



Set in the tranquil bushveld gardens of the Indaba Hotel in the up-market suburb of Fourways, Mowana Spa is a wellness sanctuary which will revive your senses, rejuvenate your body and soothe your soul.

Mowana Spa, which takes it's name from the majestic Baobab Tree of African Lore & Legend, offers wellness journeys based on the recognised healing energy of Tribal Massage in keeping with the spirit of the "Tree of Life".

Signature Pamper Journeys include the luxurious Mowana Full Day African Rejuvenation Pamper which is an indulgent Spa experience including Breakfast, Lunch, Complimentary Beverages and 6 Revitalising treatments; the romantic Mowana African Skies Night Spa Pamper which includes Dinner, Complimentary Beverages and 3 Relaxing treatments; and the indulgent Mowana African Escape Spa & Stay Pamper Journey for the ultimate decadent relaxation.

Whilst many of us dream of "spending the day at the Spa", workload, deadlines, limited time and budgetary constraints in our current 24/7 lifestyle often do not allow for valuable team members to be out of the office for extended periods of time and thus essential wellness can be compromised. Our Mowana Relaxation Zone, brings wellness to you by incorporating relaxing massage techniques into the short time periods in the comfort of your home, office, corporate or conference environment. The Mowana Relaxation Zone means that wellness and rejuvenation is accessible to all.

In addition to the decadent Pamper Journeys and Rejuvenating single treatments, Mowana Spa is delighted to offer a MatsiMela retail outlet boasting a local product range with it's roots in Africa. Drawing from the wisdom of African, the Mowana Spa Baobab Signature Product Range created by MatsiMela harnesses the natural moisturising properties of the Baobab Kernel which produces a rich, golden oil used for centuries by African Women to protect their beautiful skins against the harsh African Sun.

Our commitment to Service Excellence and Staff Empowerment through training and mentoring will ensure that your needs are met and your expectations exceeded as you enjoy a day of African Rejuvenation with the "Makoya Morning Journey" or indulge your senses with the "Mowana Time-Out Pamper".

*Revive your Senses . Rejuvenate your Body . Soothe your Soul*





## Our Signature Pamper





## SINGLE IN-SPA PAMPER TREATMENTS (60 MINUTES)

VALID FROM WEDNESDAY TO FRIDAY

R680 PER PERSON PER TREATMENT

- Full Body Massage with or without Hot Stones
- Pamper Facial with Matsimela Aloe Vera Facial Range
- Full Body Polish or a Soothing Back Treatment
- Head, Neck & Shoulder Massage
- Foot & Lower Leg Pamper Massage
- Hand & Lower Arm Pamper Massage

## ME TIME INDULGE

R1399 PER PERSON

- Welcome Drinks on Arrival at 08h30 or 12h30
- Full Body Massage with or without Hot Stones to soothe tired muscles
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- High Tea: Fresh daily selection of petit fours and savoury snacks
- Departure Beverage at 11h00 or 15h30

## MAKOYA MORNING RETREAT HALF DAY PAMPER JOURNEY

R1499 PER PERSON

- Welcome drinks on arrival at Mowana Spa at 08h00
- Delicious 2-course Spa Breakfast to start your Pamper Journey
- High Tea: Fresh daily selection of petit fours and savoury snacks
- Full Body Massage with or without Hot Stones to soothe tired muscles
- Relaxing Head, Neck & Shoulder Massage
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- Complimentary non-alcoholic Beverages to quench your thirst
- Departure Beverage at 12h00

## AFRICAN SAVANNAH RITUAL HALF DAY PAMPER JOURNEY

R1599 PER PERSON

- Welcome drinks on arrival at Mowana Spa at 11h30
- Tasty 2-course Spa Luncheon to feed body & soul
- Complimentary Local Beverages to quench your thirst
- High Tea: Fresh daily selection of petit fours and savoury snacks
- Full Body Massage with or without Hot Stones to soothe tired muscles
- Relaxing Head, Neck & Shoulder Massage
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- Departure Beverage at 16h30

