



Beauty through Healing

K A R U N A
Day Spa

TREATMENT MENU

SKINCARE

HARMONISING FACIAL

60MIN R785

Indulge in a luxurious experience with our tailored facial, custom-designed to attend to your specific skin concerns. Our skilled and experienced aestheticians will analyse your skin and create a personalized treatment plan to address your unique needs. Relax and rejuvenate while we pamper you with our highest quality skincare products and expert techniques, leaving your skin feeling refreshed, revitalized, and radiant.

SPECIALISED FACIALS

ACNIVINE FACIAL

75MIN R795

Indulge in our rejuvenating deep cleansing facial, specifically designed to combat active congestion and restore clarity to your skin. Our expert aestheticians utilize a combination of targeted techniques including steaming and extractions and high frequency as well as specialized products to address congestion, minimize inflammation, and revitalize your complexion.

HYDRAVINE FACIAL

60MIN R835

A revolutionary cloth mask containing Hyaluronic Acid intensely moisturises the skin and 'locks in' active ingredients for up to 3 weeks – perfect for very dry, sensitive skin needing intense hydration.

DELUX ANTI AGING FACIAL

60MIN R905

This replenishing treatment assists in reducing fine lines and wrinkles with peptide rich boosters and serums to combat the signs of ageing while a plasticizing mask further enhances the actions of the active ingredients.

CELLULAR GOLD FACIAL

90MIN R1120

Using TheraVine®'s break through anti-oxidant technology, this anti-ageing concept along with the revolutionary soft 24K gold and diamond dust collagen film mask, promotes the skin's DNA repair system while luxuriously soft and delicately scented creams, serums and balms transport your skin to an advanced state of renewal.

PRO-RADIANCE GLOW FACIAL

75MIN R1010

A CBD-infused treatment indicated for stressed out, fatigued and devitalised skins. A gentle glycolic acid peel helps to rapidly increase cell turnover and skin vitality followed by a soothing cannabidiol lipid-serum and a replenishing heated nutrient rich linseed mask. Restore skin radiance and youthfulness for calm, glowing skin.

ADVANCED AESTHETIC SKINCARE

PEELING SYSTEM

The 4 tier professional-grade step-up peel system of various percentage Lactic and Glycolic Acid with Charcoal and Tartaric Acid assists to stimulate the skin's cell turnover for a more youthful and rejuvenated skin. Regular treatments improve the skin texture, fine lines and wrinkles, superficial imperfections and pigmentation while giving the overall complexion a subtle glow. Your most youthful skin awaits.

1 TREATMENT

45MIN R870

MAINTENANCE PACKAGE DEAL

R3475

Pay for 4 sessions and receive a complimentary barrier balm. Must be used within 4 months.

MICRO-DERMAL NEEDLING

The TheraVine™ professional grade dermal micro-needling pen creates precise piercings into the epidermis allowing the stimulation of naturally occurring growth factors and fibroblasts, which have a regenerating effect on both the dermis and epidermis. This completely safe and effective professional micro-needling system treats advanced skin concerns, obtains specific skin goals and delays the indicators of skin aging.

FACE ONLY

60MIN R1110 / Package R4440

FACE & NECK

75MIN R1320 / Package R5280

Maintenance package deal. Pay for 4 sessions and receive a complimentary recovery kit. Must be used within 4 months.

