



TREATMENT MENU





A Warm Welcome to Amani Spa & Wellness

At Amani, wellness is more than a treatment—it's a way of life. Through expert therapies, high-performance products, and world-class care, we are your guiding hand helping you achieve balance, vitality, and inner peace.

This is not just a menu—it's a curated wellness experience designed around proven techniques, premium ingredients, and skilled professionals.

Your journey to a happier, healthier you starts here.

Discover the transformative power of our skillfully crafted Signature Experiences, each designed to nurture physical vitality, emotional balance, and mental clarity. Our intention is for you to feel rejuvenated.

Kurhula Body Ritual

"Kurhula", is a connection to inner peace and tranquility. This ritual emphasises on achieving balance and a deeper level of relaxation with a combination of our signature full-body massage using coconut massage balm, and a revitalising mini facial evoking a nurturing experience for the body and mind.

90min R 1950

Spirit Of Africa

This unique massage is inspired by traditional African elements using Rungu massage sticks, believed to represent aspects of strength and courage. A rich and therapeutic experience incorporating firm pressure techniques with a focus on relieving deep muscular tension.

60min R 1350 | 90min R 1850

Himalayan Salt Stone Ritual

A restorative ritual incorporating the therapeutic benefits of warm coconut balm, the immune-boosting properties of Himalayan salt stones, and the overall intention of promoting well-being. An experience that goes beyond traditional massages.

60min R 1350 | 90min R 1850

The Traveller

Relaxation from the feet up. Starting with a mineral-rich foot soak, Coconut Rose Salt Polish and massage on your legs and feet, concluded with a tension-releasing back or full body massage using warm coconut balm, for a well-rounded journey.

60min R 1350 | 90min R 1850



We understand that you may have unique preferences, specific areas of tension or discomfort, or simply the need to feel heard.

Made-For-Me

Embrace your unique wellbeing needs by curating your massage experience, step-by-step. Get creative and choose your duration by combining, or double up, your 15-minute focus area, your preferred pressure, wellbeing balm and favourite enhancement. Complete the experience with your choice of cold, or hot herbal infusion tea.

60min R 1300 | 75min R 1600 | 90min R 1750

YOUR CHOICES...

Step 1: Focus Area

Scalp & Neck | Back & Shoulders | Legs | Feet | Hands & Arms | Face & Décolleté

Step 2: Pressure

Light | Medium | Firm

Step 3: Amani Wellbeing Balm

Coconut | Circula Flow | Detox & Slimming | Muscle Ease | Sleep Well | Stress Release

Step 4: Enhancements (optional)

Himalayan Salt Stones | Warm Basalt Stones | Cool Basalt Stones | Rungu Sticks

Step 5: Wellness Tea

Calming | Stimulating | Refreshing | Uplifting | Detoxifying | Soothing | Invigorating

Our signature aromatherapy collection, expertly formulated with your wellbeing in mind, harnesses the natural synergy of indigenous and botanical ingredients from the African continent.

Aroma Wellbeing Massage

Harnesses the natural synergy of indigenous and botanical ingredients from the African continent. Choose your preferred aroma experience.

60min R 1200 | 90min R 1600

Circula Flow

The invigorating blend of Cypress, Peppermint & Rosemary helps alleviate poor circulation, fluid retention, and inflammation. The ideal antidote to tired legs & feet and lethargic mood caused by travel or prolonged sitting.

Detox & Slimming

Experience the extensive benefits of Black Pepper, Peppermint & Bergamot. This potent combination works harmoniously to eliminate toxins, promote healing, restore balance, and support your lymphatic system.

Immune Boost

Boost your body's natural defense system with our invigorating blend of Lemon, Tea Tree & Eucalyptus. This uplifting treatment with its anti-viral properties boosts respiratory health and improves the quality of sleep, vital for optimal immune function.

Muscle Ease

Soothe and alleviate muscle fatigue, aches, and pains with our powerful blend of Peppermint, Marjoram & Black Pepper. This therapeutic combination accelerates your body's natural healing abilities, helping to restore energy levels and promote overall well-being.