## AFRICAN REJUVENATION FULL DAY PAMPER JOURNEY

R1999 PER PERSON

- Welcome drinks on arrival at Mowana Spa at 08h00
- Delicious 2-course Spa Breakfast to start your Pamper Journey
- High Tea: Fresh daily selection of petit fours and savoury snacks
- Full Body Massage with or without Hot Stones to soothe tired muscles
- Your choice of a Revitalising Full Body Polish or a Soothing Back Treatment
- Relaxing Head, Neck & Shoulder Massage
- Tasty 2-course Spa Luncheon to feed body & soul
- Complimentary Local Beverages to quench your thirst
- High Tea: Fresh daily selection of petit fours and savoury snacks
- Moisturising Pamper Facial with MatsiMela Aloe Vera Facial Range
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- Indulgent Hand & Lower Arm Massage
- Departure Beverage at 17h00
- Relaxation time during your wellness journey in order to enjoy a quiet oasis in the city



## AFRICAN SKIES NIGHT SPA PAMPER JOURNEY

R1699 PER PERSON

- Welcome drinks with light Snacks on arrival at Mowana Spa at 18h00
- Full Body Massage with or without Hot Stones to soothe tired muscles
- Sumptuous 2-course Spa Dinner to feed body & soul
- Complimentary Local Beverages to quench your thirst
- Relaxing Head, Neck & Shoulder Massage
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- Departure Beverage at 23h00

## TIME OUT NIGHT SPA PAMPER JOURNEY

MIDWEEK - R1199 PER PERSON

WEEKENDS - R1499 PER PERSON

- Welcome drinks with light Snacks on arrival at Mowana Spa at 18h00
- Full Body Massage with or without Hot Stones to soothe tired muscles
- Sumptuous 2-course Spa Dinner to feed body & soul
- Complimentary Local Beverages to quench your thirst
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- Departure Beverage at 22h00

## AFRICAN ESCAPE SPA & STAY PAMPER JOURNEY

R4299 PER COUPLE / R2899 FOR A SOLO PAMPER

- Accommodation for 2 people at the Indaba Hotel, Spa & Conference Centre (check in from 15h00). Add-on a Luxury Suite Upgrade from R1 500 for 2 people
- VIP Turn-down with Rose Petals
- Welcome drinks with light Snacks on arrival at Mowana Spa at 18h00
- Full Body Massage with or without Hot Stones to soothe tired muscles
- Sumptuous 2-course Spa Dinner to feed body & soul
- Complimentary Local Beverages to quench your thirst
- Relaxing Head, Neck & Shoulder Massage
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- Departure Beverage at 23h00
- Buffet Breakfast prior to departure in Epsom Restaurant at the Indaba Hotel, Spa & Conference Centre

## AFRICAN REJUVE SPA & STAY PAMPER JOURNEY

R5099 PER COUPLE / R2999 FOR A SOLO PAMPER

- Welcome drinks on arrival at Mowana Spa at 08h00
- Delicious 2-course Spa Breakfast to start your Pamper Journey
- Full Body Massage with or without Hot Stones to soothe tired muscles
- Your choice of a Revitalising Full Body Polish or a Soothing Back Treatment
- Relaxing Head, Neck & Shoulder Massage
- Tasty 2-course Spa Luncheon to feed body & soul
- Complimentary Local Beverages to quench your thirst
- Moisturising Pamper Facial with MatsiMela Aloe Vera Facial Range
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- Indulgent Hand & Lower Arm Massage
- Departure Beverage at 17h00
- Relaxation time during your wellness journey in order to enjoy a quiet oasis in the city
- Accommodation for 2 people at the Indaba Hotel, Spa & Conference Centre (check in from 15h00). Add-on a Luxury Suite Upgrade from R1 500 for 2 people
- VIP Turn-down with Rose Petals
- Buffet Breakfast prior to departure in Epsom Restaurant at the Indaba Hotel, Spa & Conference Centre



## SUBSCRIBE TO OUR NEWSLETTER

*Receive the latest news and specials for spa experiences and other exciting offers on property at Mowana Spa and Indaba Hotel*

SCAN THE CODE OR VISIT [BIT.LY/MOWANASPA-SIGNUP](http://BIT.LY/MOWANASPA-SIGNUP)





## AFRICAN SANCTUARY RETREAT 2-NIGHT SPA & STAY PAMPER

R7999 PER COUPLE / R5099 FOR A SOLO PAMPER

### DAY ONE

- Accommodation for 2 people at the Indaba Hotel, Spa & Conference Centre (check in from 15h00) - upgrade to a Luxury Junior Suite for R1 000
  - Wine & Chocolate Pairing at the Indaba Tasting Room
  - Tapas Platter for 2 with a glass of Partner Wine per person
  - Stay over with Rose Petal Turn Down & small gift per couple
- DAY TWO**
- Full Day Spa from 08h00 until 17h00
  - Bistro 2-course date night dinner for 2, with a glass of house wine per person
  - Stay over with Rose Petal Turn Down & small gift per couple (includes breakfast)

