

# TAU OASIS SPA TREATMENT MENU



## HYDRO TREATMENTS

- H1. **Steam Room:** Sessions include a refreshing outside shower and then time in the Tau Relaxation Sala.
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|--|--|--------|------|
|  |  | 15 min | R150 |
|  |  | 25 min | R230 |
- H2. **Hydro Spa Bath:** Sessions include a choice of spa additives for the water and a refreshing drink. You may order an alcoholic beverage to enjoy during your spa bath, which will be debited to your room account. Following your spa bath, you may take some time to further unwind in our Tau Relaxation Sala.
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|--|---------|--------|------|
|  | For one | 30 min | R300 |
|  | For two | 30 min | R420 |

## MASSAGE TREATMENTS

- M1. **Intonga (Stick) Massage:** Intonga is a deep tissue and stress relieving treatment. Skillful movements are performed with the hands, while different sized wooden sticks are used to stretch tight muscles and ease toxic overload from daily stress. Symbolically the stick represented wisdom and direction to the healer. Created from wood, the stick symbolized growth and abundance, and the traditional healer knew that the energy of the earth was a valuable tool, not only in massaging the individual, but also for its intrinsic ability to absorb and purify negativity, re-channelling energy flow.
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|--|--|--------|------|
|  |  | 60 min | R620 |
|--|--|--------|------|
- M2. **Aromatherapy Full Body Massage:** Aromatherapy is the unique combination of aromatherapy essential oils, to enhance and rebalance health & well-being with a light pressure massage. Your essential oils will be chosen for specific ailments.
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|--|--|--------|------|
|  |  | 60 min | R550 |
|--|--|--------|------|
- M3. **Swedish Full Body Treatment:** The classic body massage will ease muscular tension, aid in promoting a restful sleep whilst increasing blood circulation and lymphatic flow. For this deep massage we utilize natural sweet almond oil or grapeseed oil with no essential oils added.
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|--|--|--------|------|
|  |  | 60 min | R500 |
|--|--|--------|------|
- M4. **Back & Neck Massage:** Experience a deep tissue back massage that will assist in relaxing taught, sore muscles.
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|--|--|--------|------|
|  |  | 30 min | R360 |
|--|--|--------|------|
- M5. **African Head Massage:** Eases muscle spasms in the neck and headaches. The shoulders, neck, face and scalp is given an amazing concentrated massage incorporating pressure points and draining movements.
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|--|--|--------|------|
|  |  | 30 min | R250 |
|--|--|--------|------|

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M6. **Deep Relaxing Foot Massage:** Experience true African hospitality with our signature foot massage – your feet are pampered by a true African warming foot massage leaving you feeling refreshed and relaxed.

30 min R190

M7. **Soul of Africa Body Conditioning Massage:** A ceremonial process, using Africa's 'miracle' oil, blended with Neroli, to soften signs of ageing through its anti-stress action. Benzoin further acts as an anti-inflammatory and aids chapped, inflamed and irritated skin. Traditionally Marula was used in anointment ceremonies to bless and bring abundance.

90 min R760

M8. **Hot Stone Massage:** Hot stone massage is a unique connection we experience with nature, offering a sense of profoundness and sacredness that we too often forget. Hot stone massage is a specialty massage that uses smooth, heated basalt stones. It is a deeply soothing, relaxing form of massage and the warmth of the hot stones improves circulation and calms the nervous system.

Back & Neck	30 min	R380
Back, Neck & Feet	45 min	R460
Full Body	60 min	R570

## FACIAL TREATMENTS

- F1. **African Goddess anti –ageing Skin Treatment:** A de-stressing, anti-ageing cell renewal care is rich in natural oils. A velvety textured treatment lubricates the skin to restore elasticity and softness, combats aging and promotes a healthy glow. Our combination of anti-oxidant ingredients was carefully selected to stimulate new cell growth, to keep skin healthy, lubricated and elastic, making it less prone to wrinkles. Formulated with a cocktail of Marula Nut Oil, Hypoxis Root Extract, Rooibos Extract, Aloe Gel and the wonderful anti-oxidant Coenzyme Q10, and finally scented with Frankincense, Geranium and Rose Otto. A therapeutic journey starts with a warm neck and shoulder massage. We use a traditional oil blend, followed by a cleansing, exfoliation, mask, and nourishment.
- 90 min      R760**
- F2. **Africology Repair Facial:** This wonderfully deep cleansing and repairing facial works to balance the skin and maintain the skins natural healthy radiance. Therapeutic serums treat the appropriate skin conditions to give the skin what it needs, circulation, nutrient supply and radiance of the skin is improved through massage, and hydration maintained to protect and support the skin.
- 60 min      R620**
- F3. **Africology Vitamin Boost Facial:** This uplifting facial uses a rich vitamin and mineral cocktail to replenish the skin and boost your immune system and energise the skin. Vitamin C stimulates collagen production, while vitamin A, E, and B complexes restore and strengthen your skin naturally. Great for tired, stressed or run down skin, leaving you revitalized.
- 60 min      R550**
- F4. **Africology Balancing & Refining Facial:** For a non-reactive calmer skin this facial helps to brighten your complexion with a combination of Alpha Hydroxy acids, vitamin C and B complex, you will recognise fresh lemon and Rosemary with their promise of a clearer, brighter result. Working in concert to clear clogged pores, and encourage the production of Elastin to refine and retexture uneven skin.
- 60 min      R550**