Sleep Well

Reclaim your natural sleep patterns with this delicate blend of Lavender, Chamomile & Geranium. Designed to create a serene ambiance for a better quality of sleep, balancing your body's internal clock, and promoting overall health, longevity, and mental clarity.

Stress Release

A fragrant floral blend of Geranium, Bergamot & Lavender, designed to subtly calm your physical body and create a sense of calm. This soothing massage contributes to a more tranquil state of mind, reducing stress and anxiety levels.



A selection of classic massages aimed to promote relaxation, relieve muscle tension and improve circulation.

Deep Tissue Massage

Aimed at the deeper layers of muscles and connective tissues, using firm pressure and slow strokes to reach areas that are often affected by tension and tightness. This pressure helps break up knots in the muscles, reduce pain, promote circulation and improve flexibility.

60min R 1275 | 90min R 1650

Lefika Hot Stone Massage

A unique and comforting sensory massage using heated natural river stones to reduce muscle tension and improve circulation. The heat from the stones activates and balances vital energy flow through the body, contributing to an overall sense of well-being.

60min R 1275 | 90min R 1650

Mom-to-Be Pregnancy Massage (After the first trimester)

A nourishing full body massage using gentle and caring touch. Thoughtfully created with specialised techniques, adapted to accommodate the changes in the body, to ease tension in areas prone to muscular pain and fatigue during or after pregnancy.

60min R 1270

Lymph Drainage Massage

A gentle massage using specialised rhythmic movements to encourage the flow of lymphatic fluid in the legs and abdomen, helping to alleviate swelling due to water retention, improve circulation, and enhance the body's ability to eliminate waste and toxins.

30min R 675

CBD Massage

The integration of soothing massage techniques and CBD oil promotes a deeper relaxation while enhancing therapeutic benefits and outcomes. Choose your focus:

- **Sports & Recovery** for sore and stiff muscles, pain and injury.
- **Revive & Rejuvenate** to revitalise and invigorate the body and mind.
- **Relax & Unwind** to relieve tension, stress and anxiety.

60min R 1250 | 90min R 1650



Iketla Back, Neck & Shoulders Massage

A targeted massage focusing on relieving tension and discomfort in the upper body, such as tightness and muscle knots from poor posture and sedentary lifestyles.

30min R 630 | 45min R 945

Head, Neck & Shoulder Massage

A therapeutic massage alleviating tension and stress in the upper body by focusing on the scalp, neck, shoulders, and decollete, improving circulation, ease headaches, and promote overall relaxation.

30min R 550

Pressure Point Foot Massage

Targeting muscles and specific pressure points in the lower legs and feet, enhancing circulation, balancing energy, and contributing to overall well-being.

30min R 630

Blissful Soles

A sensory experience focused on the lower legs and feet, featuring a mineral-rich foot soak, lower leg and foot exfoliation, and a hot stone foot massage.

45min R 935

Young Adults (Ages 11-15)

Chill Out Massage	30min R 590
Express Facial	30min R 495
Teen Mani	30min R 360
Teen Pedi	45min R 415

Tiny Tots (Ages 6-10)

Back Massage	20min R 300
Happy Feet Massage	20min R 275
Princess Polish (Hands OR Feet)	20min R 220

Sit back, relax, and breathe... Enhance your physical and mental wellbeing with the healing benefits of Salt Therapy. A 100% natural, risk free and effective treatment, offering everyone from children to adults, a drug free alternative to treat and control a variety of ailments and allergies.

Per Session	30min	R 325
Salt Room & Pressure Point Massage	30min	R 815
Course of 6 sessions		R 1560

Benefits of Salt Therapy

Salt Therapy focuses on the source of the problem, and does not just suppress the symptoms.

