

# Siviti

TIMBAVATI PLAINS

## Spa Menu

Managed by

K A R U N A  
Day Spa

# TheraNAKA®

TheraNaka™ means "Beauty of Africa". Our unique treatments and rituals provide the ultimate sensory experience, offering complete relaxation and rejuvenation based on Africa's rich heritage and created to celebrate mother earth and her connection with life.

**THERA**VINE™  
SKIN SCIENCE

Surrender your senses and experience a facial treatment second to none. Carefully developed by a specialised team using extensive clinical and scientific studies, the TheraVine™ range boasts indigenous Pinotage cultivar grape derivatives to which internationally acclaimed active ingredients, powerful anti-oxidant ingredients and organically grown indigenous botanicals have been added.

# SIGNATURE TREATMENTS

## SIVITI SIGNATURE TREATMENT

90MIN

R1900

Immerse yourself in a transformative journey where all five senses are awakened, guiding you towards deep relaxation and renewal. Your experience begins with a soothing foot ritual, where your feet are gently cleansed, preparing you for the restorative journey ahead. Next, your back will be exfoliated and an African detoxifying mud mask is applied, drawing out impurities and restoring balance. During this sacred moment, allow yourself to be fully present as the ancient vibrations of Tibetan singing bowls resonate through your body, promoting deep healing and inner harmony.

The journey continues with a full-body massage, using a nourishing Marula oils, customized with your preferred scent. Each stroke is designed to melt away tension, leaving you feeling renewed, rebalanced, and completely at peace.

## THERANAKA™ VEGAN INDULGENCE

75MIN

R1550

Be transported to a majestic bushveld experience!

The treatment commences with a back polish to slough off dead skin cells leaving the skin feeling comfortably smoothed. This nurturing journey uses a 100% vegan superior blend of plant waxes and butters infused with coconut, jasmine, and ylang-ylang oils to enhance this soothing and stress relieving experience. Simply relax and feel the tension melt away.

# BODY INDULGENCE

## THERANAKA™ LUXURY FUSION RELAXATION MASSAGE

30MIN (Back, Neck & Shoulders)	R950
60MIN (Full Body)	R1200
90MIN (FULL BODY)	R1600

Enjoying the freedom of choosing your favourite massage mediums from our selection of luxurious herb-infused Avo and Shea massage butters OR Marula-herb infused Fusion body oils. Heavenly exotic aromas and natural essences are used to calm the soul, rebalance, and uplift the mind.

## THERANAKA™ TENSION RELEASE DEEP TISSUE MASSAGE

45MIN (Back, Neck & Shoulders)	R1150
60MIN (Full Body)	R1550
90MIN (Full Body)	R2100

A warm aroma blend infused with circulatory-boosting essential oils is coupled with a deep tissue massage designed to relieve pain and muscle tension throughout the body. The powerful synergy of Rosemary, Pine, Black Pepper and Marjoram creates a gentle warmth, improving range of motion, dissolve tension and encourages muscle relaxation. A refreshing gel is applied, leaving your body feeling refreshed and invigorated. The ideal massage for active individuals and frequent travellers in need of a circulatory boost.

## HOT STONE FULL BODAY MASSAGE

60MIN	R1750
90MIN	R2100

A relaxing treatment using hot stones which releases tension, eases muscle stiffness and increases circulation. This treatment promotes deeper muscle relaxation through the placement of smooth lava stones.

# BODY RESTORATIVE

## THERANAKA™ UPLIFTING JET LAG TREATMENT

60MIN

R1400

Experience a gentle massage therapy facilitated by our uplifting Marula-herb infused Fusion body oil to address your jet lag whilst restoring vitality, realign muscles and tissues. To allow for a greater balance and harmony, the use of essential oils of lime, lavender and sweet orange is followed by an invigorating pressure point foot massage to restore your energy. Your treatment will be concluded by a relaxing scalp massage leaving you feeling refreshed and revitalised.

