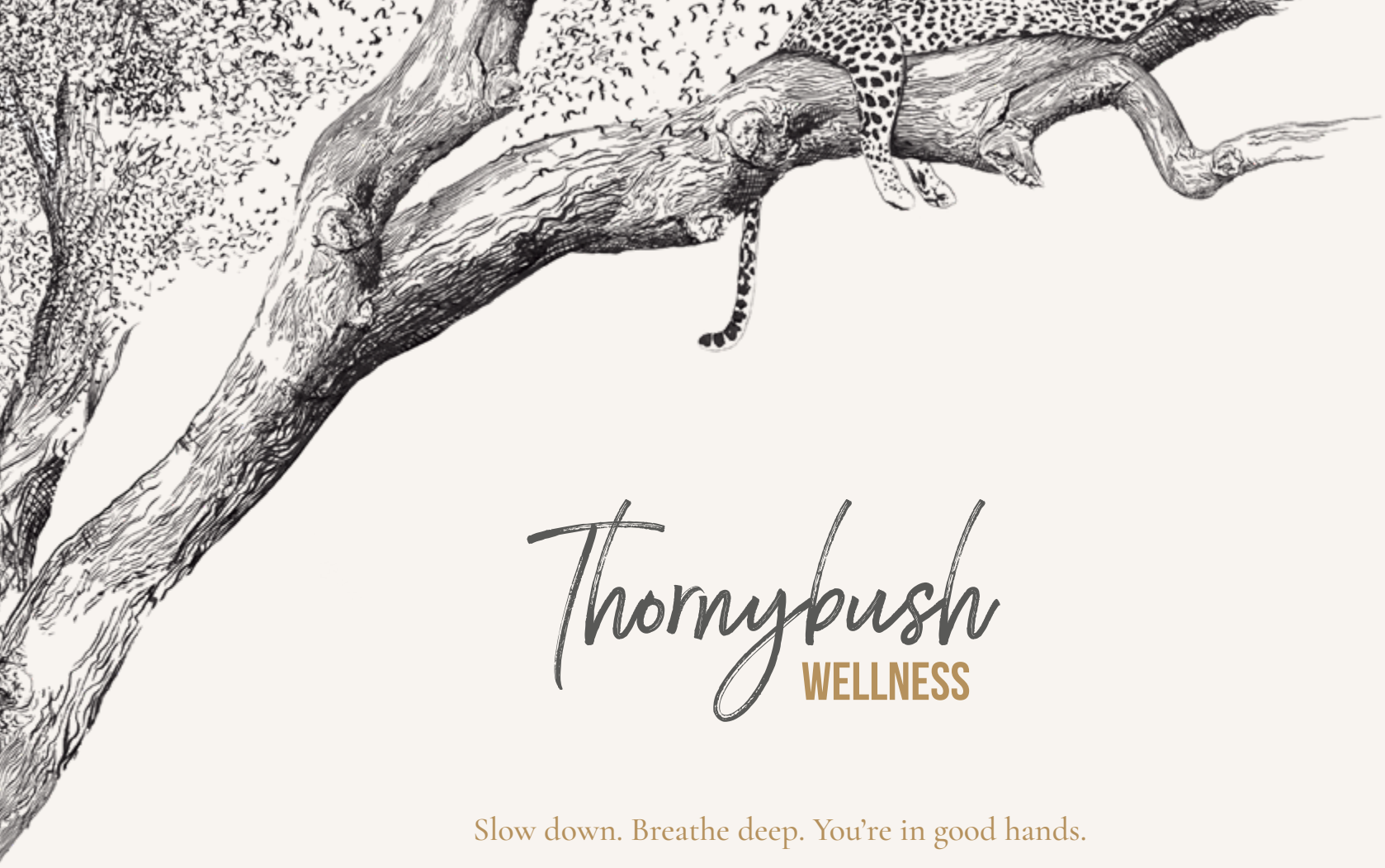

Thornybush
WELLNESS
Explore | Restore | Thrive





Thornybush
WELLNESS

Slow down. Breathe deep. You're in good hands.

Whether you're easing into stillness after a day on safari, recalibrating after city life, or simply enjoying the luxury of doing nothing at all — our therapists are here to restore your balance, one perfectly timed pause at a time.

Body Treatments

Deep Tissue Safari Relief Massage

60 mins	90 mins
R1650	R2100

A therapeutic treatment that utilizes firm pressure and precise technique to relieve muscle tension.

ADD ON HOT STONE | R200

Back, Neck And Shoulder Massage

30 mins	45 mins
R800	R1000

A massage specifically designed to target the back and shoulder regions, aiming to alleviate tension in these frequently stressed muscles.

ADD ON BACK SCRUB | R150

ADD ON HOT STONE | R200

ADD ON FULL BODY SCRUB (30MINS) | R350

Rungu Massage

60 mins	90 mins
R1800	R2200

African Rungu massage is a long stroked, deep pressure massage that reduces pains and aches, improves blood circulation and muscle toning.

