

## Spa Soothers

### Champagne Breakfast Spa Experience

- Champagne Breakfast at the hotel restaurant
  - Full use of Spa facilities
  - Express facial 30 min
  - Swedish full body massage
- R750 per person**

### Perfectly Peaceful Spa Experience

- Full use of Spa facilities
  - 30 minute back neck and shoulder massage
  - 30 min reflexology ritual
- R480 per person**

### Complete Comfort Spa Experience

- Full use of Spa facilities
  - 30 min back neck and shoulder massage
  - Hydrating facial
- R520**

### Gifted Girlfriends' Spa Experience

- Full use of Spa facilities
- back neck and shoulder massage
- conditioning manicure
- conditioning pedicure
- spa lunch

**R640 per person or R1100 for 2**

## Spa Stayover Packages (Upgrades available)

### African Escape Spa Stayover Experience

- Full use of Spa facilities i.e. pool sauna and steam room
- Aroma Spa Bath/circulation shower
- Hot Stone full body massage.
- Deep cleanse facial
- African scalp massage.
- Light Lunch

**Misty Hills Country Hotel-** Rates include spa treatments and stay over in a deluxe room, spa lunch, breakfast in Summerhouse and a 20% discount voucher for Carnivore dinner.

**Single –R2475 pp**  
**Double –R1950 pp**

**Kedar Country Hotel**—rates include stay over in deluxe room, spa treatments, spa lunch, breakfast and dinner in Armoury Restaurant

**Single –R1840pp**  
**Double –R1700 pp**

### Royal Escape Spa Stayover Experience

- Full use of Spa facilities
- Hydrating facial
- Paraffin Dip Manicure
- Paraffin Dip Pedicure
- Relaxing Shea butter Full Body Massage
- Light Lunch

**Misty Hills Country Hotel-** Rates include spa treatments and stay over in deluxe room, spa lunch, breakfast in Summerhouse and a 20% discount voucher for Carnivore dinner.

**Single –R2695 pp**  
**Double –R2170 pp**

**Kedar Country Hotel**—rates include stay over in a deluxe room, spa treatments, spa lunch, breakfast and dinner in Armoury Restaurant

**Single –R2030 pp**  
**Double –R1890.pp**

## Soothing Sanctuary Spa Stayover Experience

- Full use of spa facilities
- Aroma spa bath
- Back neck and shoulder massage
- African scalp massage
- Hand and arm ritual or foot and leg ritual
- Spa lunch

**Misty Hills Country Hotel-** Rates include spa treatments and stay over in deluxe room, spa lunch, breakfast in Summerhouse.

**R1335 single rate**  
**R1220 double rate per person sharing**

**Kedar Country Hotel**—rates include stay over in a deluxe room, spa treatments, spa lunch, breakfast in Armoury Restaurant

**R1335 single rate**  
**R1220 double rate per person sharing**

## Signature room spa experience Misty Hills Spa in the Country only

The Signature Room is the ultimate pampering spa experience; it boasts a private plunge pool and jet bath, perfect for a romantic day escape or just to indulge with a friend. The Signature Room experience includes spa treatments, mini bar and lunch.

### Choose from one of the following packages to restore body and soul-

#### Devine escape spa escape

- Aroma spa bath
- Deep Cleanse facial
- Shea Butter Full Body massage
- Reflexology ritual

#### Retreat for two spa escape

- Aroma spa bath
- Hot stone Massage
- Hydrating Facial
- Reflexology ritual

#### African Indulgence spa escape

- Aroma Spa bath
  - Muti Mud experience (full body scrub and massage)
  - Hydrating facial
  - Reflexology ritual
- R3500 per couple.**

**Misty Hills Spa-** located in Muldersdrift Johannesburg  
011 950 6051 spa@rali.co.za/spaenquiries@rali.co.za

**Kedar Spa-**located on the R565 road Rustenburg  
North West Province 014 573 3218  
kedarspa@rali.co.za/kedar@rali.co.za

*Bookings Essential*

\*Prices and packages are subject to change without prior notice.

