



am lodge



AM Lodge Spa

TREATMENT MENU

dermalogica



dermalogica  
BioSurface Peel

See your  
skin health  
from new  
depth





## *About Us*

The AM Lodge Spa is no ordinary spa. With the soothing tones of water in the background, you will find the AM Lodge Spa hidden within the dense acacia woodland, allowing you to experience pampering and wellbeing at its best.

The style of AM Lodge is architectural perfection, revealing the landscape in all its natural beauty, while creating a serene space for complete relaxation. Elements combining walls of glass, soaring ceilings, raw timber and smooth concrete accompanied by comfortable furniture in a natural palette, create a feeling of pure opulence and glamour.

The AM Lodge Spa captures the stillness of the bush, filled only by the sound of birds and the rustle of leaves as Africa's animals make their way through the thicket. Set apart from the main lodge ensures complete privacy and tranquillity. The AM Lodge Spa is a haven where you can relax throughout your day by indulging in the soothing treatments on offer, unwinding in the Jacuzzi, work up a sweat in the fitness centre, cool down in the outdoor swimming pool before settling down on one of the sun loungers. Between therapies, enjoy a revitalizing drink in the relaxation lounge, juice bar or on the raised decks beneath a canopy of trees. Our chefs will prepare world-class healthy and nourishing meals for you to enjoy.

In pursuit of excellence, everything used for your treatments are sourced of the highest quality; from the state-of-the-art Technogym equipment in the fitness centre, internationally recognised skincare products, to the ultra-modern Gharieni treatment beds imported from Germany. By taking the lead in being the only spa in the Limpopo and



Mpumalanga region to have these unique beds. You can be assured that whichever treatment you choose, it will be blissfully comfortable. There are two freestanding treatment rooms tucked away, with glass doors on three sides to let nature in. These tranquil spaces are big enough to accommodate couples that would like to enjoy a hot stone massage or any other indulgent treatment together. Couples can also enjoy the Jacuzzi in an alcove adjoining the main area, which opens on three sides.

If you're feeling more active, before your treatment, take to the treadmill in the spacious fitness centre with doors opening right onto the bush. A personal assistant is available by prior arrangement.

However you choose to spend your time at our exclusive AM Lodge Spa, our professional, experienced staff and therapists will ensure that you leave feeling revitalized and pampered; longing to return for another day of luxury and wellbeing.



## *Operating Hours*

Mon -Sun : 07h00-22h00

## *Spa Facilities*

2 Double Treatment Rooms  
1 bush treatment room  
Jacuzzi  
Juice Bar  
Relaxation Lounge


Please notify your therapist if you have any medical condition that may be affected by our services.

## *Refreshments*

There will always be a fresh supply of filtered coffee/tea, juice or lemon and mint-infused-filtered water for your enjoyment.

## *Packages and Products*

Our highly professional and dedicated therapists have trained for a number of years to enable them to offer the best possible service and advice for all your beauty and wellness needs. Our therapists undergo continued education on the latest trends and products in the industry so that you are always kept abreast of how to best look after your skin and body.



Please enquire from your therapist for the package/treatment/product that will most suit your unique wellness needs. AM Lodge & Spa uses only professionally recognized skincare brands backed by international expertise and training.

## *Gift Vouchers*

Spa day packages and treatments make wonderful gifts for that special occasion for family and friends or as an incentive reward for business colleagues. Purchase a gift voucher for any monetary value from the Spa.

## *Spa Policy*

Please arrive 15 min prior to your appointment \* Reservations: Booking prior to arrival is recommended to secure treatments \* Credit Card or gift voucher number is required at time of booking \* 24 hours advance notice is required for cancellations or rescheduling, after which 50% of the treatment(s) will be charged for \* Late arrivals will have their treatment times reduced accordingly \* Prices are subject to change without notice \* Mobile phones to be turned off upon arrival \* Management and staff are not liable for loss or damage to personal property – Please leave valuables at home \* Treatments and Packages are non-refundable, non-transferable and may not be exchanged for other treatments or products \* Gift vouchers are valid for treatments only and will not be exchanged for products or cash \* Treatments are only available to persons 13 years and older.

