

# TREATMENT MENU







## ABOUT US

AM Spa is a world class award-winning spa facility. Our Spa's captures the stillness of the bush, punctuated by birdsong and the rustle of leaves.

## TRADING HOURS

08:00 - 20:00 (Monday - Sunday)

## REFRESHMENTS:

AM Spa patrons are welcome to help themselves to our complimentary coffee, tea, or infused water throughout their pamper journey.

## PACKAGES AND PRODUCTS:

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

## SPA ATTIRE:

Robes, towels and slippers will be provided. For your comfort, underwear may be worn at all times. Alternatively, disposable underwear will be provided. Please remove all jewelry and store it within the provided locker.

**10%**  
**off**

any of our 60-minute &  
90-minute massages if you  
can present a SANPARKS  
Staff ID card at check out.

\*Excluding any active promotions

## SPA POLICY:

Please arrive 15 minutes prior to your appointment.

Reservations: Booking prior to arrival is recommended to secure treatments. Walk-ins are also welcomed.

Full Payment or a gift voucher number is required when booking for groups of four or more. 24 hours advance notice is required for cancellations or rescheduling, after which a 100% cancellation fee will be charged. 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 your chalets or in one of our lockers.

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.



# MASSAGES

	MINUTES	ZAR
<b>African Head Massage and Treatment</b>	30   45	390   490
<b>Back Neck and Shoulder Massage</b>	30   45	400   500
<b>Reflexology</b> A system of massage used to relieve tension on the body, based on the notion that there are reflex points on the feet linked to every part of the body.	30   45	450   750
<b>Hot Stone Massage</b> A medium pressure massage combined with hot stones of which the energy flow of the stones gives the body an intense relaxation.	60   90	790   1050
<b>Mum-to-be Massage</b> Pregnancy massage helps to increase blood & lymph circulation, which can boost your immune system & keep mom & baby healthy. Massage during pregnancy helps relieve tension in the body due to change of posture and body shape. Your massage therapist will choose the oil for your needs.	60   90	720   900
<b>Creamy Candle Massage</b> Our candles are suitable for all types, leaving your skin feeling instantly moisturised, renewed and revitalised.	60   90	700   850



# MASSAGES

## AM Special Yoga Massage

A unique blend of aroma therapy and plant oils chosen specifically by you, combining deep tissue massage techniques and stretches to bring relaxation to tired, aching muscles allowing the body to return to perfect balance.

MINUTES

60 | 90

ZAR

790 | 950

## Royal Anti Viral Massage

A rich blend of natural ingredients and Shea butter using classic Swedish massage techniques, this treatment will leave you feeling revitalized and restored and provide the skin with the ultimate nourishment in needs.

60 | 90

690 | 890

## Ndzheko African Royalty Massage

An ancient African Massage ritual characterised by the use of Calabash. Enjoy with a tot of Amarula .

60 | 90

790 | 950

## Xigiya Hydrating Massage

An African massage whereby Rungu Sticks are used to ease tense muscles and give a complete African healing experiences.

60 | 90

790 | 950

## African Pinotage Deep Tissue Muscle Melt

Done with Shea Butter for a feeling as rich & smooth as a pinotage travelling down your throat.

60 | 90

790 | 950



# MASSAGES

## Journey to the Soul of the Earth

Pamper yourself with a massage session that will leave your muscles feeling loose, work out knots and trigger points, creating more flexibility and movements. The package consist of relaxing scalp massage and detoxing body massage

MINUTES

120

ZAR

1200

## Hydrating Journey

A relaxing royal body glow treatment, shea butter candle massage, choose between a Dermalogica or QMS mini facial.

120

1450

## Express Journey DUETS

### Couples Royal Romance

An indulgent full body and scalp massage for two, using only the finest aromatherapy oils to create a feeling of oneness, love and abundance. The Royal Romance includes a glass of sparkling wine.

90

1650  
FOR TWO

### Royal Safari Couple Indulgence

Indulge in our signature full body package which includes a full body massage, Facial, Body Polish, Body Wrap, and the choice between a manicure or pedicure. This package includes a healthy meal and glass of sparkling wine.

220

4500  
FOR TWO



## SKINCARE

	MINUTES	ZAR
DERMALOGICA Deep Cleanse	60	850
DERMALOGICA Hydrating Facial	60	850
DERMALOGICA Age Smart Treatment	75	950
DERMALOGICA Mini Facial	30	550
QMS Collagen Renewal Facial	90	1160
QMS Urban Repair Facial	45	850

## BODY TREATMENTS

<b>Royal Glow Body Wrap</b>	45	550
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Our body polishes are specifically designed to gently remove dead skin revealing smooth, soft and nourished skin, finished up with a hydrating body wrap.



# BEAUTIES AND BUDDIES:

\*Exclusive to AM SPA Kruger

Beauties and buddies are specialised treatments for children between the ages of 2 and 12. Our skilled staff have been trained to work with children of all ages and make use of organic products that are suitable to the most sensitive of skin types.

