



OUR STORY

The ultimate experience of Sub-Saharan Africa - explore an intimate journey using products encompassing the colours of the earth, the raw textures and unique fragrances created to provide a naturally enriched pampering experience. Kalahari Ancient Desert Secrets uses natural elements that capture the simple goodness that nature has to offer.

Our distinctive Kalahari-inspired treatments bring to light secrets that the people of Africa have known for generations! Kalahari Ancient Desert Secrets combines unique blends of superior plant oils and phyto-effective extracts to provide quality skincare solutions that restore and nourish your skin. Invigorate your senses with an authentic and indigenous botanical experience that will leave you feeling rejuvenated and energised.

SIGNATURE MESSAGES

INDIAN HEAD MASSAGE

Tension Release Arms, Neck and Scalp | 30min **R250**

STRESS BUSTER

Back, Neck and Shoulder Massage | 30min **R400**

HOT STONES

Full Body Massage | 60min **R550**
Back, Shoulder and Neck Massage | 30min **R450**

A BLESSING TO BE A BLESSING

Full Body Massage | 90 minutes **R650**

A percentage of this massage goes to our chosen NPO:

African Blessings



KALAHARI BODY TREATMENTS

DESERT GLOW EXFOLIATION

Unveil lustrously smooth skin with a personalised blend of the desired Kalahari Exfoliation Medium and a hydrating blend of nourishing botanical oils.

DESERT GLOW EXFOLIATION

Desert Salt Crystals
45 minutes

R300

DESERT GLOW EXFOLIATION

Red Dune Sand with Oil
45 minutes

R300

DESERT GLOW EXFOLIATION

Sugar with Grape Seed
45 minutes

R300

DESERT GLOW EXFOLIATION

African Coffee Buff with Oil | 45 minutes

R300

COCOON WRAP VARIATIONS

(May exfoliate & wrap in same treatment)

The Kalahari Botanical Clay Mask used for the Cocoon Wrap treatment is a very unique mineral and botanical-based body mask, which can be used as a 2-in-1 exfoliator and mask. The antioxidant rich powder base is infused with extracts from Red Bush Tea, giving it a distinct, natural and refreshing smell. Soft vegetable-based beads enhance gentle exfoliation and stimulate blood circulation.

DESERT GLOW COCOON WRAP

[E&W]
Desert Salt with Oil
60 minutes

R460

AROMATIC OIL COCOON WRAP

Botanical Oil & Mineral Rich Clay
60 minutes

R480

AFRICAN COFFEE COCOON WRAP

[E&W] with Botanical Oil
60 minutes

R460

AROMATIC SUGAR COCOON WRAP

[E&W] with Botanical Oil | 60 minutes

R450

KHOI-KHOI ESCAPE BACK AND NECK MASSAGE

Escape to the dunes of the Kalahari desert with this deeply-relaxing Back and Neck Massage. The Kalahari Massage Stones deliver a distinct deep pressure massage which will leave you feeling relaxed and de-stressed.

KHOI-KHOI ESCAPE BACK AND NECK MASSAGE

Botanical Oil
30 minutes

R240

KHOI-KHOI ESCAPE BACK AND NECK MASSAGE

Massage Candle
45 minutes

R380

ROLLING SANDS FULL BODY MASSAGE (Options)

Experience complete relaxation with our signature Full Body Massage. Botanical Oils in combination with unique massage movements not only enhance skin tone but relieves muscle tension.

Rolling Sand Dune Full Body Massage | 90min **R580**

Experience a deeply relaxing massage with rolling invigorating arm movement over your complete body. The fragrant massage oil will calm your senses and leave your body nourished, hydrated and deeply relaxed.

African River Stone Full Body Massage | 60min **R480**

This ancient body treatment uses the therapeutic heat from stones that is slowly released into the muscle for a deeply relaxing distressing experience. Small, warm stones are placed on your back while warm, luxurious oils are massaged deeply into the body for a deep relaxation experience.

Botanical Buffet Journey

Create your own unique body exfoliation experience by combining lingering fragrances from Africa with organic plant extracts, botanical oils and unrefined earth mediums. Choose your distinctive ingredient favourites and fragrances to combine a personal treatment preparation that buffs away all the dull skin and leaves your body soft and nourished.

A treatment shaped by - and around - you.