# *Nyharhi Signature Treatment*

## **A SENSATIONAL NYHARI TREATMENT YOU WILL NEVER FORGET**

A hydrating organic apricot kernel, baobab, marula body exfoliation, to smooth and regenerate the skin by intensely exfoliating the epidermis leaving it soft and supple. Followed by a lymphatic drainage massage with cupping, used to detoxify, treat muscular discomfort and relax the body.

Add your choice of one of our intensive clay Body Wraps and an Indian Head Massage OR Reflexology and Indian Head Massage to complete your Nyhari experience. Includes a delicious lunch.

**3 hrs**

**R 2 500**

## *Packages*

### **How Devine**

- Classic Skin Treatment
- Classic Manicure
- Classic Pedicure

**2 ½ hrs**

**R 1 700**

### **Couple's Connection**

- 45min Back, Neck and Shoulder massage
- Express Skin Treatment
- Hot stone pedicure

**2 ½ hrs**

**R 2 500**





## Exclusive Pamper

- Hot Stone Massage
- Anti-ageing Skin Treatment
- Spa Manicure and Spa Pedicure
- Lunch

4 hrs

R 2 900

## Lover's Lane

- Back, Neck & Shoulder Massage
- Indian Head Massage
- Express Skin Treatment
- Lunch

2 ½ hrs

R 2 900





am lodge  
★★★★

dermalogica



## FACIAL TREATMENTS

AM Spa skin treatments focus on making your skin healthy whilst finding the perfect balance between a relaxing escape and making your skin healthy for that immediate “healthy glow” look.

### **Express Skin Treatment**

**30 min**

**R 300**

An express skin treatment that will be tailored to your specific needs. This is a great booster treatment or mini treat to add with other treatments and will rejuvenate, revitalize and refresh the skin.

### **Classic Skin Treatment**

**60 min**

**R 600**

An introductory facial treatment to meet your specific skincare needs. The skincare professional will analyze your skin and choose the correct products for you.

### **Pure Facial Treatment**

**60 min**

**R 600**

A deep cleansing facial treatment for blemished or problematic skin types, this purifying treatment cleanses the skin while effectively reducing blemishes.

### **Anti-ageing Skin Treatment**

**60 min**

**R 750**

An anti-ageing skin treatment firms, smoothes and nourishes the skin, whilst controlling the triggers that lead to skin aging.



## BODY TREATMENTS

### Body Polish

30 min

R 450

Exfoliate, smooth and regenerate with advanced ingredients to active the skin by intensively exfoliating the epidermis leaving it soft and supple.

### Vitality Body wrap

60 min

R800

This intensive clay body treatment boosts immunity, hormone function and circulation to improve general vitality.

### Cellulite Body Wrap

60 min

R800

This body wrap reduces stubborn fatty deposits, improves circulation in the areas of cellulite and detoxifies, improving skin texture and tone.