PACKAGES

| | | Single | Couple per person |
|---|------------|--------|----------------------|
| RENEW & REFRESH | 1HR 30MIN | R1290 | R1210 |
| STANDARD MANICURE STANDARD PEDICURE APPETISER FACIAL SCALP MASSAGE WELCOME DRINK ON ARRIVAL | | | |
| SIMPLY GROUNDED | 3HRS | R2340 | R2180 |
| CBD INFUSED FULL BODY MASSAGE PRO RADIANCE THERMAL GLOW FACIAL SCALP MASSAGE STANDARD PEDICURE COMPLIMENTARY BREAKFAST OR LUNCH | | | |
| LUXURY PACKAGE | 2HRS 45MIN | R1970 | R1900 |
| STANDARD MANICURE HOT STONE FULL BODY MASSAGE BESPOKE FACIAL SCALP MASSAGE COMPLIMENTARY LUNCH OR BREAKFAST | | | |
| MOTHER TO BE PACKAGE | 2HRS 45MIN | R1560 | R1510 |
| BACK AND NECK MASSAGE STANDARD MANICURE LOWER LEG AND FOOT MASSAGE STANDARD PEDICURE | | | |
| BRIDAL PACKAGE | 2HRS 45MIN | R3575 | |
| MAKE UP GEL OVERLAY STANDARD PEDICURE HYBRID EYELASH EXTENSIONS FULL BODY MASSAGE SPECIALIZED HYDRAVINE FACIAL | | | |
| BLISSFUL RETREAT PACKAGE | 2HRS 45MIN | R1670 | R1595 |
| FULL BODY SCRUB FULL BODY MASK PEDICURE HAIR AND SCALP TREATMENT | | | |

EYELASH EXTENSIONS

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|---------------------------|------|
| CLASSIC EXTENSIONS | R645 |
| TWO WEEKS FILL | R310 |
| THREE WEEKS FILL | R510 |
| HYBRID EXTENSIONS | R730 |
| TWO WEEKS FILL | R400 |
| THREE WEEKS FILL | R645 |
| VOLUME EXTENSIONS | R750 |
| TWO WEEKS FILL | R365 |
| THREE WEEKS FILL | R600 |

SPA BEAUTY TREATMENTS

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|---|------|
| EYEBROW SHAPE | R115 |
| EYEBROW TINT | R110 |
| EYEBROW SHAPE & TINT COMBO | R200 |
| EYELASH TINT | R120 |
| EYE TRIO (Eyebrow Shape, Tint, Eyelash Tint) | R320 |

MASSAGES

CHOOSE FROM OUR SELECTION OF AFRICAN FUSION BODY MASSAGE OILS.

Enjoy the freedom of choosing your favourite scent from our selection of Marula-herb infused Fusion body oils to address your every need whilst restoring balance.

AROMATHERAPY BACK & NECK 30MIN R465

AROMATHERAPY FULL BODY 60MIN R780 / 90MIN R1090

RELAXING MOTHER TO BE 60MIN R775

A massage using specific prenatal techniques, to help increase circulation, alleviate tired muscles and relieve mental and physical fatigue while carrying a baby.

AFRICAN VIGOUR BACK MASSAGE 45MIN R665

A warm aroma blend infused with circulatory-boosting essential oils is coupled with a deep tissue massage relieving deep seated tension all the way to the core of the muscle. A refreshing gel is applied, leaving your back feeling refreshed and invigorated.

INVIGORATING DEEP TISSUE/ SPORTS 60MIN R910 / 90MIN R1130

An intense massage focused on specific areas to release lactic acid build up that causes sore and tight muscles.

RELAXING HOT STONE 60MIN R870 / 90MIN R1110

A relaxing treatment using hot stones which releases tension, eases muscle stiffness and increases circulation. This treatment promotes deeper muscle relaxation through the placement of smooth lava stones.

CBD DESTRESS MASSAGE 60MIN R825 / 90MIN R1145

Melt away the troubles of life with the application of this heated CBD infused balm as it helps to relax the body. Indulge in the synergistic calming effect of Ylang Ylang, Geranium and Lavender as the warmth of the balm caresses your body.

RELAXING FOOT AND LOWER LEG MASSAGE 30MIN R420

This focused massage uses specialized massage techniques and specific essential oils to relieve water retention and sore and tired feet.

Perfect for Travellers, People Struggling with Oedema, or Pregnant Ladies.

SPECIALIZED FULL BODY LYMPH DRAINAGE 60MIN R825 / 90MIN R1190

Experience the benefits of a massage that is specifically aimed to work on your lymphatic system. By using a specialized massage oil and technique we encourage the movement of lymph fluid around the body.

