

The Highland Rose

SERENITY SPA

DULLSTROOM, MPUMALANGA

Body Therapy

THERANAKA™ BODY EXFOLIATION 30 MINUTES - R300

A renewal of the body that effectively eliminates dead skin cells whilst moisturising leaving the skin soft to the touch, invigorated and revitalised.

SPINAL DETOX & BACK TREATMENT 60 MINUTES - R480

Excellent for backache, stiffness in the neck and shoulder areas, this treatment includes a back exfoliation, a mud pack to increase circulation, ease muscle pain and treat the neglected areas of the back. A relaxing back massage follows using a hydrating massage blend to nourish the skin and soothe the muscles.

THERANAKA™ BODY WRAP TREATMENTS

Starting with an invigorating body exfoliation, the body wrap treatments contain an abundance of exotic aromatic scents and natural herbal infusions. Let your mind drift off during a relaxing scalp massage whilst you are cocooned in a comforting envelopment of fragrant oils and wraps.

MUD WRAP 90 MINUTES - R600

ALOE FEROX GEL WRAP 90 MINUTES - R600

Hand & Foot Treatments

THERANAKA™ HAND RITUALS TREATMENT 30 MINUTES - R200

Treat your hands and forearms with a gentle exfoliation followed by a customised African Fusion oil massage, hydrating gel mask and an application of intensely hydrating Baobab Lotion for rejuvenated younger-looking hands.

THERANAKA™ FOOT RITUALS TREATMENT 45 MINUTES - R230

Pamper tired feet and legs with a TheraNaka™ sugar exfoliation followed by a nourishing African Fusion oil massage and a hydrating gel mask, complimented by a nourishing massage cream application for your gorgeous new feet.

MANICURE 60 MINUTES - R170

PEDICURE 60 MINUTES - R200

PARAFFIN WAX MANICURE 60 MINUTES - R200

PARAFFIN WAX PEDICURE 60 MINUTES - R250

For more information please
contact the spa manager on
067 290 3822 or e-mail
bookings@highlandrose.co.za

Massage Therapy

THE HIGHLAND ROSE FULL BODY 60 MINUTES - R400

An overall body experience that soothes and relaxes the muscles, increases circulation, and induces an overall sense of well being. A combination of body butter, sweet almond oil and classic essential oils are used.

SERENITY BACK, NECK AND HEAD 60 MINUTES - R400

An absolute treat! Allow your body and mind to switch off and relax during this 1 hour back, neck, head and scalp massage.

SERENITY BACK, NECK & SHOULDER 30 MINUTES - R200

A wonderful antidote to stress and muscle tension, this massage concentrates on specific areas of tension located in the upper and lower back, neck and shoulders.

HOT STONE THERAPY 90 MINUTES - R600

A special, ultra pampering massage using warm Basalt stone to massage the entire body, enhancing deeper relaxation and creates a soothing and harmonising effect on the body, mind and soul.

SERENITY HEAD & SCALP TREATMENT 45 MINUTES - R300

Experience an ultra relaxing, stress relieving scalp massage using a stimulating scalp tonic after which a conditioning hair oil and intensive hair mask is applied. A relaxing massage of the shoulders, neck, face and décolleté completes the treatment.

THE HIGHLAND ROSE AFRICAN WOOD 90 MINUTES - R600

Mimicking the rhythms of an African dance, this TheraNaka™ signature massage blends light stretching techniques and specially designed body and facial dumbbells to relax and restore your weary body, after being drizzled with warm Olive and Shea butter ointment.

THE HIGHLAND ROSE AFRICAN AWAKENING 90 MINUTES - R600

Drawing inspiration from the Marula tree and traditional African healing beliefs this ultra relaxing full body massage was created. The enhancing breathing techniques will awaken your senses and revive your body and mind.

Beauty Treatments

THERAVINE™ BALANCING FACIAL 60 MINUTES - R400

A deep-cleansing facial customised to gently remove surface impurities followed by a personalised mask while utilizing specially selected aromatic botanicals for restoring balance to the skin, leaving your skin soft and restored.

THERAVINE™ HYDRATING FACIAL 60 MINUTES - R400

A facial designed for extreme relaxation with the aromatic scent of essential oils designed to deeply hydrate your skin, leaving you with a radiant complexion.

Serenity Packages

SERENITY SOOTHER 90 MINUTES - R600

Your choice of TheraVine™ Facial
Serenity Back Massage

THE HIGHLAND ROSE JET LAG REVIVER 2.5 HOURS - R850

Revitalise your mind and body after a long-haul flight or as a special treat.

TheraNaka™ Foot Treatment
TheraNaka™ Body Exfoliation
The Highland Rose African Wood Massage

THE HIGHLAND ROSE HOMEWARD BOUND 2.5 HOURS - R800

Prepare your body and mind for returning home after a relaxing African holiday, or as an anytime treat.

Serenity Express Facial
Express manicure (his or hers)
The Highland Rose African Awakening Massage

SERENITY REJUVENATION HALF DAY - R1250

Revive your whole body and rejuvenate your skin:
Champagne, Orange Juice and Muffins on arrival
TheraNaka™ Foot Treatment
TheraNaka™ Body Exfoliation
The Highland Rose Full Body Massage
Your choice of TheraVine Facial
Manicure (his or hers)
Light Lunch served in the garden

SERENITY INDULGENCE FULL DAY - R1850

Just imagine a day of relaxation and tranquil surrounds:
Champagne, Orange Juice and Muffins on arrival
TheraNaka™ Foot Treatment
The Highland Rose Full Body Massage
TheraNaka™ Body Exfoliation & Body Wrap
Light Lunch served in the garden
Your choice of TheraVine™ Facial
Manicure (his or hers)
Pedicure (his or hers)
Sundowner served on the patio

THERAVINE™ EXPRESS FACIAL 30 MINUTES - R260

Experience an express Vinetherapy facial boost customised to your specific skin concerns in just thirty minutes.

THERAVINE™ EXECUTIVE FACIAL 60 MINUTES - R400

A deep-cleansing facial designed exclusively for our male clients, customised to either restore balance to the skin or to deeply hydrate the skin while gently removing surface impurities.