### Serenity body wrap

60 min

R800

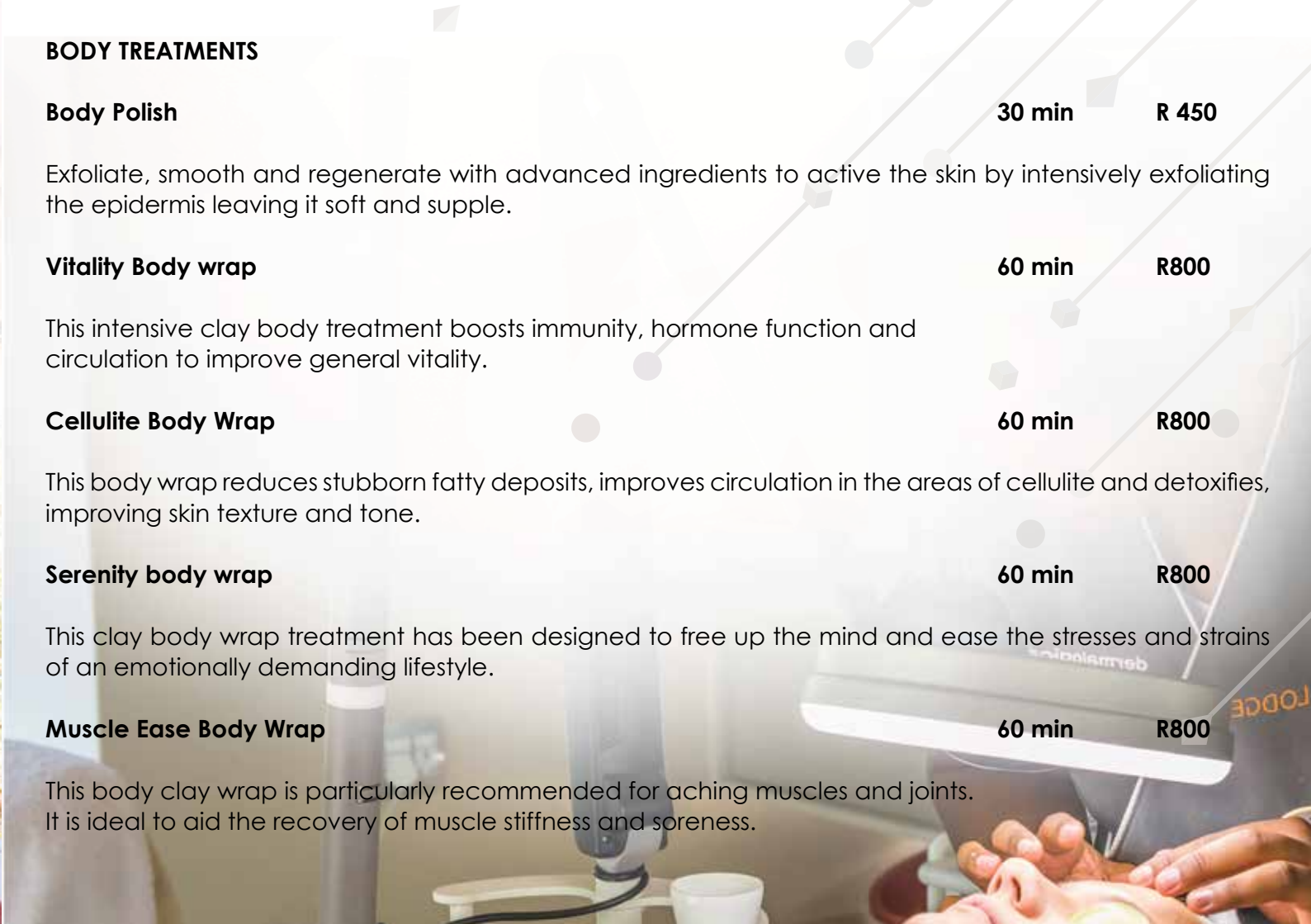
This clay body wrap treatment has been designed to free up the mind and ease the stresses and strains of an emotionally demanding lifestyle.

### Muscle Ease Body Wrap

60 min

R800

This body clay wrap is particularly recommended for aching muscles and joints. It is ideal to aid the recovery of muscle stiffness and soreness.



## **Detoxifying Body Wrap**

**60 min**

**R800**

This wrap has been designed to accelerate the removal of foreign chemicals and decrease the damaging effect of free radicals, as well as energizing the body and skin.

## **MASSAGE THERAPY**

Indian Head Massage

**30 min**

**R 500**

Back, Neck, Shoulder Massage

**30 min / 45 min**

**R 500 / R650**

Reflexology

**45 min**

**R 650**

Swedish Massage

**60 / 90 min**

**R 750/R 900**

Aromatherapy Massage

**60 / 90 min**

**R 750/R 900**

Deep Tissue Sports Massage

**60 / 90 min**

**R 750/R 900**

Hot Stone Massage

**60 / 90 min**

**R 750/R 900**



## HAND & FOOT TREATMENTS

A complete manicure and pedicure experience that soothes and nourishes, treated either in the privacy of your own treatment suite or in the luxurious comfort of our state of the art manicure and pedicure lounge with ultra comfortable couches.