SCALP AND HAIR TREATMENT 30MIN R480

An ultra relaxing, stress relieving scalp massage treatment using a stimulating scalp tonic followed by a conditioning hair oil and intensive hair mask to leave your hair silky soft and shining.

THERANAKA® 60MIN R890

EXOTIC ISLAND YLANG-YLANG BALM MASSAGE

Be transported on an exotic island experience as your senses are tantalised by this tropical indulgence vegan friendly massage. Flaunting the anti-ageing benefits of Coconut Oil, the protective properties of Shea Butter, the moisturising skin softening benefits of Baobab Oil, the balancing effect provided by Ylang-Ylang and the uplifting impact of Jasmine, dry skin is nourished leaving it looking radiant with a natural glow.

THERANAKA® 60MIN R825 / 90MIN R1090

AVO AND SHEA BODY BUTTER MASSAGE

Enjoy the freedom of choosing your favourite scent from our selection of luxurious herb-infused Avo and Shea- massage butters.

THERANAKA® AFRICAN STORM - DETOXIFYING

THERANAKA® AFRICAN EARTH - SAFE AND SOOTHING

MESSAGE ENHANCEMENTS

SCALP, FOOT, OR HAND MASSAGE 15MIN R165

SOUND THERAPY 15MIN R165

BODY EXFOLIATION

A cleansing ritual that symbolises the renewal of the body. Our cleansing preparatory body scrubs are made with a 100% natural blend of plant botanicals to gently and effectively eliminate dead skin cells, moisturise and leave the skin soft to the touch. Feel invigorated and revitalised as a message of new life and renewal will be weaved.

45MIN R495

THERANAKA® GERANIUM AND PINE SUGAR SCRUB

THERANAKA® MARULA AND SANDALWOOD SUGAR BUFF

THERANAKA® APRICOT KERNEL BODY CREAM SCRUB

BODY WRAPS

THERANAKA® DETOXIFYING MUD WRAP

60MIN R890

To commence this sensory journey you will receive a full body exfoliation, followed by herbal fusion oil application. Enjoy a scalp and foot massage whilst you are cocooned in a comforting envelopment of fragrant oils and African wraps from our therapeutic range.

THERANAKA®

60MIN R890

HYDRA-SOOTHE HYALURONIC ACID ENVELOPMENT

ADD A FULL BODY MASSAGE

120MIN R1605

Ultra hydrated, soft, supple and radiant skin awaits - quench your skin's thirst as it is gently polished with a botanical rich body exfoliating cream followed by the application of the skin plumping vegan friendly Hyaluronic and Lactic Acid Shea Butter preparation (a full body massage option can be requested – add 60min) before being cocooned in a warm oil application of hydrating Olive and Shea Butter. Indulge in the refreshing aromatic experience of Geranium, Peppermint and Lavender essential oils while your skin is drenched in moisture. Ideal for dry skin in need of intense nourishment, excellent for post-holiday.

KARUNA SIGNATURE TREATMENTS

MINDFULNESS BODY JOURNEY

90MIN R1125

This signature treatment allows you to reconnect with yourself, being mindful of your space and your energy. The grounding sounds and vibrations of the ancient Tibetan singing bowls signifies the start of your journey. This treatment gives special care to the following areas. Back, neck & shoulders, pressure points on the scalp, & foot and lower leg massage.

ANCIENT SENSORY HEALING JOURNEY

90MIN R1220

During this healing journey your body and mind will be enveloped by all 5 senses. This exclusive journey begins with a foot ritual where your feet will be cleansed from your everyday stresses. Your back will then be exfoliated using healing Himalayan salts, and an African detoxifying mud mask will be applied. During this sacred moment, connect with yourself, and let your mind and body be present, while you experience the ancient healing vibrations of the Tibetan singing bowls. Your body will then experience the benefits of a full body massage using Marula infused oils, which is prized for its nourishing properties.