## BODY TREATMENTS

Our body work recognises the mind, body and soul connection and great care is taken to restore balance between the three, understanding that total calmness and relaxation is obtained when a gentle harmony is achieved.

- B1. **Tau Spa Oasis African Foot Ritual:** Allow your feet to be pampered by our therapists in a soothing footbath to drain away tiredness. Next your feet are pummeled and massaged with an aroma-therapeutic based scrub to remove all dead skin followed by a true African warming foot massage.
- 30 min      R310**
- B2. **Inkomfi Sloughing:** Our Sloughing process gently exfoliates lifeless skin cells while nourishing the skin and is followed by a warm compress and a nourishing, anti-oxidant body cocktail. The aromas of South African Geranium, Lemon, & Neroli, essential oils further transform a usually stressful mindset to one of enduring tranquillity since a powerful memory is invoked each time you think of your Africology experience.
- 30 min      R350**
- B3. **Skin Smoothing Back Treatment:** A unique treatment to cater for one of those hard to reach areas, this treatment is designed to cleanse the pores and remove dead skin from the back encouraging a healthy smooth back, whilst the essential oils in the massage oil relax you.
- 45 min      R410**
- B4. **Coffee & Mint Body Wrap:** Once the body has been prepared with our Walnut & Marula shell exfoliator, our proven combination of Coffee extract combined with Mint is applied as a mud wrap and sets on the body to stimulate lymph and blood flow together with toxin elimination. This wrap is particularly helpful in water retention and cellulite reduction. It is highly recommended as part of a Lymph Draining Treatment. Upon completion of your massage, enjoy time in our Steam Room.
- 90 min      R770**
- B5. **Africology African Clay Wrap:** This wonderfully therapeutic wrap contains deep cleansing Kaolin and Bentonite for the absorption of excess oil and toxins from the skin, which makes it ideal for the treatment of skin conditions such as eczema, rashes, sunburn and swelling. Jojoba, Marula, Aloe Ferox with Rooibos and Lavender help to leave skin feeling smooth and refined, stimulating blood and lymphatic flow. The skin is prepared with our Africology Body scrub, and completed with a massaged application of hydrating oil.
- 90 min      R770**

Note: Our African Body Wraps commence with a full body exfoliation, followed by a refreshing shower and your chosen body wrap.

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## **GROOMING TREATMENTS**

Pure indulgence to nourish, hydrate and restore vitality of the hands and feet, using indigenous South African Fynbos essential oils.

G1.	Manicure	<b>45 min</b>	<b>R260</b>
G2.	Pedicure	<b>60 min</b>	<b>R360</b>
G3.	Eyelash Tinting	<b>20 min</b>	<b>R95</b>
G4.	Eyebrow Tinting	<b>10 min</b>	<b>R75</b>

## **HAIR REMOVAL – WAXING**

(Subject to Therapist Availability)

W1.	Underarm	<b>R90</b>
W2.	Full Arm	<b>R140</b>
W3.	Bikini	<b>R160</b>
W4.	Leg Half	<b>R160</b>
W5.	Leg Full	<b>R220</b>
W6.	Back or Chest	<b>R200</b>
W7.	Lip or Chin or Brow	<b>R70</b>

## **SPA PACKAGE CHOICES**

Our Spa Packages include spa refreshments, time in our Steam Room, quiet time in our Tau Relaxation Sala whilst enjoying our signature African Foot Treat.

- P1. **The Tau Spa Oasis Journey:** This special spa treatment is created to leave you with special memories of your time at the Tau Spa Oasis. It includes many luxuries during the 120min treatment starting with a relaxing session in the steam room set up and infused with fresh herbs and ice-cold cucumber slices for your eyes. Your body is massaged to a velvety soft touch with an exfoliating Snowbush scrub. After a refreshing shower the body is sprayed with Orange & Ylang Ylang water and the Tau Spa Oasis Journey is completed with a full body massage using special blended aroma oils.