Classic Manicure	60 min	R 550
Spa Manicure	60 min	R 500
Gel Manicure	75 min	R 750
Classic Pedicure	60 min	R 650
Spa Pedicure	60 min	R 600
Hot Stone Pedicure	90 min	R 700
Gel Pedicure	75 min	R 750
Re-varnish	15 min	R 120
Soak Off	30 min	R 250

# *Just for Him*

## **FACIAL TREATMENTS**

For all men looking to combine results and well-being.

### **Express Skin Treatment**

**30 min**

**R 250**

An express skin treatment that will be tailored to your specific needs. This is a great booster treatment or mini treat to add with other treatments and will rejuvenate, revitalize and refresh the skin.

### **Classic Skin Treatment**

**60 min**

**R 500**

An introductory facial treatment to meet your specific skincare needs. The skincare professional will analyze your skin and choose the correct products for you.

### **Pure Facial Treatment**

**60 min**

**R 500**

A deep cleansing facial treatment for blemished or problematic skin types, this purifying treatment cleanses the skin while effectively reducing blemishes.

### **Anti-ageing Skin Treatment**

**60 min**

**R 600**

An anti-ageing skin treatment firms, smoothes and nourishes the skin, whilst controlling the triggers that lead to skin aging.





## MASSAGE THERAPY

Indian Head Massage	<b>30 min</b>	<b>R 500</b>
	<b>45 min</b>	<b>R 650</b>
Back, Neck, Shoulder Massage	<b>30 min</b>	<b>R 500</b>
	<b>45 min</b>	<b>R 650</b>
Reflexology	<b>30 min</b>	<b>R 500</b>
	<b>45 min</b>	<b>R 650</b>
Swedish Massage	<b>60 / 90 min</b>	<b>R 750/R 900</b>
Aromatherapy Massage	<b>60 / 90 min</b>	<b>R 750/R 900</b>
Deep Tissue Sports Massage	<b>60 / 90min</b>	<b>R 750/R 900</b>
Hot Stone Massage	<b>60/ 90 min</b>	<b>R 750/R 900</b>

## BODY TREATMENTS

<b>Body Polish</b>	<b>30 min</b>	<b>R 550</b>
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Exfoliate, smooth and regenerate with advanced ingredients to active the skin by intensively exfoliating the epidermis leaving it soft and supple. Take a load off with our super-smoothing back treatment designed to rid your muscles of stress and your skin of impurities. A deep-cleansing scrub is followed by extractions and then an aromatherapy massage designed for your back's most stressed-out parts.

## HAND & FOOT TREATMENTS

Male Hand Grooming

**30 min**

**R 550**

A hand and nail grooming treatment designed to exfoliate and nourish the hands, nails and neaten cuticles.

Male Foot Grooming

**30 min**

**R 650**

A foot grooming treatment that will remove dry skin on heels, neaten cuticles and shape toenails. Also includes a relaxing foot and lower leg massage.

