

# 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

Back, Neck and shoulder

30

500

Back Neck and Shoulder Massage

45

650

Africology Muscle and Joint Magnesium Therapy 60

950

Africology Muscle and Joint Magnesium Therapy 90

1150

Magnesium's benefits are many. Symptoms and conditions such as chronic pain, fatigue and insomnia, are effectively treated with Magnesium supplementation. Choose either a 60min deep tissue Magnesium massage which induces a state of calm and promises a good night's sleep. Or select the 90min version which includes a Magnesium rich mud pack; effective in soothing a stressed muscular system.

Swedish massage

60

790

Swedish massage

90

950

Soft pressure  
classic Swedish massage techniques, this treatment will leave you feeling revitalized and restored.

Trigger point massage

60

820

Trigger point massage

90

990

Medium pressure  
A medium pressure massage which the energy gives the body an intense relaxation

Mum-to-be Massage

60

850

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 therapists will choose the oil for your needs.

Deep Tissue / Sports massage

60

850

Deep Tissue / Sports massage

90

1050

Hard pressure leaving you feeling instantly renewed and revitalises.



# MASSAGES

	MINUTES	ZAR
African Head massage	30	400
African Head massage	45	550
Sinus Ritual	30	450
Deep drainage massage ritual on the face for those puffy eyes, sinuses, and tension headaches		
Foot massage	45	550
Reflexology	30	550
<b>ADD ON</b>		
Hot Stones		150
CBD oil		150
Back exfoliation		200
Foot Peel		200
Calabash		150
Rungu		150
Creamy Candle		200
Moisture Mask (potato balm)		150



## AM speciality

	MINUTES	ZAR
<b>Half day package</b>	195	2900

- 90min Swedish massage
- 45min body wrap
- 60min classic pedicure
- Lunch
- Sparkling wine

<b>Full day package</b>	345	3600
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- 90min Swedish massage
- 45min body exfoliation
- 60min classic pedicure
- 45min body wrap
- 45min classic manicure
- Lunch
- Sparkling wine

## Body Treatments

<b>AM body wrap</b>	45	550
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Enhance the health and appearance of skin, and/or reduce body measurements.

<b>AM body exfoliation</b>	45	550
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Our body polishes are specifically designed to gently remove dead skin revealing smooth, soft and nourished skin.



## SKINCARE

	MINUTES	ZAR
<b>QMS Urban repair facial</b> Targets the daily effects of pollutants on the skin and helps repair and protect the skin from restoring natural wellness. This facial combines a deep pore decongestion to support the detox process and strengthening the skin's protective barrier.	60	1150
<b>QMS Educational facial</b> Having a QMS! Educational facial is an excellent way to learn more about your skin type. You will learn what products are beneficial for your face and which are harmful.	60	750
<b>QMS Collagen renewal facial</b> Restores and revitalises complexion whilst delivering an essential boost to the moisture levels.	60	1250
<b>QMS Deep pore cleanse facial</b> This facial treatment helps to deep cleanse and improve your general skin condition. All impurities are gently removed, helping to detoxify, restore and rebalance the skin, which provides you with a healthy complexion. Rehydrate your skin and reduce excess oiliness, your skin will be well-nourished and visibly reinvigorated.	60	850
<b>Esse Express facia</b> This express treatment option serves as a great introductory treatment for those unfamiliar with our products and treatments or those unsure of what they would like to achieve with their skincare goals.	30	650
<b>Esse Gentleman's facial</b> A fully customisable targeted treatment to address men's skin concerns.	45	500
<b>Esse Detox</b> It helps in the elimination of not only excess oil but also skin toxins. Excessively oily skin is caused by damaging environmental conditions, such as pollution, stress and anxiety, and cosmetic usage that poses a lot of issues for both men and women. A detox facial will make your face feel better.	60	1050



## AM Spa kids (under 12)

\*Exclusive to AM SPA Kruger

	MINUTES	ZAR
<b>Full body massage</b> _____	30	400
Relaxing full body massage with a soft pressure		
<b>Full body massage</b> _____	30	200
Bubble Soak, Scrub, Massage and Tickle... followed by a nail shape and polish to get ready for your bush adventure.		
<b>Mini pedicure</b> _____	30	200
Bubble Soak, Scrub, Massage and Tickle... followed by a nail shape and polish to get ready for your bush adventure.		

## Add on treatments for kids

Back Exfoliation — 150

Foot Peel — 200

Gel Paint — 100





## Tinting

Eye brow / Lash tint \_\_\_\_\_

Lash and brow tint \_\_\_\_\_

## WAXING

Lip / Chin / Cheeks / Brows \_\_\_\_\_

Underarm \_\_\_\_\_

Half arm \_\_\_\_\_

Full arm \_\_\_\_\_

Bikini / Brazilian \_\_\_\_\_

Hollywood \_\_\_\_\_

Abdomen \_\_\_\_\_

Half leg \_\_\_\_\_

$\frac{3}{4}$  leg \_\_\_\_\_

Full leg \_\_\_\_\_

Back wax \_\_\_\_\_

ZAR

120

200

110

160

170

270

270

350

150

260

280

350

360



# HAND AND FEET TREATMENTS

	MINUTES	ZAR
Express manicure	30	250
Classic manicure	60	350
Re-varnish	30	150
Nail prep with Gel application	60	370
Gel soak off	30	90
Bio Sculpture Tips	120	490
Nail repair	30	50
Express pedicure	30	300
Classic pedicure	60	370

Add Gel — 200

Add Foot Peel — 200

Add hot stones — 150

Hydrating Mask — 150



# AM Elite Treatments

(Only available at AM Spa Hoedspruit and Manyeleti)

	MINUTES	ZAR
<b>QMS Full Body Massage</b> _____ Included: Hot stones, head massage and foot ritual	160	3200
<b>QMS Full Body Treatment</b> _____ Included: Hot stones, head massage and foot ritual	160	3800
<b>QMS Hydrating Manicure</b> _____ Included: Scrub, Hot stone massage, mask, and colour of your choice	90	1800
<b>QMS Hydrating Pedicure</b> _____ Included: Scrub, Hot stone massage, mask, and colour of your choice	120	2200

Add on Gel polish for only R200.00



# Thank you for your visit.



Rate our service

## AM Spa Hoedspruit:

(015) 817 1808

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Portion 159, Fleur de lys,  
Hoedspruit, Limpopo, South Africa

## AM Spa Kruger:

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Skukuza Rest Camp, 1350, South Africa



[www.amspa.co.za](http://www.amspa.co.za)