All allocated times include the undressing and dressing of guests. Should you arrive late, we will complete your treatment as per the reserved time. Please ensure swimming costumes are worn in public areas.



*Spa in the Country*

*Price List*

## Body Treatments

A full body exfoliation followed by a soothing massage revitalizes the skin and soothes the soul.

The following revitalizing options are available-

### The multi mud experience –

awaken your senses (promotes blood circulation)

### Chocolate decadence –

indulge your senses (encourages relaxation)

### Marula nut experience-

restore your senses (maintains hydration)

**1 hour and 30 minutes R620**

## Restore-Massage Rituals

### Shea Butter Full Body massage ritual

With a combination of essential oils and shea butter, this massage ritual calms the mind and balances the body.

**1hour R420**

### Hot stone full body massage

**60 min R440**

### Hot stone back, neck and shoulder massage

**40 min R310**

### Deep Tissue massage

**60 min R395**

### Swedish massage

**60 min R360**

### Back, neck and shoulder massage

**30 min R250**

### African Scalp massage

**20 min R160**

### Pre natal massage

**60 min R350**

### Reflexology ritual

**45 min R280**

### Hand and arm ritual-

Hand and arm exfoliation and massage

**25min R 160**

### Foot and leg refreshing ritual-

Foot soak exfoliation and massage

**30 min R180**

### Recharge- facial rituals

All Spa in the Country facials include a hand and scalp massage  
Deep cleanse facial

A cleansing facial which aids to refresh and restore vitality to the skin, ideal for all skin types  
Cleanse, Exfoliate, Steam, Extract, Mask, Moisturise

**1 hour R320**

### Mighty Man Facial

A cleansing facial designed for men, includes, cleanse, exfoliate, steam, extract, mask, moisturise

**1hour R310**

### Hydrating facial

A destressing anti-ageing facial, ideal for dehydrated, tired and stressed skin. Leaves the skin feeling soft with a luminating healthy glow.

**1 hour R370**

## Hydro Rituals

Aroma spa bath-aromatherapy jet bath.

**20 min R80**

Circulation shower-private shower with circulation booster shower heads

**20 min R80**

Spa facilities-sauna, steam and pool-available to all spa guests, guests not using the spa services will be charged.

Swimming costumes to be worn at all times

**R120**

## Essential Grooming Rituals

### Hand rituals

Conditioning manicure

**45 min R170**

### French polish manicure

**45 min R190**

### Paraffin dip manicure

**50 min R210**

### French polish paraffin dip manicure

**60 min R260**

### File and polish

**R70**

## Foot Rituals

### Conditioning pedicure

**45min R200**

### French polish pedicure

**50 min R250**

### Paraffin dip pedicure

**50 min R260**

### French polish paraffin dip pedicure

**60 min R290**

### File and polish

**R80**

## Waxing Rituals

### Full leg wax

**From R250**

### Half leg wax

**From220**

### Bikini wax

**From R200**

### Under arm wax

**From R90**

### Lip, chin or brow wax

**From R90**

### Eyebrow shape

**From R50**

## Extra Essential Rituals

### Eye lash tint

**R60**

### Eyebrow tint

**R50**

### Eye lash and brow tint

**R95**

**Spa lunch R95**

## Spa Day Away

### African Escape Spa experience

-Full use of Spa facilities i.e. pool, sauna and steam room

-Aroma Spa Bath/circulation shower

-Hot Stone full body massage.

- Deep cleanse facial

-African scalp massage.

-Light Lunch

**R1180 per person**

### Royal Escape Spa experience

-Full use of Spa facilities

-Hydrating facial

-Paraffin Dip Manicure

-Paraffin Dip Pedicure

-Relaxing Shea butter Full Body Massage

-Light Lunch

**R1400 per person**

### Pregnancy pamper escape experience

-Full use of Spa facilities i.e. pool area

-pre natal massage

-conditioning manicure

-conditioning pedicure

-scalp massage

-light lunch

**R960 per person**