## MEN'S PACKAGES

**Nyala**

**2 hrs**

**R 1 750**

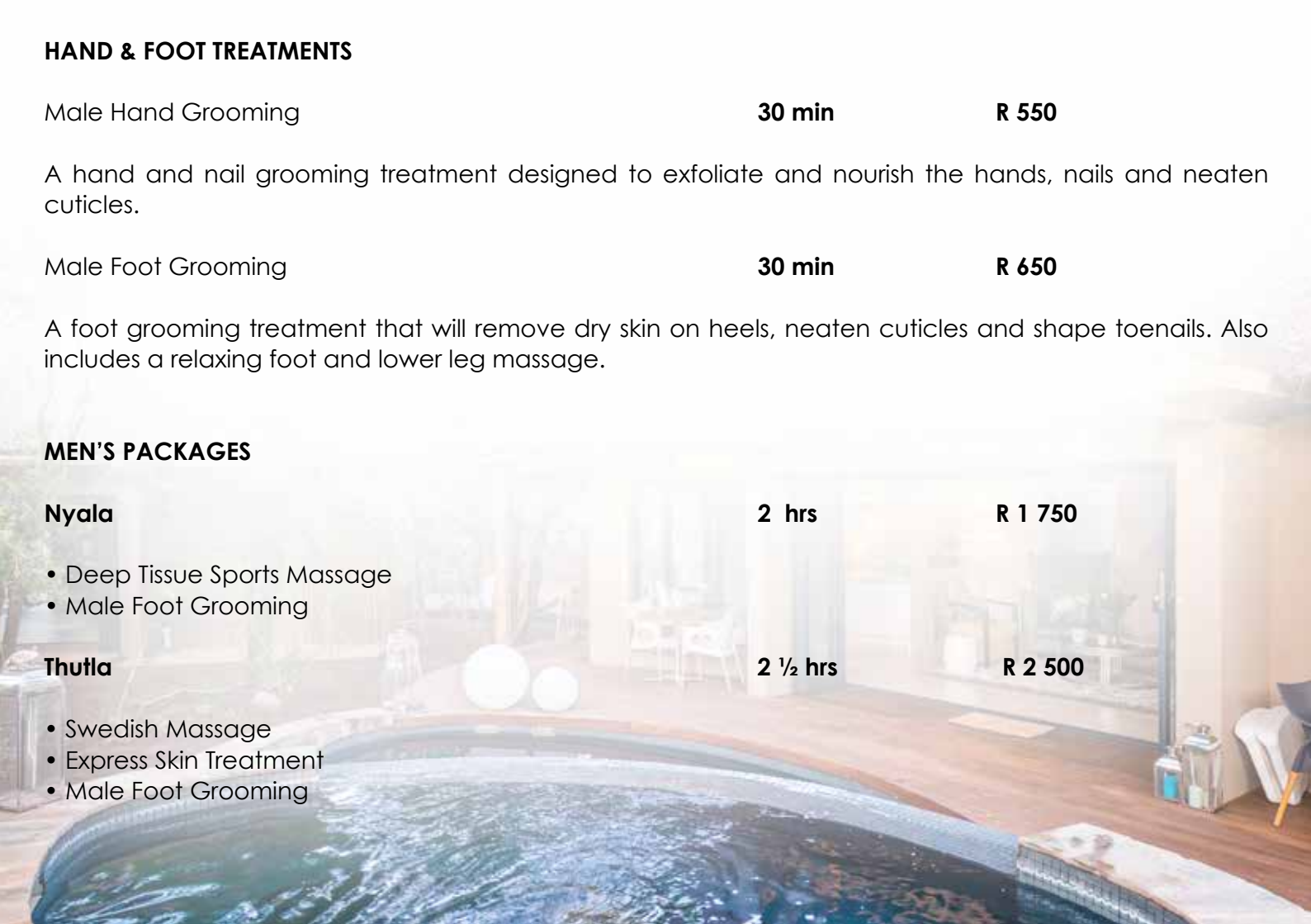
- Deep Tissue Sports Massage
- Male Foot Grooming

**Thutla**

**2 ½ hrs**

**R 2 500**

- Swedish Massage
- Express Skin Treatment
- Male Foot Grooming



## SPA ESSENTIALS

Eye brow Wax

R150.00

Lip Wax

R120.00

Chin Wax

R120.00

Cheeks Wax

R120.00

Full Face Wax

R300.00

Underarm Wax

R150.00

1/2 Arm Wax

R150.00

Chest Wax

R200.00

Full Arm Wax

R250.00

Full Back Wax

R350.00

1/2 Back Wax

R200.00

Standard Bikini Wax

R200.00

Brazilian Bikini Wax

R250.00

Full Bikini (Hollywood) Wax

R300.00

Male Bikini Wax

R300.00

## TINTING:

Eye lash Tint

R120.00

Eye brow Tint

R120.00





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Portion 159 Fleur De LysR40, Hoedspruit, Limpopo