FULL BODY JOURNEYS

RADIANT RENEWAL BODY SCRUB & REJUVENATING FACIAL

1HR 45MIN R1155

Indulge in the ultimate spa experience. Your session begins with a luxurious full-body exfoliation to slough off dead skin cells and stimulate circulation, leaving your skin refreshed and revitalized. Following the exfoliation, we lavish your skin with a rich, moisturizing cream, meticulously applied to ensure deep hydration and a silky-smooth finish.

The indulgence continues with a personalized 60-minute Theravine Facial, tailored specifically to your skin type.

This comprehensive treatment is designed not only to nourish the body but also to create a sense of inner harmony and peace, making it the perfect escape from the stresses of daily life. Enjoy the tranquility and emerge feeling pampered and rejuvenated.

FACE AND BODY GLOW EXPERIENCE

120MIN R1815

Begin your journey to relaxation and rejuvenation with our face and body glow experience. This comprehensive therapy starts with a soothing foot cleanse, setting the tone for a tranquil experience. We then gently exfoliate both your face and body, removing dead skin cells and enhancing skin renewal, preparing your skin for the luxurious treatment to follow.

Next, immerse yourself in the ultimate relaxation with a full body and facial massage.

This indulgent treatment is designed to harmonize the body and mind, leaving you feeling deeply relaxed and refreshed. Escape from the everyday and envelop yourself in the serenity and holistic care of our spa.

MAKE UP

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|---------------------------------|-------|
| DAY / EVENING MAKE UP | R825 |
| BRIDAL TRIAL MAKE UP | R730 |
| MATRIC FAREWELL MAKE UP | R715 |
| BRIDAL MAKE UP | R995 |
| OFF SITE BRIDAL MAKE UP PACKAGE | R5175 |

1 x BRIDAL MAKE UP

4 x BRIDESMAIDS OR MOTHER OF GROOM/BRIDE

CALL OUT FEE OF 30KM RADIUS

If the venue is over and above 30km radius, an additional call out will be charged. This rate does not include gate fees.

If the Bridal Party is less than that quoted in the package, the rate will still remain R4705.00 for our therapist to go to the venue.

KIDDIES TREATMENTS

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| GLITTER FAIRY FINGER / GEL | 30MIN | R290 / R345 |
| TWINKLE TOES / GEL | 30MIN | R290 / R345 |
| MINI CANDLE MASSAGE | 30MIN | R470 |
| AFRICAN PRINCESS FACIAL | 30MIN | R375 |

MANICURE / PEDICURE LOUNGE

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| REFRESHER MANICURE (File, Buff and Paint) | R220 |
| STANDARD MANICURE | R385 |
| REFRESHER PEDICURE/GEL OVERLAY | R240 / R385 |
| STANDARD PEDICURE/GEL OVERLAY | R460 / R595 |
| TREATMENT PEDICURE/ GEL OVERLAY | R580 / R715 |
| SPECIALIZED HEEL TREATMENT & PEEL 45MIN (no nail work) | R480 |

GEL OVERLAYS FOR HANDS

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|--|------------|
| GEL OVERLAY | R385 |
| GEL MANICURE (incl hand exfoliation & massage) | R430 |
| REPAIR PER NAIL USING A TIP | R40 |
| REPAIR PER NAIL USING A GEL OVERLAY | R25 |
| FILE OFF OR SOAK OFF | R55 - R110 |
| FULL SET OF TIPS | R510 |

KARUNA LUXURY MANICURE

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|-----------------|------------|
| Polish | 60MIN R460 |
| Gel Application | 75MIN R530 |

Ideal for the "always working hands". Experience the healing touch as your hands and forearms are gently exfoliated, following by an ultra relaxing massage that addresses every exhausted muscle in your hands and arms with its soothing qualities. The healing properties of an Aloe Ferox gel mask soothes and hydrates the hands whilst your neck and shoulders are being massaged. This treatment is finished off with the application of a Baobab infused lotion which will leave the hands soft to the touch. *(Includes nail work and a nail colour of your choice)*