Hot Stone Massage

60 mins	90 mins
R1750	R2150

Relax and unwind as heated lava stones melt away tension and stress, leaving you feeling refreshed and revitalized.

Take a deep *breath*, feel the warmth of the sun, and let the untamed beauty around you inspire a deeper connection to yourself and nature.

Calabash Massage

A soothing treatment using rhythmic movements and light pressure with traditional calabash gourds to ease tension, calm the mind, and restore a sense of balance and well-being. Let the calming flow of this unique massage melt away stress and leave you feeling refreshed and rejuvenated.

60 mins	90 mins
R1400	R1750

Scalp Massage

A scalp massage can bring immediate relief to mental and emotional stress. It also improves circulation in the head and helps enhance senses.

30 mins
R650

Foot massage

Relaxation and relief for aching and swollen feet, this massage will put you back on a solid foundation.

30 mins
R700

Babor Body Treatments

Babor Soul & Body Massage

Experience ultimate relaxation with this gentle, luxurious full-body massage. Tailored to relax you, it soothes tension, boosts circulation & nourishes the skin.

60 mins | R1400

Babor Salt Oil Peeling & Massage

Renew & rejuvenate with this exfoliating salt oil peel, followed by the relaxing Soul & Body massage. Your skin will be smooth & nourished while tension is eased & balance restored.

90 mins | R1750

Babor Algae Detox Wrap

Purify and revitalise your body with this detoxifying algae wrap, designed to support the skin's natural cleansing processes and promote a feeling of renewal. This treatment helps refresh the skin, leaving your body feeling lighter, revitalised, and beautifully refreshed.

120 mins | R2500



Babor Face Treatments

ADD ON BABOR AMPOULE | R250

Babor Signature Facial Experience

This elite ritual combines hero products tailored to your skin type to deliver an unparalleled radiance and rejuvenation facial, leaving your skin refreshed, revitalised, and glowing.

60 mins | R1300

Doctor Babor Facial Journey

A crafted facial experience tailored to your skin conditions, using advanced products to expertly resurface, smooth imperfections, and enhance the skin's natural functions for a healthier, more radiant complexion.

60 mins | R1800

High Skin Refiner Anti-Ageing Facial

An exquisite luxury treatment designed for dry and mature skin. This advanced formulation targets the underlying causes of wrinkle formation, slowing their development.

90 mins | R2200

Babor Men

Energize & refresh your skin with this tailored facial treatment designed specifically for men. This facial deeply cleanses, hydrates & soothes while addressing the signs of stress & fatigue, leaving your skin revitalized & balanced.

60 mins | R1300

Babor Hydra Infusion

Quench your skin with this deeply hydrating facial that replenishes moisture & restores radiance. Perfect for dehydrated or tired skin.

30 mins | R700



Babor Purifying Infusion

Deeply cleanse & clarify your skin with this purifying treatment, designed to reduce impurities, refine pores & balance your complexion. Ideal for oily or blemished skin.

30 mins | R700

Babor Lift Infusion

A rejuvenating treatment designed to tighten, firm & lift the skin. It enhances skin elasticity & reduces fine lines. Ideal for those seeking an instant glow & noticeable lift.

30 mins | R700

Safari Serenity Experience

A rejuvenating escape that begins with a soothing sauna session, complemented by an orange juice. Enjoy a 60-minute full-body massage to release tension, followed by a calming 30-minute Foot and Scalp Massage, leaving you refreshed, balanced, and deeply relaxed.

120 mins | R2450

Babor The Earth Experience

Reconnect with nature through this grounding & restorative treatment. Inspired by the elements of the earth, this treatment combines exfoliation, a soothing body wrap, a relaxing massage & ending off with a facial.

120 mins | R2950

Selfcare Essentials

HANDS & FEET

Manicure	60 mins	R550
Gel manicure	75 mins	R750
Pedicure	60 mins	R650
Gel pedicure	75 mins	R850
Gel soak off	30 mins	R300

WAXING

1/2 leg	30 mins	R400
Full leg	45 mins	R600
Bikini	30 mins	R450
Underarm	15 mins	R300

TINTING

Eyelash	R200
Eyebrow	R200
Lash & brows	R300





Infrared Sauna

Relax and rejuvenate in our state-of-the-art infrared sauna, designed to provide a soothing, detoxifying experience that promotes relaxation, improves circulation, and relieves muscle tension. The infrared sauna is complimentary for all guests, with a maximum session time of 20 minutes.

To ensure availability, please reserve your session in advance by speaking with our spa reception. Whether you're looking to unwind or enhance your wellness journey, our infrared sauna is the perfect addition to your spa experience.

