

monwana

SPA AND WELLNESS

*Nature restores, as it was
always meant to.*

| Our Philosophy

The rhythm of the wild is unhurried, instinctive, and deeply wise. At Monwana, we honour this natural flow—where every element, from the whispering trees to the wandering herds, exists in perfect harmony. We, too, are a part of this balance.

True wellness is not about striving but about returning—to ourselves, to the stillness within, to the deep knowing that we belong here. When we slow down and listen, our bodies guide us, reminding us that healing is not something to be sought, but something already written within us.

Let the wilderness work its quiet magic. Here, under the vast African sky, nature offers what we need most—rest, renewal, and the space to simply be.

*TheraNaka means
“Beauty of Africa”.*

| Our Products

Our unique treatments and rituals provide the ultimate sensory experience, offering complete relaxation and rejuvenation based on Africa's rich heritage and created to celebrate mother earth and her connection with life.

Understanding our mutual interdependence with earth, TheraNaka™ has been developed using only the finest natural ingredients available from nature while honouring the ecosystem.

You are invited to join us on a mesmerising and innovative body & sense-soothing safari, replicating the earthy scents and awe-inspiring wonders of this most profound continent. May this journey into African open your eyes to preserve our beautiful continent.

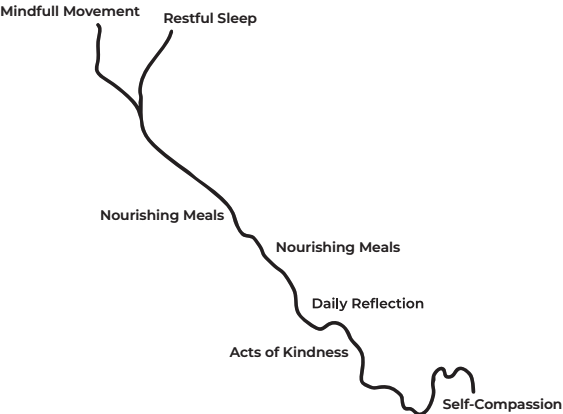


| Our Policy

Appointments: Booking in advance is recommended. **Punctuality:** Please ensure you are ready when your therapist arrives; should you begin later than your scheduled appointment, your treatment time will be reduced or cancelled, with the full treatment fee charged regardless. **Cancellation policy:** A 4-hour notice period is required; appointments not cancelled in time will be charged for in full. **Mobile phones:** Kindly ensure your device is switched to silent mode or off. **Children:** A child-minding service is also available at the lodge should parents wish to enjoy spa time to themselves. **Prices:** All prices are subject to change without prior notice. **Indemnity:** The spa, its therapists will not be held responsible for any injuries, adverse reactions, or complications before, during or after a treatment/s; or for any theft, damage, loss, or accident that occurs on the premises.

Monwana Lodge: +27 (0) 13 591 5455

| Path to Inner Balance



Signature Experiences

TheraNaka™ African Wood Massage

90 Minutes | R1 800

Mimicking the rhythmical patterns of an African dance, the TheraNaka™ signature massage blends light stretching techniques and specially designed body and facial wooden implements to relax and restore your weary body. Being drizzled with a warm Olive and Shea butter ointment with soft notes of mandarin and neroli will nourish; and heal dry skin whilst experiencing blissful relaxation and rejuvenation.

TheraNaka™ African Awakening Massage

90 Minutes | R1 800

Drawing inspiration from the Marula tree and the African traditional healing beliefs, an ultra-relaxing indulgent full body massage was created. The skilful combination of contracting and oxygenating enhancing breathing techniques will awaken your senses and revive your body and mind. Enjoy the freedom of choosing your favourite scent from our selection of Marula-herb infused Fusion body oils to address your every need.

TheraNaka™ Tri-Scented Nugget Massage

90 Minutes | R1 800

Inspired by the people of Africa's use of the circular form, this unique ritual was created to encompass our connection with nature and celebrating the circle of life. Small blocks of citrus infused Shea butter are placed on different areas of your body which will aid circulation and relaxation of the body. Experience the soothing warmth as the butter melts under your therapist's hands, leaving you utterly relaxed and your skin nourished and hydrated.

Theranaka™ Ginger And Lavender Poultice Massage

90 Minutes | R1 900

A tranquil experience designed to enhance deep relaxation, muscle recovery and increased lymphatic flow from the tips of your toes to the intricate muscles of your face. Inspired by ancient de-stressing heat therapies, your senses are calmed as the Himalayan Salt poultice bags infused with Keffir Lime and African Potato Extract release tension and restore vitality. A sensorial journey of therapeutic warmth awaits as the lingering fragrances of Lavender and Ginger invite you to escape from your busy life and restore harmonious flow, leaving your skin nourished and your soul deeply relaxed.

Theranaka™ Luxury Fusion Relaxation Massage

90 Minutes | R1 800

(Optional 30-minute massage available – please enquire for details)

60 Minutes | R1 500

Enjoying the freedom of choosing your favourite massage mediums from our selection of luxurious herb-infused Avo and Shea- massage butters or Marula-herb infused Fusion body oils. Heavenly exotic aromas and natural essences are used to calm the soul, rebalance, and uplift the mind.

