

Spa & Stay Journeys

PACKAGES

Mangwanani Signature Spa Wellness Retreat

Escape the city and enjoy spectacular surroundings at the Ultimate Relaxation Retreat - Mangwanani Signature Spa.

A Bespoke itinerary of Daily Wellness Treatments are planned with exceptional meals to enjoy for complete relaxation and serenity. On arrival you will be gifted with our Luxury Gown and Slipper set, a glass of bubbly and a snack.

Indulge in lunch and dinner, an afternoon High Tea with delectable pastries and sip on an Inverroche Gin Cocktail while unwinding at our Beautiful Outdoor Spa Pool

Your treatments include:

- A 55 minute Volcanic Warm Stone and Sound Therapy Massage
 - A 115 minute Signature Capital Himalayan Salt Crystal Massage and Salt Room Relaxation
 - A 115 minute Mind and Mood Therapy - Indulge in an Aromatherapy Ritual of your choice
 - A 25 minute Himalayan Salt Room Relaxation Time
 - A 55 minute Deluxe Manicure and Pedicure
 - A 55 minute Kalahari Melon Oil Head and Hair Ritual
 - A 55 minute BABOR Classic Facial
 - A 55 minute Deluxe Pedicure with a Relaxation Foot Massage
- Physio and dry needling are available on request
R27 999 for two | Two Night Stay with Breakfast

Signature Himalayan Spa and Stay Journey

On arrival you and your Partner are gifted with our Luxury Gowns and slippers, and a bottle of Cederberg Wine. Immerse your Mind and Spirit in the soothing sounds of the Azure Sea, while you indulge your body in a relaxing 85 minute Himalayan Salt Scrub and Salt Crystal Massage, where heated salt crystal stones are used to soothe away stress and tension and promote an increased sense of well-being. A 55 minute Enchanting African Head, Neck and Shoulder massage follows with a therapeutic 55 minute Uplifting Foot Pressure Point Massage. Retreat to a 25 minute Salt Room Relaxation Time and Soak up the salty air to maximise health benefits and enhance your Himalayan Salt Journey. End off your Soul Enriching Treat with Dinner

345 minute | R12 199 for two | One Night Stay with Breakfast



Mangwanani

Signature
SPA

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Couples Romantic Candlelight Spa Experience

A Romantic Getaway with a two course Dinner and a Bottle of GH MUMM Champagne to celebrate your love. Gifted with our Branded Gown and Slippers set you will experience the Terres d' Afrique Executive Couples Suite Body Journey and surrender your Mind, Body and Soul to an Experience that will be remembered. Originally of ancient Middle Eastern beginnings, our Signature experience is adapted to the traditional healers approach with a Scrub which is rinsed off in a warm shower followed by an Earth Mud application to heal and protect. Inspired by the seduction rituals of the Surma tribe in Ethiopia, fingers are used to perform the scrub and a traditional African Comb is used to spread the Body Mud. Your therapist uses the African Comb to create patterns and spread the mud which enhances the sensory experience of touch, and performs a head massage whilst your mud is being absorbed. After a therapeutic warm shower or warm compress wipe-down enjoy a Relaxing Massage using our Moroccan Cypress Oil. A menthol and peppermint cooling gel is applied at the end of this treatment to stimulate blood flow and create a cooling sensation. Includes a 30 minute couples Relaxation Time in our Salt or Mineral Pool relaxation room with our Signature Herbal Tea Blend or Iced Tea Infusion

200 minute

R15199 for 2

Mangwanani Indigo Sleep Island Dreamer

Allow our Mangwanani Therapists to Revitalize you with our head-to-toe Indigo Sleep Therapy Ritual. Start off with a specialized Welcome Touch that includes breathing techniques to enhance the effects of a pure soothing transition to deep relaxation, ideal for alleviating stress and emotional anxiety. Enjoy a 115 minute Mangwanani Signature Shea Butter African Ritual to release all Muscle Tension. This is followed by a 55 minute Enchanting African Head, Neck and Shoulder Massage and a 55 minute Heavenly Maracuja Oil Hand Ritual. A treat to encourage Calmness and Relaxation for a busy mind and tired body. Retreat to a 30 minute Himalayan Salt Room Relaxation Session which places the Mind, Body and Soul at complete stillness while you enjoy our Signature Herbal Tea Blend or Iced Tea Infusion for total restoration

225 minute

R11899 for 2

Signature Spa Retreat and High Tea

Indulge in tranquility at our Luxurious Mangwanani Signature Spa and take a much-needed break from your busy lifestyle with a one night stay at the Prestigious Capital Zimbali Hotel for a day to Relax and Enjoy our High Tea Experience with a selection of sweet and savoury delights and our perfectly Infused Teas. Experience a 55 minute Volcanic Warm Stone and Sound Therapy Full Body Massage and a 55 minute Deluxe Pedicure with views of the Majestic Indian Ocean before you

225 minute

R11899 for 2

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Girls Time Out Spa Retreat

If there is a nagging whisper telling you it's time to bring Spirit, Mind and Body back into alignment and reconnect with your bestie then look no further than this Girls Time Out Retreat! Spend a night at The Capital Zimbali Hotel with Exclusive African Rituals at our Mangwanani Signature Spa. On arrival you and your bestie will be gifted with our Signature Spa Branded Gown and Slipper Sets while enjoying a glass of bubbly and a snack. Prepare to be swept away into an African Indulging experience with an 85 minute Fynbos Warm Compress Journey. Your Journey Starts off with a Fynbos scrub followed by an indulgent 55 minute Full Body Fynbos Massage. Enjoy a Mangwanani Relaxation Facial with a signature Facial Pressure Point Massage followed by a Deluxe Spa Manicure and Pedicure for a pamper polished finish. Retreat to our poolside and enjoy an Inverroche Gin Cocktail and Lunch. One Night Stay with Breakfast

225 minute

R11699 for 2

Signature Wellness Yoga Balance

Balance and Harmony is the perfect remedy to recover your Mental Wellbeing and Improve Physical Vitality. A calming Yoga session kickstarts your metabolism and creates a deep sense of peace and serenity followed by an 85 minute Mind and Mood Aromatherapy Therapy Massage, a 55 minute Stress Relieving Enchanting African Head, Neck and Shoulder Massage and a 55 minute Uplifting Reflexology Pressure Point Foot Ritual. The perfect combination of African Rituals specifically designed to renew the body and reactivate the mind. Includes a 30 minute Salt Room relaxation time to maximise the effects of your Balancing Wellness Journey Two Night Stay with Breakfast.

225 minute

R12899 for 2

Elemental Celebration Journey

Celebrating an anniversary, birthday, engagement or just life itself? Indulge in a Luxury Spa Experience with a bottle of GH MUMM Champagne to start your celebration, rejuvenating African Spa Ritual Therapies and dinner. Prepare to be pampered from head-to-toe and turn a special occasion into a treasured moment. Experience a Terres d' Afrique Bespoke Aromatherapy Massage that combines the natural therapeutic properties of essential oils and the healing power of massage therapy. In this customized Bespoke Aromatherapy Treatment, you will be offered a selection of 9 Essential Oils for a blind scent tasting. Your fragrance blend is then combined for a Bespoke Aromatherapy Journey. An Uplifting African Pressure Point Foot Massage ends this spoil followed by dinner. Let the celebrations begin...

195 minute

R12599