. Steam bath and Sauna. Detox Body Scrub. Herbal Body Wrap. Aromatic Fusion Massage	
PAMPER PROGRAM	120min R1655		
<ul style="list-style-type: none">. Aromatic Fusion Massage. Coconut Oil Facial Massage			
PERFECT DAY	120min R2100	FULL DAY PACKAGE	6 hours R3970
<ul style="list-style-type: none">. Aromatic Fusion Massage. Coconut Oil Facial Massage. Breakfast or Lunch		<ul style="list-style-type: none">. Fruit and a light snack on arrival. Prana Herbal Body Experience: herbal steam followed by a body exfoliation and a body wrap with aromatic herbs and spices. Lunch. Aromatic Fusion Massage. Prana Coconut Oil Facial Massage. Hand Ritual	
PREGNANCY PAMPER	120min R1655		
<ul style="list-style-type: none">. Coconut Oil Body Massage. Coconut Oil Facial Massage			
COUPLES EXPERIENCE	120min R2020PC	MOONLIGHT EXPERIENCE	120min R1690
<ul style="list-style-type: none">. Aromatic Fusion Couples Massage. Hydro Facilities – Steam bath and Sauna		<ul style="list-style-type: none">. Aromatic Fusion Massage. Hydro Facilities – Steam bath and Sauna. A Cocktail at the poolside terrace. 5-course fine dining dinner	
THE PERFECT GIFT	105min R1695		
<ul style="list-style-type: none">. Aromatic Fusion Massage. Express Pedicure. Breakfast or Lunch. Complimentary Gift			





To all the guests visiting Prana Lodge Wellness Spa, kindly note the following to assist us in providing you with the highest level of service possible.

Reservations

Reservations at the Prana Lodge Wellness Spa are essential. To book please call +27 43 7045100 or alternatively email relax@pranalodge.co.za.

Opening Hours Daily

08h00 to 18h00

Arrival

Please arrive 15 minutes prior to your treatment, time to complete your check-in process and familiarize yourself with the beautiful surroundings.

Prana Lodge Wellness Centre Attire

Please note that towels, robes and slippers will be provided for use during your visit.

Please bring along your swimwear if you have booked any of our Wellness Centre hydro facilities (Steam room and Sauna).

Check-in Process

Our Wellness therapists will speak with you privately during the check-in process about any previous medical conditions or current health issues to ensure that health and beauty treatments enhance your opportunity to relax indulge and enjoy being pampered in luxury.

Please alert our team if you experience muscle or joint soreness, have had recent surgery, suffer from hypertension, are pregnant, or have allergies to anything that might affect you during your visit.

Prana Lodge Wellness Centre Etiquette

- Kindly keep noise levels in and around the Wellness Centre to a strict minimum to allow all guests to enjoy their experience.
- Please ask your massage therapist to adjust the pressure of your massage at any time during your treatment to accommodate your individual needs and preferences.
- Kindly keep mobile phones switched OFF when in and around the Wellness Centre facilities.
- Please respect the strict No Smoking policy in and around the Wellness Centre facilities and Treatment Pavilions.
- The Wellness Centre welcomes young people over the age of 8. Regrettably, visitors under the age of 8 will not be permitted in or around the facilities.
- Gratuities are not included in the treatment price. It is at your discretion to add a gratuity, which is recommended between 10% and 20%.



Information & Spa Etiquette

Massage is not recommended under the following circumstances:

- Infectious skin disease, rashes or open wounds.
- Bruised or inflamed skin, unhealed wounds, tumours, abdominal hernia, massages are not advised for areas that have had recent fractures.
- Immediately after surgery.
- Immediately after chemotherapy or radiation, unless recommended by your doctor.
- Vulnerability to blood clots, as there is a risk of blood clots being dislodged.
- During pregnancy, your massage should only be done by a massage therapist who is qualified in pregnancy massage.

Guests of Prana Lodge Wellness Spa with previous or current medical challenges such as cancer, heart disease/problems, hypertension, asthma, claustrophobia or pregnancy, are advised to seek advice from their medical practitioner before booking any treatments.

Late Arrival Policy

Please note that late arrivals will result in your treatment time being adjusted accordingly, and a full treatment fee will be charged.

Cancellation Policy

Guests who wish to cancel or move an appointment are required to provide at least 24 hours advanced notice, or full cost of the treatment fee will be automatically charged to their credit card. In the event that an appointment is missed, the full cost of the treatment will be retained, or fee will automatically be charged to their credit card.

Prana Lodge Bar and Restaurant

Guests are invited to make use of our bar and restaurant facilities to enhance and compliment their Wellness Centre experience. Booking is essential.

Prana Lodge takes all necessary precautionary measures to ensure the safety of our guests and their valuables, however Prana Lodge is not responsible for any theft, damage, loss or misfortune that may occur.