## AFRICAN ROMANCE SPA & STAY PAMPER JOURNEY

R4299 PER COUPLE / R2899 FOR A SOLO PAMPER

- Accommodation for 2 people at the Indaba Hotel, Spa & Conference Centre (check in from 15h00). Add-on a Luxury Suite Upgrade from R1 500 for 2 people
- VIP Turndown with Rose Petals
- Sumptuous 2-course Dinner at Bistro 407 from a selected menu
- Welcome drinks on arrival at Mowana Spa at 08h00
- Delicious 2-course Spa Breakfast to start your Pamper Journey
- Full Body Massage with or without Hot Stones to soothe tired muscles
- Relaxing Head, Neck & Shoulder Massage
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- Departure Beverage at 12h00

## AFRICAN INDULGENCE SPA & STAY PAMPER JOURNEY

R6499 PER COUPLE

- Accommodation for 2 people in a luxury Suite at the Indaba Hotel, Spa & Conference Centre (check in from 15h00)
- VIP Gift and a Mowana Spa Hamper
- Welcome drinks with light Snacks on arrival at Mowana Spa at 18h00
- Full Body Massage with or without Hot Stones to soothe tired muscles
- Sumptuous 2-course Spa Dinner to feed body & soul
- Complimentary Local Beverages to quench your thirst
- Relaxing Head, Neck & Shoulder Massage
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- Departure Beverage at 23h00
- Buffet Breakfast prior to departure in Epsom Restaurant at the Indaba Hotel, Spa & Conference Centre

## CORPORATE REJUVENATION PAMPER JOURNEY

R1399 PER PERSON

- Welcome drinks on arrival at Mowana Spa at 08h00 or 11h30
- Delicious 2-course Spa Breakfast to start your Pamper Journey OR Tasty 2-course Spa Luncheon
- High Tea: Fresh daily selection of petit fours and savoury snacks
- Full Body Massage with or without Hot Stones to soothe tired muscles
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- Complimentary Local Beverages to quench your thirst
- Departure Beverage at 11h00 or 15h30



MONDAY TO TUESDAY: CLOSED | WEDNESDAY TO SATURDAY: 08H00 - 23H00 | SUNDAY: 08H00 - 17H00  
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## EXECUTIVE CORPORATE WELLNESS PAMPER JOURNEY

R1749 PER PERSON

- Plenary Conference Venue (08h00 - 12h00)
- Conference Amenities: Note Pads, Pens, Mineral Water & Refreshments
- Tea, Coffee, Juice, Fruit & Rusks on arrival at Indaba Hotel, Spa & Conference Centre
- Mid Morning Tea, Coffee, Juice, Fruit & Snacks
- Tasty 2-course Spa Luncheon
- Full Body Massage with or without Hot Stones to soothe tired muscles
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- High Tea: Fresh daily selection of petit fours and savoury snacks
- Departure Beverage at 15h30

## CELEBRATE YOU TAILOR-MADE PAMPER JOURNEY

VALID WEDNESDAY TO FRIDAY

R999 PER PERSON

- Welcome drinks on arrival at Mowana Spa
- Your tailor-made 2-treatment package selection (details listed below)
- Complimentary Local Beverages to quench your thirst
- Departure Beverage

### STEP ONE: SELECT YOUR PREFERRED PACKAGE

- Breakfast + 2 single treatments. 08h00 - 11h00 (excludes High Tea buffet)
- 2 single treatments + High Tea. 08h30 - 11h00 (excludes plated breakfast)
- 2 single treatments + Lunch. 09h30 - 13h00 (excludes High Tea buffet)
- Lunch + 2 single treatments. 11h30 - 15h00 (excludes High Tea buffet)
- 2 single treatments + High Tea. 13h30 - 16h30 (excludes plated lunch)

### STEP TWO: SELECT YOUR 2 PREFERRED SINGLE TREATMENTS

- Full Body Massage with or without Hot Stones to soothe tired muscles
- Moisturising Facial Massage with MatisiMela Aloe Vera Facial Range
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- Relaxing Head, Neck & Shoulder Massage
- Indulgent Hand & Lower Arm Massage

