

# Mangwanani SPA



Mangwanani  
DREAM SPA  
BLUE MARLIN

## MANGWANANI DREAM SPA BLUE MARLIN

### FACIAL RITUAL

#### Mangwanani Signature Facial

A signature facial ritual combining cleansing, exfoliation, a deeply relaxing facial massage, mask, toner and moisturising to hydrate and nourish the skin while restoring its natural radiance and leaving the complexion beautifully refreshed.

**R750 (60 minutes)**

### HAND & FOOT RITUALS

#### Mangwanani Royal African Hand Ritual

A soothing hand ritual beginning with a warm rose petal soak and gentle exfoliation, followed by a hydrating lemongrass pressure point massage to soften the skin and release tension.

**R350 (30 minutes)**

**R450 (60 minutes)**

#### Mangwanani Royal African Foot Ritual

An authentic African foot cleansing ritual beginning with a soothing soak in warm rose-petal water, followed by an invigorating exfoliation and hydrating lemongrass pressure-point massage to revive tired feet and leave them beautifully soft, refreshed and restored.

**R350 (30 minutes)**

**R450 (60 minutes)**

### BACK/HEAD/NECK/SHOULDER TREATMENTS

#### Mangwanani Signature Full Back Massage

A soothing massage focused on the back, neck and shoulders to release built-up tension, ease muscular fatigue and restore a sense of deep relaxation, using your choice of three 100% natural aromatic oils — Relaxation, Calming or Revitalizing.

**R550 (30 minutes)**

**R650 (60 minutes)**

#### Mangwanani North African Head, Neck & Shoulder Massage

A sensory ritual for the head, neck and shoulders, using your choice of three 100% natural aromatic oils - Relaxation, Calming or Revitalizing - to quiet the mind and ease away tension.

**R350 (30 minutes)**

**R450 (60 minutes)**

### FULL BODY MASSAGES & BODY RITUALS

#### Mangwanani Traditional African Signature Full Body Massage

A deeply restorative full body massage inspired by Traditional African wellness practices, using flowing massage techniques to release tension, ease tired muscles and leave the body feeling relaxed and renewed.

**R750 (60 minutes)**

**R950 (90 minutes)**

#### Mangwanani Signature Body Brushing & Hydration Ritual

A revitalising body ritual beginning with gentle dry brushing to stimulate circulation and support lymphatic flow, followed by a nourishing massage and hydration to soften, replenish and leave the skin beautifully smooth.

**R1 250 (90 minutes)**



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## NAIL CARE RITUALS

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### Morgan Taylor

Complete nail and cuticle care, exfoliation, massage & polish.

**Manicure R380 (60 minutes)    Pedicure R430 (60 minutes)**

### Express Manicure or Pedicure

Essential nail work, cuticle care, file, buff & polish.

**R200 (30 minutes)**

### Mangwanani Executive Men's Grooming

Nail work, cuticle care, buff, shine, scrub & massage.

**Manicure R300 (60 minutes)    Pedicure R350 (60 minutes)**

### Mangwanani Express Men's Grooming

Essential nail work, cuticle care, file, buff & polish.

**R200 (30 minutes)**

### Mangwanani Gelish

File, cuticle care, exfoliation, massage with a gelish application.

**Manicure R450 (60 minutes)    Pedicure R500 (60 minutes)**

Nail shape, cuticle care, exfoliation, foot file, massage with a gelish application.

### Gelish Hand or Feet Express

**R350 (45 minutes)**

### Gelish Soak-Off Only

**R100 (15 minutes)**

### Gelish Soak Off Express No Paint

**R150 (30 minutes)**

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## MANGWANANI SPA RITUALS PACKAGES

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### Mangwanani Take a Tea Break

A beautiful pause from the day, combining a Signature Head, Neck & Shoulder Massage with a Royal African Foot Ritual, followed by tea and a delicious slice of cake.

**Price on request**

### Mangwanani Perfect Couple's Retreat

A luxurious retreat for two, created to slow down, reconnect and enjoy time together. Your experience includes a 60 minute manicure or pedicure, a 60 minute Traditional African Full Body Massage with Hot Stones and a 30 minute North African Head, Neck and Shoulder Massage. Settle in for a leisurely lunch together, excluding beverages, as you savour a little uninterrupted time to simply enjoy each other's company.

**Price on request**

### Mangwanani Ocean Serenity for Two

Unplug your body and unwind with us with a 45 minute revitalising Mangwanani Signature Facial, and enjoy a 60 minute nurturing aromatherapy Traditional African Full Body Massage with Hot Stones, and indulge in a scrumptious lunch to complete your serenity.

**Price on request**

### Mangwanani Harmonious Half Day Spa Experience

A beautifully balanced Half Day of relaxation, beginning with a delicious lunch accompanied by your choice of juice, coffee or tea, followed by three 60 minute Mangwanani Rituals: a Traditional African Signature Full Body Massage with Hot Stones, a Royal African Foot Ritual with cleansing soak and exfoliation and a North African Head, Neck and Shoulder Massage.

A wonderful way to slow down, reconnect and leave feeling completely renewed.

**Price on request**

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**[www.mangwanani.co.za](http://www.mangwanani.co.za)**