Benefits include:

- Kills viruses, bacteria and allergens
- Detoxifies the respiratory system (Asthma, Bronchitis & Sinusitis)
- Aids in healing skin conditions (Eczema & Psoriasis)
- Speeds up recovery from physical exhaustion or fatigue
- Promotes relaxation, calmness and better sleep
- Increases metabolism and promotes better digestion
- Helps to alleviate depression, anxiety and stress
- Elevates mental concentration and performance
- Strengthens the immune system

Salt enters the respiratory system, not the stomach, heart or kidneys. It is clinically proven that natural healing methods, such as Salt Therapy, is extremely effective with children, as it is a non-invasive therapy and medication free, children are unaware that they are undergoing therapy, as they passively inhale the micro-particles of salt.

Amani's bespoke wellbeing body care range focuses on improving skin texture , restoring balance and inducing sensory harmony and rejuvenation.

Rasul Experience

A sensory steam experience incorporating a self-application of Coconut Rose Salt Body Polish and your choice of body mask from Amani's signature collection, followed by a tropical rain rinse, for more youthful and hydrated-looking skin.

45min R 715 | FOR TWO R 1220

Coconut Rose Salt Body Polish

Experience the sublime touch of our Coconut Rose Salt Body Polish as it cleanses and exfoliates, leaving your skin radiant and irresistibly soft.

30min R 540

Aroma Bubble Bath Ceremony*

An Aroma Infused bubble bath preceeds an Amani signature body balm application, with a glass of bubbly to complete your ceremony.

30min R 395

Aroma-Mud Body Wrap*

Immerse yourself in the rejuvenating bliss of our therapeutic body treatment. This experience combines a gentle exfoliation, an aromatherapy-infused mud mask, and concludes with an area-specific aroma massage, leaving your skin smooth, revitalised, and deeply nourished.

75min R 1225

***Choose between...**

Hydrating

Hydrates and nourishes dry skin

Detox & Slimming

Improves circulation, eliminates toxins and promotes skin elasticity

Immune Boost

Strengthens body's natural defenses against immune-compromising infections

Muscle Ease

Promotes healing for muscular aches, pain & fatigue



A luxury, results-driven skin care range using the finest natural ingredients to provide visible improvements for a lasting and healthy skin tone.

Babor Express Facial

An introductory treatment focusing on restoring skin health based on your skin needs, delivering intensive long-lasting results.

30min R 595

Signature Facial Experience

This elite facial combines our most loved hero products to deliver unparalleled results, radiance and rejuvenation. This treatment is completely customisable according to your skin type.

60min R 1150

Dr Babor Signature Facial Experience

A meticulously crafted skin treatment with advanced hero products that expertly resurface, smooth imperfections, and enhance the skin's natural functions.

60min R 1670

TheraPro AHA Peel

A clinical grade skincare treatment to assist with all skin conditions by adding science-driven active ingredients to intensively resurface the skin from the inside out without causing inflammation.

60min R 1575

Microneedling

A safe, minimally invasive treatment to stimulate collagen and elastin production for optimal skin rejuvenation absorption.

60min R 1900 | Course of 6 R 9000

Add-on Treatments

Hydra Boost Ampoule (per ampoule) – replenish moisture levels in the skin	R 120
Algae Vitaliser Ampoule (per ampoule) – revitalise dull, dry skin	R 135
Detox Clay Mask – purify, refresh and clarify complexion	R 185
Firming Algae Peel-Off Mask	R 395
Silver Foil Sheet Multi-Mask	R 295

ESSE™ is a South African, award winning, probiotic skincare technology boosting healthy skin to slow aging. It is a certified organic, vegan and cruelty free product.

Express Facial

An introductory results-focused treatment for those who are looking for optimal results with limited time.

30min R 495

ESSE™ Experience Facial

A bespoke skincare experience, tailored to address your specific skin concerns based on a detailed skin analysis, harnessing the power of advanced pre- and probiotics to improve and protect your skin health.

