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THE SPA

AT IL CASTELLO



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Il Castello Boutique Hotel, 29 Hill Str, Clarens



MASSAGE THERAPY

TheraNaka® AFRICAN WOOD MASSAGE 90min **R980**

A signature experience mimicking the rhythmical patterns of an African dance, the TheraNaka® signature massage blends light stretching techniques and specially designed body and facial wooden implements to relax and restore your weary body. Being drizzled with a warm Olive and Shea butter ointment will nourish and heal dry skin whilst experiencing blissful relaxation and rejuvenation.

TheraNaka® CBD-INFUSED HEATED BALM MASSAGE 60min **R890**

Melt away the troubles of life as gentle stroking movements using a heated pure CBD infused balm helps to relax the body. Indulge in the synergistic calming effect of CBD, Ylang-Ylang, Geranium and Lavender as the warmth of the balm caresses your body and your senses naturally chillax.

TheraNaka® AFRICAN FUSION BODY MASSAGE 60min **R810**

Enjoy the freedom of choosing your favourite scent from our selection of Marula-herb infused Fusion body oils to address your every need whilst restoring balance.

- **Add Hot Stones** **R100**

- **Add Scalp massage** 20min **R140**

TheraNaka® MOM-TO-BE MASSAGE 60min **R810**

This massage relieves back pain and improves sleep mood.

TheraNaka® AFRICAN VIGOUR BACK MASSAGE 45min **R650**

A warm aroma blend infused with circulatory-boosting essential oils is coupled with a deep tissue massage relieving deep seated tension all the way to the core of the muscle. A refreshing gel is applied, leaving your body feeling refreshed and invigorated.

TheraNaka® INDIAN HEAD MASSAGE 30min **R350**

Focuses on the three higher "chakras" - mind, body and spirit. It is a deep massage, using a variety of pressure and techniques (with or without oil).

TheraVine™ CIRCULA-VAC FACIAL CUPPING THERAPY 30min **R350**

An alternative facial therapy creating local suction for a more contoured, smoother and glowing skin. Through increased microcirculation, the delivery of oxygen and nutrients to skin cells is optimised which in turn rejuvenates and brightens the skin.

TAILOR MADE PACKAGES

Contact us to design your perfect "Spa Day" for loved ones, friends, and co-workers.

SPA ESSENTIALS

- Kindly arrive 15 minutes prior to your scheduled treatment(s) to change and complete a consultation form with your therapist.
- In spirit of mutual respect, we kindly request punctuality.
- Spa guests aged 15 years and under must be accompanied by an adult.
- Gratuities are not included in the treatment price, it is at your discretion to add a gratuity for treatment excellence.
- The Spa at Il Castello is not responsible for any theft, loss or misfortune that may occur.

GIFT CARDS

Spoil someone special with a gift card, ideal for any occasion.



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