Welcoming Ritual ∞ Back Massage ∞ Foot Massage ∞ Invigorating Gel ∞ Scalp Massage

## AFRICAN EXPLORER

45MIN

R1050

A specialised Lower Leg treatment for the Africa continent traveller, aids with improving Upper and Lower Leg circulation to help optimise the elimination of waste products which cause oedema and water retention. Overall lymphatic drainage is improved through creating localised suction using cupping for a Leg rejuvenating experience.

## THERANAKA™ DETOXIFYING MUD WRAP

90MIN

R1950

Purify and cleanse. To commence this sensory journey, you will receive a full body exfoliation, followed by a warming herbal fusion massage. The nourishment of green clay and purifying action of kaolin cleanses your skin and improves skin tone and elasticity. Fennel, ginger, and vetiver stimulates the body's toxin elimination process, improves circulation, and restores energy levels.

## THERANAKA™ RELAXING ALOE AFTER SUN GEL WRAP

60MIN (FULL BODY)

R1800

30MIN (AREA SPECIFIC)

R850

De-stress and sooth. A relaxing blend of jasmine, geranium and lavender is expertly applied to ensure complete relaxation, followed by the hydrating comfort of an aloe ferox and rooibos gel envelopment which immediately soothes, calms, and promotes healing. Relax while your skin is drenched in enriching actives

# Theravine Facial Treatments

## HYDRAVINE™ FACIAL

60MIN

R1250

A revolutionary cloth mask containing Hyaluronic Acid intensely moisturises the skin and 'locks in' active ingredients for up to 3 weeks – perfect for very dry, sensitive skin needing intense hydration!

## AFRICAN GODDESS FACIAL

90MIN

R1950

Awaken your inner goddess with this luxurious, African-inspired facial ritual designed to nourish, hydrate, and rejuvenate your skin. Begin your journey with a soothing back and neck massage, melting away stress and tension. Then, surrender to a 60-minute hydrating facial infused with powerful African botanicals—renowned for their healing and anti-aging properties. Feel the essence of African queens as your skin is cleansed, exfoliated, and drenched in deep hydration, leaving you with a radiant, goddess-like glow.

## RITUALS

### HAND RITUALS

30MIN

R600

Ideal for the "always working hands". Experience the healing touch of TheraNaka™ as your hands and forearms are gently exfoliated, followed by an ultra-relaxing massage that addresses every exhausted muscle in your hands and arms with its soothing qualities. The healing properties of an Aloe Ferox gel mask soothes and hydrates the hands whilst the application of a Baobab infused lotion will leave the hands soft to the touch.

### FOOT RITUAL

45MIN

R750

This "soulful" journey will take your feet through a Geranium and Pine sugar exfoliation whilst soaking in an herbal salt foot bath. Allowing your feet and legs to relax completely, a muscle soothing foot and leg massage with wooden implements will commence followed by a detoxifying mud wrap. Nourishing Baobab infused lotion will be applied to prepare your feet for their journey ahead.

## TREATMENT BOOSTER

Hand Massage	15MIN	R450
Foot Massage	15MIN	R450
Scalp Massage	15MIN	R450
Full Body Exfoliation	30MIN	R850

## SPA ETIQUETTE & POLICIES

**Appointments:** Booking in advance is recommended.

**Punctuality:** Please ensure that you are at the spa 10minutes before your treatment time. Should you run late for your scheduled appointment, your treatment time will be reduced or cancelled, with the full treatment fee charged regardless.

**Cancellation policy:** A 4-hour notice period is required; appointments not cancelled in time will be charged for in full.

**Mobile phones:** Kindly ensure your device is switched to silent mode or off.

**Prices:** All prices are subject to change without prior notice.

**Indemnity:** The spa, and its therapists will not be held responsible for any injuries, adverse reactions, or complications before, during or after a treatment/s; or for any theft, damage, loss, or accident that occurs on the premises.

**WE OFFER MOBILE TREATMENTS ON REQUEST.  
PLEASE GET IN TOUCH WITH THE FRONT DESK.**

