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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 - R1725

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.

## SHALATI JOURNEYS/PACKAGES

### SHALATI EXPRESS

90min - R2050

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

160min

R4195 (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 - R2800/R3050

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.

## THE SOUL OF AFRICA (SIGNATURE TRADITIONAL MASSAGES)

### AFRICAN SHEA BUTTER POULTICE

60min/90min R1795/R2350

Experience a full-body massage inspired by African traditions, featuring nourishing body butters and warm herbal poultices. While African ingredients moisturise your skin, the blend of herbs and minerals supports healing and boosts circulation. Select the body butter that best matches your preferences.



## TRADITIONAL THERAPIES

### STRESS RELIEF MASSAGE

60/90min - R1380/R1500

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

SIGNATURE  
TREATMENT

### AROMATHERAPY MASSAGE

60/90min - R1425/R1600

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 - R1395/R1550

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

### BACK, NECK & SHOULDER

30/45 min - R895/1100

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.

### DEEP TISSUE MASSAGE

60/90 min - R1425/1600

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

### INTENSIVE HYDRATION FACIALY

60min - R1725

Quench | Revitalise | Renew  
Restore your skin's natural glow with this deeply hydrating facial. Designed for sun-exposed or dehydrated skin, it features a customized cleanse, a soothing Marula & Rose essence massage, and a hyaluronic acid infusion to replenish moisture and boost skin vitality. Suitable for all skin types.

### RESTORING SKIN SOOTHER FACIAL

60min - R1725

A calming facial for sun-exposed skin or environmental pollutants, using nutrient-rich superfoods, herbal shea oils, and gentle boosters—no artificial chemicals.

### HEALING EARTH FACIALS

#### High Performance Facial with Tri Enzyme Synergy

90min - R2450

Renew | Resurface | Rejuvenate.  
This facial treatment uses papain and bromelain enzymes to exfoliate and remove dead skin cells. It includes Matrixyl peptide, which may help stimulate collagen production and reduce the appearance of fine lines, potentially resulting in firmer skin. Suitable for all skin types, the treatment aims to improve skin texture and appearance using natural ingredients.

### MEN'S FACIAL

60min - R1295

Fully customised for men to address individual requirements, providing deep cleansing intended to refresh and nourish the skin.

### SHALATI CUBS

Shalati Cubs treatments are designed specifically for children 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 MESSAGE

45min - R720

Gentle pressure massage.

#### AFRICAN PRINCESS

60min - R935

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



## 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.

### AFRICAN HANDPRINT JOURNEY

75min

Regular Polish R645 | Gel Polish R795

This service features nail polishing, reshaping your nails, caring for your cuticles, and a relaxing hand massage to boost hydration and nourishment. It wraps up with a coat of Nail Lacquer or Gel.

### AFRICAN FOOTPRINT JOURNEY

75min

Regular Polish R829 | Gel Polish R970

Feet are soaked, exfoliated, cuticles treated, and toenails trimmed, and polished. The process is completed with a foot massage and application of Nail Lacquer or Gel varnish.

### IGENTS HANDPRINT OR FOOTPRINT CEREMONY

45min - Hands R500 | Feet R645

Ideal for gentlemen: soak, exfoliate, nail shaping, and cuticle care included and a relaxing massage.

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.