## Safari Feet (Finger and Toes)

Bubble Soak, Scrub, Massage and Tickle... followed by a nail shape and polish to get ready for your bush adventure.

## Fresh Faces (Natural face Cleanse)

Enjoy basic skin care while using all-natural eco friendly cleansing and moisturising products.

## Bush Chill (Scrub and Massage):

Back, neck & head massage to release the stress of being so innocent and carefree!

## Relaxed Ranger (Full Body)

Full body massage.

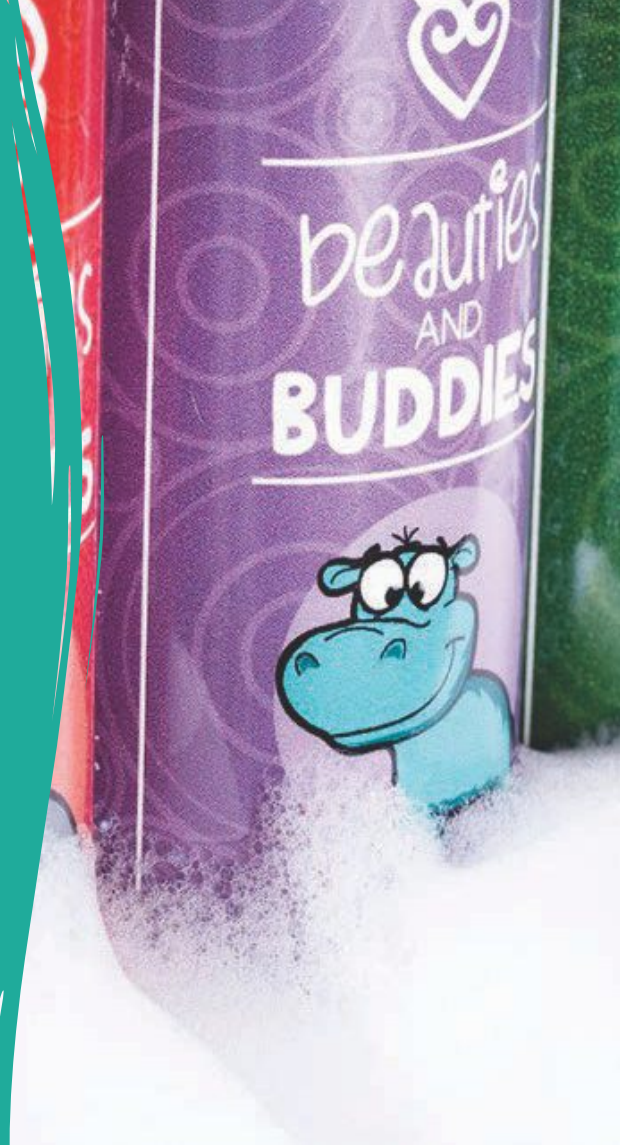
MINUTES      ZAR

45      350

30      250

30      300

30      400





MINUTES

ZAR

## DUETS (PARENT & CHILD)

Grab Mum or Dad for a day of pampering after your bush adventure. Create unforgettable memories to last you a lifetime. All treatments are performed in the double treatment Room.

### Tracker Relax

Start with a self scrub, followed by a hot stone back massage to release tension and promote good sleeping patterns. End this treatment with a relaxing scalp massage.

90

1600  
FOR TWO

### Pink Ranger

Starting with a self scrub, followed by a mini-pamper facial ending with a foot or hand massage.

90

1600  
FOR TWO

## Add on Treatments

Back Exfoliation

150

Foot Peel

200

Gel Paint

150



## GROOMING

### MINUTES

### ZAR

Eyebrow Tint	15	100
Lash Tint	20	110
Lash and Brow Tint	30	150

## WAXING

Brows	20	90
Lip	15	90
Full Face	45	270
Abdomen	30	150
Underarm	15	140
Half Arm	30	130
Chest	30	200
Full Leg	45	280
Half Leg	20	200
Full Back	30	300
Standard Bikini	20	160
Brazilian Bikini	30	220
Full Bikini (Hollywood)	45	300
Mom's Hollywood	45	400



# HAND AND FEET TREATMENTS

All SANPARKS staff receive 10% discount on the below manicure and pedicure treatments.

	MINUTES	ZAR
Foot Ritual	30	400
Express Mani	30	250
Express Pedi	30	300
Mani with Gel Application	60	410
Pedi with with Gel Application	60	450
Classic Manicure	60	350
Classic Pedicure	60	400
Nail Preparation and Gel Application	45	300
Nail Repair	15	50
Soak Off	30	80
Acrylic Fill	75	300
Acrylic Natural Overlay	60	330
Acrylic French Overlays	75	350
Acrylic with Gel Overlay	75	450
Nail Tips	75	350
French Tips	75	380
Tips with Gel Application	75	490
Acrylic Soak Off	60	120
Hydrating Pedicure	60	420
Foot Peel Pedi	60	420



# Thank you for your visit.



Rate our service

## AM Spa Hoedspruit:

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Portion 159, Fleur de lys,  
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## AM Spa Kruger:

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Skukuza Rest Camp, 1350, South Africa



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