60min R 970

ESSE™ Live Probiotic Experience Facial

A skin treatment designed to address the signs of ageing by restoring microbial balance and rewilding the skin, ensuring long-term skin health. The ESSEtm Lifting Massage further enhances the treatment outcome and promotes complete relaxation.

75min R 1100

Add-on Treatments

Core Ampoule	R 200
Probiotic Ampoule	R 275
Eye Treatment	10min R 240
Lifting Facial Massage.....	30min R 240

Recommended Enhancements

Lash & Brow Tint	30min R 280
Pure Smile Teeth Whitening	45min R 975
Lymph Drainage Massage	30min R 675

Essential care for your hands and feet for healthy-looking nails and a well-groomed finish, with a touch of personal style.

Express Manicure	30min	R 385
Express Pedicure	30min	R 385
Classic Manicure	60min	R 560
Classic Pedicure	60min	R 595
Classic Mani & Pedi Duo	105min	R 960
Gel Manicure	75min	R 695
Gel Pedicure	75min	R 745
Gel Mani & Pedi Duo	135min	R 1225
Gel Polish Application	30min	R 295
Soak-off	30min	R 165
Gentleman's Manicure	45min	R 420
Gentleman's Pedicure	45min	R 450
Gentleman's Mani & Pedi Duo	90min	R 745
MediHeel Treatment	15 min	R 215
MediHeel Classic Pedicure	75min	R 695
MediHeel Gelish Pedicure	90min	R 845

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Spray Tan	30min	R 550
Spray Tan with Body Exfoliation	45min	R 715
Pure Smile Teeth Whitening	45min	R 975

100% Natural teeth whitening – quick, efficient, and painless.



Going beyond the basic grooming routine, offering precision and attention to detail, enhancing your natural beauty with expert care and skill.

Tinting

Eyelash	R 200
Eyebrows	R 150
Lash & Brows	R 280



Waxing

Face	R 355
Eyebrows	R 165
Lip	R 165
Chin	R 165
Underarm	R 225
Half Arm	R 250
Full arm	R 330
Bikini	R 310
G-string	R 330
Brazilian	R 460
Hollywood	R 510
Half Leg	R 395
Full Leg	R 560
Chest	R 380
Abdomen	R 245
Half Back	R 310
Full Back	R 485



Cut & Blow Dry

	Short	Medium	Long	X-Long
Ladies Cut	R 515	R 575	R 635	R 745
Blow Dry	R 400	R 515	R 630	R 745
Cut & Blow Dry	R 600	R 720	R 840	R 900

Boys Cut (under 13yrs) R 360

Girls Cut & Blow Dry (under 13yrs) R 480

Keratin Smooth Treatment

Short	Medium	Long	X-Long
R 1200	R 1800	R 2400	R 2800

Colour

All Highlights include toner

	Short	Medium	Long	X-Long
Tint	R 715	R 825	R 935	R 1265
Half Head Highlights	R 1250	R 1420	R 1590	R 1880
Full Head Highlights	R 1590	R 1880	R 2170	R 2580
Treatment	R 420	R 540	R 660	R 720

Barbering

Gents Cut R 450

Wash & Style R 180

Hair Add-on:

Curling OR Flat Iron R 200

Scalp Massage.....15min R 200

Treatment collections to nurture vibrance, relaxation and vitality, re-connecting with yourself and your wellness journey | All packages include a light spa breakfast or lunch (1 hour included in package time).

Just The Two Of Us – per couple

Savour this special time together with an Aroma Bath Ceremony or Rasul for Two followed by our signature 90min Kurhula Body Ritual. Finishing with a glass of bubbly, and a Spa Gift to continue your journey at home.

3.5hrs R 4600

Timeless Escape

A classic escape from your daily stresses. Unwind and recharge with a 60min Lefika Hot Stones Massage, a nourishing Babor Signature Facial Experience and a picture-perfect Classic Pedicure.

