



Spa MENU

INDIAN HEAD MASSAGE

30 min R350pp | 30 min Couples R600

Indian head massage, also known as "Champi" or "Shiroabhyanga", is a therapeutic practice rooted in Ayurveda that focuses on massaging the head, neck, and shoulders to relieve stress, promote relaxation, and improve overall well-being.

The massage involves a combination of gentle, flowing movements and firm pressure on specific points, stimulating blood flow, releasing tension, and promoting relaxation

FOOT SCRUB & SOAK

30min Scrub only R275pp

45min Scrub & Soak R375pp

This Body Scrub is formulated to gently exfoliate top layer of dead skin, aid in circulation, moisturise and nourish skin. Enriched with Marula Seed Oil for hydration and Lavender Oil for relaxation. This scrub is perfect for unwinding and pampering skin. This mineral soak is perfect for soothing and refreshing tired muscles. It detoxifies skin, while softening for a smooth and revitalised feel. Infused with Jasmine, Tangerine, and Rose Geranium Oils for relaxation, while Marula Oil and Soybean Oils nourish skin.

BESPOKE OIL MASSAGE

60 min R660pp | R1100 per couple

90 min R785pp | R1300 per couple

Boosted with Soybean Oil for enhanced moisturising power, this oil promotes a balanced complexion. The calming scents of Lavender Flower Oil and Tangerine Peel Oil uplift the senses, while Geranium Rose adds a touch of floral tranquillity. This product offers the ultimate in relaxation.

BESPOKE AWAKING MASSAGE

BACK, NECK & SHOULDERS

45min R450pp | Couples R700

The treatment begins where your back, neck, shoulders and scalp are gently massaged, dissipating tension and stress through touch and aromatherapy.

BESPOKE HOT STONE MASSAGE

60 min R790 pp | Couples R1360

90 min R950 pp | Couples R1650

While providing additional deep tissue pressure, the stones infuse muscles with warmth while breaking up knots of tension. Our chosen massage medium is Marula oil, which creates a hydrating and protective.



THE Spa
AT SHANGRI-LA

RESERVATIONS

spa@shangrila.co.za

www.shangrila.co.za

014 718 1600

076 565 0008

*Couples treatments available on weekends only
Advance reservations essential*