



————— KRUGER —————

S H A L A T I  
THE TRAIN ON THE BRIDGE

S P A M E N U



Facilitated by Dee's African Spa on-site

## SIGNATURE TREATMENTS

African Spa ritual therapies have been used for hundreds of years, boosting health and healing. Our signature experiences utilise age-old wisdom and natural ingredients, combined with the latest techniques in wellness.

### XIGIYA "KNOB KIRI" MASSAGE

90 min - R1600

A unique full body massage administered with the help of a Xigiya Stick "Knob-Kiri" (a wooden traditional weapon that was used by the African soldiers in the olden days) to relieve tension. This massage will deeply relax the muscles, stimulate blood flow and soothe soreness. This massage includes a Tribal Head Massage.

### TRIBAL RETREAT

90min - R1800

This soul reviving treatment begins with an African foot ritual, combining unique techniques of our Traditional Xigiya Massage and Igule "Calabash" Massage. This unique combination eases away muscular aches and tension.

## SHALATI JOURNEYS/PACKAGES

### SHALATI EXPRESS

90min - R1800

Choose any combination of 3 express treatments below for a personal tailor-made experience to suit your needs.

- 30min Head Massage
- 30min Foot Massage
- 30min Back, neck & shoulders massage
- 30min Express Facial
- 30min Express Manicure
- 30min Express Pedicure

### THE MATRIARCH

2hrs

R3885 (Duo) | R2160 (Single)

Indulge in a spa day for one or two. Relax with a soothing Aromatherapy/ Hotstone massage, followed by our Africology skincare facial that will leave you feeling revived and rejuvenated.

GUEST  
FAVOURITE

### RECONNECT (COUPLES MASSAGE)

60/90min - R2595/R2750

Your treatment begins with a foot ritual. Share a pampering moment with your partner. Enjoy the delights of being together as two therapists treat you both.

## AFRICOLOGY TREATMENTS

### BALANCING SCALP & LEG MASSAGE

45min - R1100

A massage treatment helping to relax and relieve tension in the scalp, legs and feet, (incl. a wrap). Calming and relaxing pressure points to restore energy balance in areas that are often neglected.

BEST  
FEEDBACK

### FULL BODY EXFOLIATION

45min - R865

Your body has an innate natural rhythm which we often forget. We work with this natural rhythm in assisting the body to renew itself. The body scrub gently exfoliates flaky, dry skin and locks in moisture to reveal a softer, smoother touch.

SHALATI  
MEN

Immerse yourself in total bliss! Experience the total bundle of services specially designed for men.

### THE ULTIMATE BUNDU ESCAPE

150min - R3600

Deep Tissue Massage  
Africology Man's Facial  
Express Pedicure



## TRADITIONAL THERAPIES

### STRESS RELIEF MASSAGE

60/90min - R1380/R1550

Gentle kneading and rhythmic, tapping strokes on topmost layers of muscles, leaving your body relaxed and energized.

SIGNATURE  
TREATMENT

### AROMATHERAPY MASSAGE

60/90min - R1550/R1850

Aromatherapy essences that are used for massage are absorbed by the skin and inhaled through the nose creating a deeper and longer lasting effect. This treatment combines the relaxing effects of touch and smell to ease tension on the body and mind.

### HOTSTONE MASSAGE

60/90 min - R1550/R1850

The direct heat of the heated lava stones relaxes muscles allowing manipulation of a greater intensity.

### AFRICAN HEAD MASSAGE

30min - R700

This massage helps relieve areas of tension, concentrating on the scalp, neck and shoulders.

### BACK, NECK & SHOULDER

30/45 min - R995/R1100

Main aim is to eliminate the tension and the spasms from the muscles on your upper and lower back. The massage concentrates on areas of tension especially on the Shoulders to improve blood circulation as well as encouraging relaxation.

### TRIBAL REFLEXOLOGY

30/45min - R850/R950

The age-old tradition of pressure point stimulation on the feet. The feet are divided into zones that represent the whole body. The massage of the nerve endings situated at the bottom of the feet triggers off a response in the body. Thorough stimulation of all reflex areas of the feet, reduces stress and tension and creates a space in the recipient's body for healing to take place.

### DEEP TISSUE MASSAGE

60/90 min - R1550/R1850

A massage therapy that focuses on realigning deeper layers of muscle and connective tissue. It is especially helpful for chronically tense and contracted areas such as stiff necks, low back tightness, and sore shoulders.



## SKIN CARE TREATMENTS

### AFRICOLOGY

#### DEEP CLEANSE FACIAL

45min - R1300

A deep cleanse can leave the skin looking refreshed and more youthful. By using our gentle Exfoliating Cream and hot mittens, the skin is purified without the long-term damage usually caused by steaming and harsh exfoliators. An exfoliation with massage that stimulates and uplifts tired and dull skin and clears problematic skin.

#### AFRICAN GODDESS FACIAL

90min - R2450

When your primary focus is a facial rejuvenation, but the body is also calling for tender loving care. Our treatment starts with a back exfoliation followed by a back massage, melting away tension. This is a wonderful ritual that involves cleansing and facial massage with healing rose quartz, making it a sacred way to celebrate the Goddess within.

## HAND AND FOOT TREATMENTS

For a beautiful respite from the high-energy nature of everyday life, join us for an experience with a difference. Your hands or feet will be massaged, your nails shaped, and your skin richly hydrated with our all-natural products designed to undo environmental damage to your skin.

60min - R610 Spa Manicure (Regular polish)

75min - R720 Spa Pedicure (Regular polish)

60min - R790 Gelish Manicure

75min - R935 Gelish Pedicure

30min - R360 Soak Off

30min - R510 Chemical Peel Heel Treatment

### SHALATI CUBS

The treatments are designed specifically for children aged between 2-12 years. Our skilled staff have been trained to work with children of all ages. Spa products used are suitable for their sensitive skin.

#### JUNIOR RANGER

30min - R575

Back, neck and shoulder massage, tribal head massage or hand or foot massage.

#### KIDDIES MASSAGE

45min - R720

Gentle pressure massage.

#### AFRICAN PRINCESS

60min - R935

Mini facial, back, neck and shoulder massage, manicure or pedicure.

Spa Hours: 08h00 to 15h00, Monday to Sunday | Please book treatments at least 24 hours in advance.

#### HEALTH AND SAFETY

- Clients must complete a consultation form before their first treatment.
- It is the client's responsibility to inform us of any health conditions, allergies, injuries, or medical conditions that may affect treatment.
- Kruger Shalati reserves the right to refuse treatment if it is deemed unsafe for the client's health.

#### PREGNANCY DISCLAIMER

- Certain treatments may not be suitable for clients who are pregnant.
- If you are pregnant, please inform us at the time of booking.
- Treatments for pregnant clients will be adjusted to ensure the health and safety of both mother and baby.
- Clients who are in their first trimester of pregnancy may be advised to delay treatments, as a precautionary measure.