HANDS & FEET

TSAMMA HAND TREATMENT

Refresh and unwind with the delicate aroma of Tsamma (indigenous Kalahari watermelon) and the infused fragrance of fresh wild grasses. Relax and welcome the feeling of richly-nourished and moisturised hands and nails. Kalahari Tsamma Hand Treatment is ideal for dry, thirsty skin.

TSAMMA HAND TREATMENT | with Sugar Crystals & Botanical Oil | 20 minutes **R150**

TSAMMA HAND TREATMENT | with Botanical Massage Candle | 30 minutes **R250**

CALABASH FOOT TREATMENT

Sink into deep relaxation with an unforgettable Foot Massage. This experience, combined with Sun-baked Kalahari Calabashes and Aromatic Fragrant oils to soothe tired, aching feet.

With Desert Salt Crystals | 45 minutes **R180**

With Red Dune Sand with Oil | 45 minutes **R270**

With Sugar Exfoliator with Oil | 45 minutes **R220**

With African Coffee Buff with Oil | 45 minutes **R220**

BASIC MANICURE | 45 minutes

File, shape, exfoliate, moisturize and paint **R250**

BASIC PEDICURE | 45 minutes

File, shape, exfoliate, moisturize and paint **R250**

SOAK OFF **R160**

KALAHARI FACE TREATMENTS

HONEYBUSH FACIAL TREATMENT

The Kalahari Honeybush Facial Treatment is a deeply nourishing treatment that includes natural plant extracts and rich botanical oils. The treatment includes a relaxing facial massage that will hydrate and rejuvenate your skin, leaving it soft and supple. This treatment is suitable for all skin types and is suitable as a maintenance treatment.

Basic Honeybush Facial with no massage | 30min **R220**

Basic Honeybush Facial with massage | 45min **R240**

VITAMIN C TREATMENTS

This is an ultra-firming, anti-aging treatment rich in natural, organic Vitamin C and essential antioxidants. Extracted directly from the African Baobab fruit, our Vitamin C boosts collagen and elastin regeneration, making your skin appear visibly firmed, brightened and tightened. Suitable for all skin conditions.

Basic Baobab Phyto Acid Treatment with Vial
20 minutes **R380**

Phyto Acid with Revitalising Booster Gel & massage | 20 minutes **R390**

TREATMENTS FOR LITTLE PRINCESSES (3-12 years old)

A parent needs to accompany little princesses with all of the following treatments

MANI | 30 minutes
Shape, wash, exfoliate, moisturise and paint with nail art **R130**

PEDI | 30 minutes
Shape, wash, exfoliate, moisturise and paint **R120**

RELAXING FOOT MASSAGE | 20 minutes
Relaxing foot massage **R110**

WAXING & TINTING

Under arm wax **R100** Eye brow tint **R80**

Eyebrow wax **R80** Eye lash tint **R100**

Half leg wax **R150**

Full leg wax **R200**

Chin wax **R100**

Lip wax **R80**

Bikini wax **R185**



TERMS AND CONDITIONS

- * To book, visit or call Mbali Spa Reception
- * Your treatment time will only be confirmed upon receipt of payment
- * Treatment times on this menu are only guidelines, every treatment time depends from person to person
- * Every treatment will end five minutes before stipulated time, to prepare the room for the next guest
- * Please shower before a massage treatment
- * Please arrive ten minutes before your treatment
- * Please wear a bathing suit

CANCELLATION POLICY

Cancellations must be done no later than four hours before your appointment. Failure to do so will result in the guest being liable for full payment.

CONTRA-INDICATIONS FOR MASSAGE

High / Low Blood Pressure | Cancer | Epilepsy | Osteoporosis | Slipped Discs | Varicose Veins (Full Body) | Fever / Infections or Disease | Recent Operations Affecting the Treatment Area | Pregnancy

CONTRA-INDICATIONS FOR MANICURES AND PEDICURES

Nail Fungus | Black Nails | Foot / Hand Sores (open) | Foot Fungus | Rheumatism | Arthritis

Tel: 079 909 9164 | Email: info@lefera.co.za

Bookings: At Reception

Operating Hours: 09:00 – 18:00 Daily

Address: Ngwenya Lodge, Farm Whisky, Tenbosch Road, Komatipoort, 1340

GPS Location: Latitude: 25° 22' 710" S | Longitude: 31° 51' 498" E

Mbali Day Spa Locations:

Crystal Springs Mountain Lodge, Little Eden, Monateng Safari Lodge, Mount Amanzi, Mabalingwe Nature Reserve and Sudwala Lodge