## CHOC "I CARE" PAMPER JOURNEY

R1550 PER PERSON

- Welcome drinks on arrival at Mowana Spa at 08h00 or 11h30
- Delicious 2-course Spa Breakfast to start your Pamper Journey OR Tasty 2-course Spa Luncheon
- High Tea: Fresh daily selection of petit fours and savoury snacks
- Full Body Massage with or without Hot Stones to soothe tired muscles
- Relaxing Head, Neck & Shoulder Massage
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- Complimentary Local Beverages to quench your thirst
- Departure Beverage at 12h00 or 17h00
- CHOC Product Hamper (CHOC Lip Balm & MatisiMela Fizzball)
- Mowana Spa will donate R100 to CHOC for every "I Care" booking made

## ADD-ON ACCOMMODATION

R1300 SINGLE / R1500 PER DOUBLE ROOM SHARING

- Accommodation at the Indaba Hotel, Spa & Conference Centre in a Standard Room
- Buffet Breakfast prior to departure in Epsom Restaurant  
*Accommodation add-on is only applicable to Signature Pamper Journeys*

## LUXURY SUITE UPGRADE

ADDITIONAL R1500 PER ROOM PER NIGHT APPLICABLE TO ADD-ON ACCOMMODATION RATE

- Accommodation in a Junior Suite (subject to availability)
- Rose Petals turndown and Mowana VIP Gift Box

# Beauty Treatment Menu





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## SASSY SISTERS PAMPER PACKAGE

R900 PER PERSON

- 60-Minute Aroma Back, Neck & Shoulder Therapy Massage
- Revitalising 60-Minute Mowana Pedicure ADD-ON GEL FOR R140
- Refreshing Glass of Wine

## DAYDREAMERS DELIGHT PAMPER PACKAGE

R1599 PER PERSON OR R2800 PER COUPLE

- 90-Minute Kalahari Advanced Anti-Aging Facial
- 90-Minute Deluxe Pedicure
- 60-Minute Mowana Manicure
- Tasty 2-course Spa Luncheon to feed body & soul
- Complimentary Local Beverages to quench your Thirst

## LORDS & LADIES PAMPER PACKAGE

R1450 PER PERSON OR R2500 PER COUPLE

- 60-Minute Aroma Full Body Massage
- 45-Minute Honeybush Facial
- 60-Minute Mowana Pedicure
- Tasty Spa Breakfast or Luncheon to feed body & soul
- Complimentary Local Beverages to quench your Thirst

## A MUST FOR MEN PAMPER PACKAGE

R1499 PER PERSON

- 60-Minute Aromatherapy Back, Neck & Shoulder Massage
- 60-minute Mowana Pedicure for Men
- 60-Minute Men's Specialised Facial
- Complimentary Beer or Glass of Wine

Add on a Tasty 2-course Spa Luncheon to feed body & soul for R250 including complimentary Local Beverages to quench your Thirst

NO MORE THAN TWO (2) PEOPLE CAN BE ACCOMMODATED FOR THE PACKAGES ABOVE

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## GUESTS SAY IT BEST

*The staff and therapists radiate with friendly smiles and are passionate about their work, always wanting to make sure we are comfortable and well taken care of. THE FACILITY AND AMBIANCE ARE SO RELAXING. ONCE YOU STEP INTO THE SPA, YOU IMMEDIATELY FEEL AT PEACE, COMPLETELY FORGETTING THAT YOU ARE IN THE HEART OF A CONCRETE JUNGLE AS YOU GET LOST IN THE SCENIC BEAUTY OF BUSHVELD GARDENS AND THE TRANQUIL ENVIRONMENT OF THE SPA. The whole experience from start to finish was memorable and surpassed all my expectations. KEEP IT UP! YOU'RE ON A WINNING FORMULA.*



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## SKIN CARE FACIALS

### Kalahari Honeybush Facial (60 min)

A nourishing treatment including a relaxing facial massage that includes natural plant extracts and rich botanical oils to hydrate and rejuvenate your skin. Suitable for all skins and as a maintenance treatment. A Summer Must

R600

### Lipid Rich Skin Treatment (60 min)

A botanical oil mask rich in essential fatty acids that hydrate even the most dry and dehydrated skin. Suitable for all skin conditions, excluding oily and acne-prone skin. A Winter Must

R650

### Kalahari Specialised Facial (60 min)

Based on your skin assessment, your professional therapist will recommend one of the following: Vit C Booster Treatment, Skin Texture Treatment, Phyto Compound Treatment or TCA Treatment

R750

### Kalahari Advanced Anti-Aging Facial (90 min)

Ultra-firming, de-ageing treatment rich in essential antioxidants and natural, organic Vit C, extracted from the African Baobab fruit. Suitable for all skin conditions. Includes a 20 minute back, neck & shoulder massage.