4hrs R 2600

Top To Toe

The ultimate in immersive me-time. Start off with a cleansing Coconut Rose Salt Body Polish, followed by a 60min Aroma Wellbeing Massage and 30min ESSE™ Express Facial. A delightful 60min Express Mani & Pedi Duo will complete your top-to-toe treat.

4hrs R 2900

Himalayan Rose

Experience the balancing and mineral-rich benefits of Himalayan salt and coconut with a smoothing 30min Coconut Rose Salt Body Polish followed by a restorative and energising 60min Himalayan Salt Stone Massage and revitalising 75min ESSE™ Live Probiotic Facial and 15min Eye Treatment.

4hrs R 2995

Gift Of Wellness

Give yourself the gift of wellness with this beautiful spa journey. Begin your journey with a 75min Aroma-Mud Body Wrap of your choice, followed by a complementing 45min Aroma Wellness Back Massage. The 60min ESSE™ Facial redefines skin health. Includes a Spa Gift to take home.

4hrs R 3150



Tailor-made Experiences – pricing on request

Experience our unique therapeutic **Salt Room**. Perfect for any occasion:

- Yoga and meditation
- Sound therapy journeys
- Lifestyle workshops
- Pamper groups
- Bridal or baby showers
- Book clubs



Spa Corporate Wellness

We recognise companies' requirements, and have the facilities and expertise to facilitate each corporate's objectives and budget for:

- Staff motivation
- Optimising employee performance levels
- Executive & employee wellbeing

Enhancing client relationships with value-adding benefits:

Spa Days

Pop-Up Spas

Corporate Gifts

Executive Retreats

Getaways

Teambuilding Events



Spa Operating Hours:

Monday to Sunday, including public holidays. From 08:00 – 20:00.

Spa Treatments:

All treatments are subject to therapists' availability. Prices are subject to change without notice and are inclusive of VAT.

Age Restriction:

We welcome guests over the age of 16 to make use of our services and facilities however guests younger than 16 years will require adult supervision.

Spa Facilities:

Please turn mobile phones on silent to keep with the serene atmosphere of the spa.

Punctuality:

Please arrive at least 15-minutes prior to your treatment time to complete the registration process. A late arrival may result in a shorter treatment, or possibly even a forfeited treatment.

Consultation:

Please inform your therapist of any medical conditions, allergies, intolerances or needs before your treatment. Please note, certain treatments are not permitted for women within their first trimester of pregnancy.

Change Rooms:

We will provide you with a gown and a pair of slippers to support our no-nudity policy as well as a locker for safe storage of your personal items for the duration of your spa visit.

Safety Regulations:

We recommend that you keep all valuables, including mobile phones and jewelry in your hotel room safe.

Payment:

We accept cash, debit and credit cards for payment as well as room charges for all Hotel Guests. In certain instances, a pre-payment may be required to secure your booking.

Cancellation Policy:

A booking cancellation fee of 50% is charged on all bookings cancelled within 8 hours or less of the appointment time; in the case of a "no-show", the full cost is charged.

Gift Vouchers:

Gift vouchers are available and can be issued for specific treatments or for a specific value. Vouchers are valid for 3 years from date of issue unless otherwise stated on the voucher. The original gift voucher must be presented at an appointment to be honoured. All Gift Vouchers are non-refundable and may not be redeemed for cash.

Discount Vouchers:

Discount Vouchers are only valid for spa treatments and not for retail purchases. Special offers and promotions may not be used in conjunction with discount vouchers or loyalty programs.

Disclaimer:

Every person entering the spa or utilizing the facilities and equipment on these premises does so entirely at their own risk and agrees that the Amani Spa, its owners, directors, the management, therapists and employees, and/ or the Radisson Collection Hotel, Waterfront Cape Town, its owners, directors, the management and employees shall not be held liable or responsible, whether jointly or severally, for any loss, injury or death, damages, claim and/or compensation of whatsoever nature. Such person by their entry to these premises for any reason whatsoever waives any and all claims against the aforementioned.







RADISSON COLLECTION

WATERFRONT CAPE TOWN