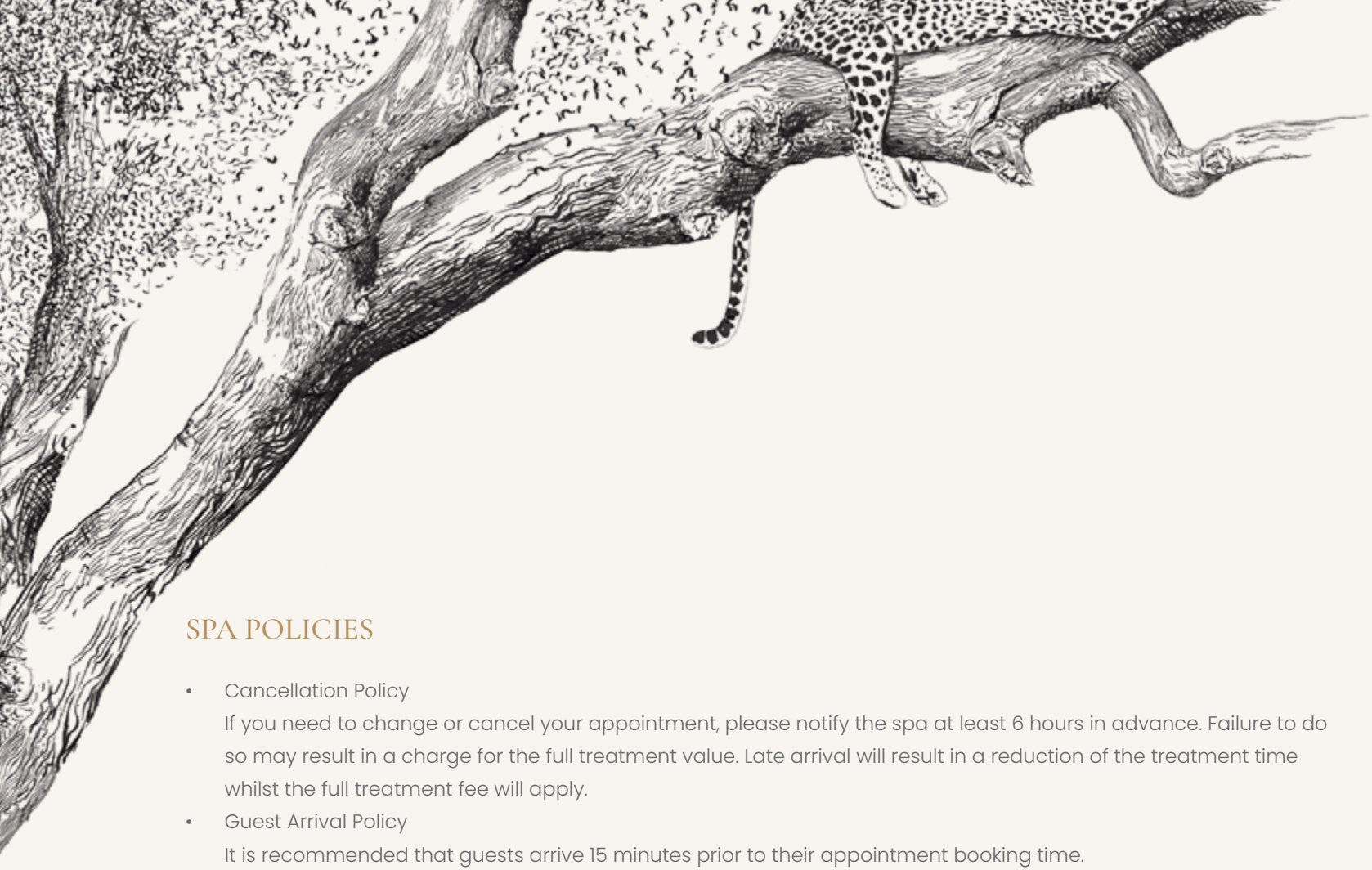
Our *Gym*

Our gym features cutting-edge Technogym equipment, enabling guests to track and record their workouts by connecting their phones or wearable devices to the machines.

In addition to this advanced equipment, we offer a range of weights, resistance bands, exercise balls, and more to ensure a well-rounded workout. Guests have access to the gym at any time throughout the day.







SPA POLICIES

- Cancellation Policy
  If you need to change or cancel your appointment, please notify the spa at least 6 hours in advance. Failure to do so may result in a charge for the full treatment value. Late arrival will result in a reduction of the treatment time whilst the full treatment fee will apply.
- Guest Arrival Policy
  It is recommended that guests arrive 15 minutes prior to their appointment booking time.
- Product Return Policy
  We regret no exchange or refund will be given on product purchases that have been opened or used. All items should be unused, unopened and returned in their original and undamaged packaging within 24 hours of purchase.
- Age Restriction Policy
  Any guest under the age of 16 years having a treatment must be accompanied by an adult. No guest under the age of 16 years may make use of the other Wellness Facilities.


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