Choose From Our Signature Blends:

African Sunset (Relaxing)

African Daybreak (Uplifting)

African Storm (Detoxifying)

African Earth (Pregnancy Safe)

African Pro-Neutral (Aroma Sensitive Safe)

Signature Journeys

TheraNaka™ Uplifting Jet Lag Ritual

60 Minutes | R1 500

Experience a gentle massage therapy facilitated by our uplifting Marula-herb infused Fusion body oil to address your jet lag whilst restoring vitality, realign muscles and tissues. To allow for a greater balance and harmony, the use of essential oils of lime, lavender and sweet orange is followed by an invigorating pressure point foot massage to restore your energy. Your treatment will be concluded by a relaxing scalp massage leaving you feeling refreshed and revitalised.

TheraNaka™ Relaxing Aloe After Sun Gel Wrap**60 Minutes | R1 600****30 Minutes | R650**

De-stress and sooth. A relaxing blend of jasmine, geranium and lavender is expertly applied to ensure complete relaxation, followed by the hydrating comfort of an aloe ferox and rooibos gel envelopment which immediately soothes, calms, and promotes healing. Relax while your skin is drenched in enriching actives.

Theranaka™ Invigorating Back And Neck Cupping Therapy **45 Minutes | R1 000**

A specialised Back treatment procedure which aids with improving blood circulation to help eliminate waste products and promote lymphatic drainage through creating localised suction. Address a range of needs from sluggish circulation causing build-up lactic acids within muscles which will aid in removing additional toxin build up in muscle spasms. Leaving your Back Neck and Shoulder in complete relaxation.

Theranaka™ Invigorating Leg Cupping Therapy **45 Minutes | R1 000**

A specialised Lower Leg treatment for the Africa continent traveller, aids with improving Upper and Lower Leg circulation to help optimise the eliminate of waste products which cause oedema and water retention. Overall lymphatic drainage is improved through creating localised suction for a Leg rejuvenating experience.

Theranaka™ Desert Rose Illuminating Salt Bath**30 Minutes | R600**

Take a sensorial journey to the plains of Africa and escape from a busy day. Indulge in your bath time and unwind with these luxurious Rose Gold Atlantic Bath Salts. Shimmers of bronze and infusions of sensual Rose fragrance help to rejuvenate and ease your body and mind.

Hands & Feet Indulgence

Spa Manicure**45 Minutes | R500**

Indulge in an African inspired spa manicure, treating your hands and forearms to a gentle exfoliation followed by an African Earth fusion hand massage, whilst including nail and cuticle attention, followed by a nail colour of your choice for your rejuvenated younger looking hands.

Spa Pedicure**60 Minutes | R600**

Pamper tired feet and legs during a soothing spa pedicure, focusing on exfoliation of rough skin, a customised nourishing African Shea butter dumbbell massage, including nail and cuticle attention. Choose a dazzling nail colour for your gorgeous new feet.

Theranaka™ Hand Journey Treatment**30 Minutes | R550**

Ideal for the "always working hands". Experience the healing touch of TheraNaka™ as your hands and forearms are gently exfoliated with remineralising Atlantic Sea salts, 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 the application of a Baobab infused lotion will leave the hands soft to the touch.

Theranaka™ Foot Journey Treatment**45 Minutes | R650**

This "soulful" journey will take your feet through a Geranium and Pine sugar exfoliation whilst soaking in an herbal salt foot bath. Allowing your feet and legs to relax completely, a muscle soothing foot and leg massage with wooden implements will commence followed by a cool, revitalising mask. Nourishing Baobab infused lotion will be applied to prepare your feet for their journey ahead.

Surrender your senses and experience a facial treatment second to none. Carefully developed by a specialised team using extensive clinical and scientific studies, the TheraVine™ range boasts indigenous Pinotage cultivar grape derivatives to which internationally acclaimed active ingredients, powerful antioxidant ingredients and organically grown indigenous botanicals have been added.

3 Ingredient Pillars - 3 Scientific Disciplines – 3 Times The Results

All TheraVine™ treatments begin with an in-depth skin consultation by a TheraVine™ expert, trained and skilled to assess your specific concerns because beauty goes beyond the radiance of your skin and body. Each phase that follows has been expertly woven to meet the needs of mind, body and skin while aromas and indulgent textures provide for a multisensory experience, each treatment expertly crafted for your ultimate treatment satisfaction.

Facial Treatments

TheraVine™ Harmonising Facial

90 Minutes | R1 500

60 Minutes | R1 000

A tailored facial custom designed for extreme relaxation with the aromatic scent of essential oils constructed to deeply hydrate your skin, gently remove surface impurities, and restore balance to the skin.

TheraVine™ Deluxe Anti-Aging Facial

90 Minutes | R1 500

60 Minutes | R1 200

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

HydraVine™ Facial

90 Minutes | R1 500

60 Minutes | R1 200

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!

For Men

TheraVine™ Men Daily Active Facial

60 Minutes | R900

3 key fundamentals: cleanse, hydrate and revitalise help restore freshness and clarity whilst leaving the skin comfortably soothed.

TheraVine™ Men Clarifying Back Treatment

45 Minutes | R800

Aimed at purifying the skin whilst reviving tension areas on the back, neck and shoulders, this rebalancing treatment combines deep cleansing exfoliation while detoxifying actives restore a weary mind, body, and soul.

TheraNaka™ Men Revive Pedicure

45 Minutes | R560

Ideal for active men. Your therapist will pay attention to cuticle and nail care, removal of excess skin on heels, rounded off with a cool, revitalising mask to stimulate circulation.

Treatment Boosters

Hand Massage

15 Minutes | R300

Foot Massage

15 Minutes | R300

Scalp Massage

15 Minutes | R300