R850

## AROMATHERAPY MASSAGES

Aromatherapy Treatments using Lilian Terry oils, is a holistic healing treatment that uses natural plant extracts to promote health and well-being. Aromatherapy uses aromatic essential oils medicinally to improve the health of the body, mind, and spirit.

### Back, Neck & Shoulder Massage (60 min)

R700

### Full Body Massage (60 min)

R750

### Full Body Massage (90 min)

R850

## HOT STONE THERAPY MASSAGES

Hot stones expand blood vessels, which encourages blood flow throughout the body, hot stones also have a sedative effect that can relieve chronic pain, reduce stress and promote deep relaxation.

### Back, Neck & Shoulder Massage (60 min)

R700

### Full Body Massage (60 min)

R750

### Full Body Massage (90 min)

R850

## WAXING

### Face

Ear, Nose, Lip or Chin Wax

R80

Brow Wax and Shape

R100

Lash or Brow tint

R100

Lash and Brow tint

R160

Brow Wax, Shape & Tint

R180

### Arms (Women)

Full Arm Wax R220

½ Arm Wax R180

Underarm Wax R150

### Arms (Men)

Full Arm Wax

R220

½ Arm Wax

R180

Underarm Wax

R150

### Legs (Women)

Full Leg Wax R280

R350

¾ Leg Wax R250

R300

½ Leg Wax R230

R280

### Bikini Areas

Bikini Wax R200

### Legs (Men)

Full Leg Wax

R350

¾ Leg Wax

R300

½ Leg Wax

R280

### Upper Body

Brazilian Wax R240

### Upper Body

Chest Wax

R300

Hollywood Wax R300

Back Wax

R350





# Pedi Lounge and Nail Bar



# the Retreat

PEDI LOUNGE · NAIL BAR  
MOWANA SPA

## MANICURE MENU

Manicure for Men (90 min)	R350
Soak, exfoliate, file, paraffin dip, buff and massage	
Mini Mani (45 min)	R180
Removal of nail varnish, file and new colour reapplication	
Gel Overlay (30 - 45 min)	R250
Application of product. Excludes Soak Off	
Mowana Manicure (60 min)	R300
Soak, exfoliate, file & nail varnish application and massage	
Add Gel for R140	
Deluxe Manicure (95 min)	R350
Caviar gel soak, exfoliate, file, buff, nail varnish application and massage.	
Add Gel for R140	
Acrylic overlay (natural or colour)	R380
Acrylic Overlay French	R400
Acrylic Fill (2 weeks)	R300
Acrylic or Gel Soak Off	R100
Acrylic Tips Overlay	R460
Paraffin Dip	R150
Nail Repair – Tip with Gel or Acrylic (per nail)	R60
NAILZ Application excluding soak off	R520
NAILZ 2-week Fill	R300

\*Treatment time may vary according to add-ons such as soak off, tips and Gel applications

## PEDICURE MENU

Pedicure for Men (90 min)	R400
Soak, exfoliate, file, paraffin dip, buff and massage	
Mini Pedi (45 min)	R200
Removal of nail varnish, file and new colour reapplication	
Mowana Pedicure (60 min)	R350
Soak, exfoliate, file & nail varnish application	
Add Gel for R140	
Deluxe Pedicure (95 min)	R400
Caviar gel soak, exfoliate, file, buff, nail varnish application & massage	
Add Gel for R140	
Footlogix Specialised Pedicure (95 min)	R500
Soak, exfoliate, file, buff, callus softener, rejuvenating foot mousse, nail varnish application & massage	
Add Gel for R140	
Manicure & Pedicure Combo (120 min)	R600
Soak, exfoliate, file, nail varnish application & massage (excluding soak off)	
Add Gel for R140	



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