

Mangwanani SPA



 **Southern Sun**
CAPE SUN



MANGWANANI BOUTIQUE SPA CAPE SUN

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)

Mangwanani Signature Body Scrub with African Ritual

A revitalising Traditional African full body ritual designed to awaken and restore. The experience begins with 25 minutes of a vigorous and rejuvenating full body exfoliation that combines modern knowledge with ancient wisdom to cleanse your body of dead and ageing skin cells.

R650 (60 minutes)

NAIL CARE RITUALS

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)**

MANGWANANI SPA RITUALS PACKAGES

Mangwanani African Tranquillity

Restore your energy levels with an invigorating 60 minute Traditional African Full Body Massage with Hot Stones, followed by a stress reducing 60 minute North African Head, Neck & Shoulder Massage. Make this your perfect relaxation retreat.

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

Mangwanani African Dream Full Day Spa Journey

Let the day unfold at a gentler pace with the Mangwanani African Dream Full Day Spa Experience. Begin with a light breakfast and beverage on arrival, followed by a leisurely lunch, dessert and a beverage. Five luxurious 60 minute treatments complete your day, offering moments to unwind, reconnect and simply enjoy being cared for.

Price on request

Mangwanani Moonlight Night Spa Retreat

A signature evening spa experience beginning with a welcome drink and three luxurious Mangwanani spa rituals - our Traditional African Signature Full Body Massage with soothing hot stones, Royal African Foot Ritual and Signature Head, Neck & Shoulder Massage - followed by an intimate dinner, dessert and beverages.

Price on request

Branch: 021 488 5100

Mangwanani Cape Sun 23 Strand St, City Centre, Cape Town, 8000



076 888 2463

087 809 0055 / 0860 55 00 55

www.mangwanani.co.za