KARUNA LUXURY PEDICURE

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|-----------------|------------|
| Polish | 75MIN R530 |
| Gel Application | 75MIN R650 |

This "soulful" journey will take your feet through a Geranium and Pine sugar exfoliation whilst soaking in a herbal salt foot bath. Allowing your feet and legs to relax completely, a muscle soothing foot and leg massage will commence followed by a cool, revitalising mask while your neck and shoulders are massaged. Nourishing Baobab infused lotion will be applied to prepare your feet for their journey ahead. *(Includes nail work and nail colour of your choice)*

PROFESSIONAL WAXING

WAXING FOR MEN

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|-------------------------------|------|
| BACK WAX | R375 |
| CHEST WAX INCLUDING SHOULDERS | R340 |
| FULL ARM WAX | R280 |
| 3/4 LEG WAX | R400 |
| EYEBROW MAINTENANCE | R120 |
| NOSE WAX | R85 |
| EAR WAX | R80 |
| CHEST & STOMACH WAX | R460 |

WAXING FOR WOMEN

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|--|------|
| LIP WAX | R85 |
| NOSE WAX | R85 |
| CHIN WAX | R85 |
| FULL FACE WAX | R220 |
| FULL ARM WAX | R215 |
| 1/2 ARM WAX (Shoulder - Elbow / Wrist - Elbow) | R195 |
| UNDER ARM WAX | R120 |
| G STRING & FULL LEG COMBO WAX | R510 |
| FULL LEG WAX | R370 |
| 3/4 LEG WAX (From Ankle to Just Over Knee) | R310 |
| 1/2 LEG WAX (From Ankle to Just Under Knee / From Bikini Line to Just Above the Knee) | R265 |

INTIMATE WAXING FOR WOMEN

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|---|------|
| STANDARD BIKINI (Neaten up Bikini Line) | R180 |
| G —STRING (Swinsuite Line , and Top if Necessary) | R320 |
| BRAZILLAIN BIKINI (Everything Off excl. a smaller area in front, leaving a vertical strip or small triangle) | R350 |
| FULL BIKINI (Everything Off) | R375 |

GENTS MAINTENANCE

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|------------------------------------|------------|
| GENTS MANICURE | R350 |
| THERAVINE BALANCING FACIAL | R790 |
| CLARIFYING BACK TREATMENT | R920 |
| GENTS PEDICURE INCLUDING HEEL PEEL | 60MIN R590 |

Vouchers are available.

Special Occasions: Should you wish to make your loved ones experience with us a little more special by adding a bunch of flowers, chocolates, or even champagne - you are more than welcome to organise this with reception at an additional charge.



Experience the tranquility of delicate aromas transforming you to a place of complete harmony.



SPA ESSENTIALS

Kindly inform the therapist prior to your treatment of any medical or physical condition/s e.g. if you have high blood pressure, allergies, pregnancy etc.

Please ensure mobile phones are switched off during treatments. KarunA Day Spa is not responsible for any theft, damage, loss or any misfortune that may occur.

Please note products that are purchased at the spa are none refundable.

Vouchers are available for all treatments offered, valid from the date of purchase for 3 months. If the recipient of the voucher would not like the treatment selected, the voucher may be used for another treatment of the same value.

Call outs are welcome, please get intouch for more information.

Prices are subject to change without prior notice.

Pensioners receive 10% discount on all treatments at karunA Day Spa.

This is not valid for product or voucher purchases.

All children under the age of 13 must be accompanied by an adult for the duration of their treatment.

CANCELLATION POLICY

Cancellations should be done 24 hours prior to treatment.

Should you run late for your treatment, the time will be deducted from your treatment and full treatment price will be charged. Clients that do not arrive for their treatments or give a late cancellation will be charged 100% of their treatment value.