<b>For one</b>	<b>120 min</b>	<b>R940</b>
<b>For two</b>	<b>120 min</b>	<b>R1800</b>

- P2. **3-Hour Bliss:** Our aim in the 3-Hour Bliss is to gently take away the stresses of everyday life and slowly introduce your mind, body and soul to pure indulgence and cocooning bliss. Included in your package is time in our steam room, a full body exfoliation followed by a revitalizing shower, Tau Spa Oasis Repair Facial, full body massage and our African Foot Ritual – pure bliss!

<b>180 min</b>	<b>R1370</b>
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- P4. **Stress-relieving Detoxifying Package:** Start your two hour journey with an invigorating full body dry brushing to rid the skin of all dead cells, followed by an invigorating peppermint hydro bath. Your skin is treated and restored with an anti-oxidant soothing facial, whilst your feet are being renewed & pedicured to perfection. Relaxes stress & fatigue away!

<b>120 min</b>	<b>R940</b>
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## **NOMADIC PRIDE PACKAGES (for Conference/Incentive groups)**

The Tau Oasis offers corporate packages which are designed to be included as part of a conference/group incentive itinerary to rejuvenate and energize the guests. We understand time is valuable during conferences, and have combined specially chosen treatment options into 60min and 90min slots.

### **Nomadic Pride Package A:                      60 min                      R560.00**

You may choose from the following options for this package:

1. Begin your hour treatment with a Foot washing ritual, followed by a 45min hot stone back massage and a foot massage, or
2. Enjoy a full body aroma exfoliation, followed by a 30min body hydrating massage, or
3. Experience pure relaxation with our African Head Massage followed by the African Foot Ritual.

### **Nomadic Pride Package B:                      90 min                      R810.00**

You may choose from the following options for this package:

1. Ease muscular tension away with our one-hour deep tissue full body massage followed by a mini hydrating facial, or
2. Infused with pure essential oils, we cocoon your body with a hydrating and relaxing wrap, followed by a warm shower and then smooth out any tension and knots with an intensive neck, shoulder and back massage, or
3. Enjoy a relaxing aroma scalp and head massage followed by a deep relaxing foot massage while the essential oil hair mask softens your hair and treats your scalp. This treatment is concluded with a relaxing therapeutic Hydro Bath treatment.

#### **Please note:**

- Only group bookings of minimum 10 guests are eligible for our Nomadic Pride Packages.
- Time slots will be arranged with the conference itinerary in mind and can include after hour bookings.
- Nomadic Pride Packages are to be booked in advance and secured by full payment with the reservations office before the groups arrival.
- All Nomadic Pride Package guests may enjoy quiet time in our Tau Relaxation Sala area but this excludes the African Foot Treat due to time limitations in conference itineraries.

## General Spa Information:

Appointments can be made with the lodge or spa reception (extension 248).

Operating Hours: We are open every day from 07h00 until 16h00.

We will gladly accommodate treatments after hours and after game drives, but do require the booking to be made a day in advance.

Our last daily appointment time is 20h00.

All treatments and purchases will be debited to your room account and are to be settled before departure from the lodge. No cash payments can be received at Tau Spa Oasis. However Spa Staff gratuities may be given to the staff directly or indicated at lodge reception for the spa at the end of your stay.

Any alcoholic beverages ordered during your treatment are not included in the treatment price and will be charged to your room account.

Please arrive 10 minutes before your scheduled appointment time.

Appointment times: Arriving late will unfortunately limit the time allocated for your treatment; it will lessen the effectiveness and most importantly your pleasure and enjoyment. As a courtesy to all guests our treatments are completed as scheduled.

To Cancel or Change an Appointment - Out of consideration for all guests, a notice period is required to cancel or reschedule.

Your privacy will never be compromised. We provide disposable underwear for all our hydrotherapy and body wrap treatments which you will find in your locker.

Spa Bath & Steam Room: Our guests are to bring a **bathing costume to the spa for the steam room and spa bath treatments**. All towels will be provided at the spa. Our spa operates on a **strictly no nudity policy**.

Spa Etiquette: Strictly *no smoking* at the spa. No cell phones permitted at the spa. We kindly request no eating or drinking at the spa, except that which is provided by the spa.

Operating Hours: We are open every day from 07h00 until 15h00.

We will gladly accommodate treatments after hours and after game drives, but do require the booking to be made a day in advance. Our last daily appointment time is 20h00.