

MANGWANANI

DREAM SPA



REJUVENATE AND INDULGE

Location: Ground floor, next to reception

Operating Hours: 09:00–18:00

Contact: 039 978 3361/Extension 2038

<https://www.mangwanani.co.za/boutique-spas/spa-blue-marlin/>

Escape to tranquillity at the Mangwanani Dream Spa, where a world of relaxation awaits with a luxurious array of treatments, including soothing massages, rejuvenating scrubs, and pampering manicures and pedicures. To ensure you secure your preferred treatments and avoid any disappointment, we invite you to contact Mangwanani well in advance. Our skilled therapists are ready to help you unwind and indulge in the ultimate spa experience.

SPA WET AREAS

JACUZZI, SAUNA, STEAM ROOM AND SPA RELAXATION AREAS

Location: Next to Mangwanani Dream Spa on the Ground Floor

While enjoying the tranquil atmosphere of these spaces, we kindly ask all guests to respect the peaceful environment and fellow spa-goers. For your comfort and hygiene, we

ask that you shower in your room before using the jacuzzi, sauna and steams room, and please wear suitable clothing at all times.

JACUZZI

Immerse in Pure Bliss

Operating Hours: 07:00–20:00

Contact: 039 978 3361/Extension 2000

Our luxurious jacuzzi is perfect for melting away stress and soothing your senses. With invigorating hydro jets and enchanting colour-changing lights, this serene oasis is perfect for soothing your chakras and melting away stress. Please note that the jacuzzi is reserved for adults and operates by appointment only. To secure your timeslot, contact reception.

SAUNA

Prepare for deep relaxation

Operating Hours: 07:00–20:00

Contact: 039 978 3361/Extension 2000

Prepare for the ultimate relaxation experience in our soothing infrared sauna, and let the warmth envelop you, setting the stage for a blissful spa experience. Our sauna comfortably accommodates up to 4 guests, with



BLUE MARLIN
ALL-INCLUSIVE SEASCAPE
BY DREAM RESORTS

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temperatures set between 50 and 55 degrees Celsius, ensuring a calming atmosphere. Please note that the sauna is reserved for guests aged 16 and older and operates by appointment only. To secure your timeslot, contact reception.

STEAM ROOM

Step into Serenity

Operating Hours: 07:00–20:00

Contact: 039 978 3361/Extension 2000

Step into a world of tranquillity in our beautifully designed steam room, and immerse yourself in the soothing steam and let your worries melt away. At a soothing temperature of 45 degrees Celsius, you can de-stress and unwind as soft ambient lighting and tranquil music create the perfect atmosphere for relaxation. Please note that the steam room is reserved for guests aged 16 and older and operates by appointment only. To secure your timeslot, contact reception.

SPA RELAXATION AREA

Discover a haven of peace

Operating Hours: 07:00–20:00

Contact: 039 978 3361/Extension 2000

If you're seeking a peaceful retreat, look no further than our Spa Relaxation Area. Enjoy the soothing sound of running water and soft background music as you escape the hustle and bustle of holiday life. Whether you want to unwind between treatments or simply curl up with a good book, this tranquil oasis is the perfect hideaway. Immerse yourself in relaxation and let your worries drift away—your blissful escape is just a moment away!

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TREATMENT MENU

UBUSO

60min | R500

An essential facial with exfoliation, relaxing massage, face mask, toner and moisturiser. Leaving you feeling renewed and refreshed.

IZIMANGA

60min | R550 90min | R700

Traditional full body hot stone massage where hot stones, a blend of essential oils and lemongrass are placed on the body and a crème and almond oil infusion melt into the skin, leaving you feeling refreshed, revitalised and re-energised.

UMHLANE

30min | R300 60min | R400

Full back massage with our signature blends of African ritual oils for that ultimate relaxation and serenity.

MOLALA

30min | R300 60min | R400

North African head, neck and shoulder massage with warm sesame seed oil that helps destress and alleviate neck and shoulder tension.

NEO MAOTA

30min | R300 60min | R400

Royal African foot ritual with warm rose petal water and exfoliation followed by a pressure point leg and foot massage.

NEO MATSOGO

30min | R300 60min | R400

Royal African hand ritual with rose petal water cleansing, sugar and grapeseed oil scrub followed by pressure point stress relieving massage.

KOREAN BODY SCRUB WITH AFRICAN RITUALS

60min | R550

A vigorous and rejuvenating full body exfoliation that combines modern knowledge with ancient wisdom to cleanse your body of dead and aging skin cells using an original Korean technique and African traditions. Your body will never feel this young, refreshed and revived.

EXPECTANT MUM MASSAGE

60min | R470

Embrace your pregnancy and indulge in a signature marula infused pregnancy massage to alleviate common aches, growing body pains and enhance relaxation. Enjoy a feeling of complete tranquillity allowing you to embrace the gift of new life.

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DREAM SPA AND STAY

SUNSET SPA AND STAY GETAWAY FOR 2

Off peak | R3999 Peak | R4399

Discover relaxation with a 1 night stay including breakfast at the Blue Marlin Hotel, with pampering and serenity at our spa while indulging in a tranquilising 60min full body hot stone massage and a relaxing 30min foot pressure point massage. Package includes a scrumptious dinner after your African rituals. Excludes beverages.

COUPLES ROMANTIC STAYCATION

Off peak | R4499 Peak | R4999

Turn your special moments into memories with an exclusive 1 night stay at the Blue Marlin Hotel and pampering African rituals at our spa. Renew your body with an invigorating 60min Korean scrub followed by a relaxing 60min aromatherapy full body hot stone massage using our 100% natural aromatic oil blends. Finally indulge in a 45min therapeutic pressure point foot ritual to melt your stresses. Enjoy a romantic dinner to complete this magical getaway. Excludes beverages.

ULTIMATE DREAM SPA RETREAT

Off peak | R3699 Peak | R4199

Celebrating your birthday, anniversary, engagement or just life. Escape for a 1 night stay at the luxurious Blue Marlin Hotel and indulge in our rejuvenating 60min aromatherapy full body hot stone massage, our 30min royal African foot massage and a

tranquil 30min North African head, neck and shoulder massage at our spa for the ultimate indulgence. Package includes breakfast.

DREAM SPA PACKAGES

MAKOTI BRIDAL INDULGENCE | R2199

Prepare your mind, body and soul for your special day at our spa with ocean views and traditional African rituals. This blissful makoti relaxation package includes our body polishing 60min Korean scrub, our signature 60min full body hot stone massage, a pampering 60min Gelish manicure and a 60min Gelish pedicure. End off our pamper experience with a delectable lunch and a cocktail.

THE PERFECT RETREAT FOR 2 | R2799

Rejuvenate the senses and calm the mind, lulled by the ocean breezes at our spa with a pampering 60min spa manicure or a spa pedicure, a mesmerising full body hot stone massage and a therapeutic 30min North African head, neck and shoulder massage. End of this amazing treat with a delectable lunch. Excludes beverages.

OCEAN SERENITY FOR 2 | R2499

Unplug your body and unwind your mind at our spa with a 45min revitalising spa facial with a relaxing facial pressure point massage then enjoy a 60min nurturing aromatherapy full body hot stone massage using our 100% natural aromatic oils. Following your African journey indulge in a scrumptious lunch to complete your serenity.

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HARMONIOUS HALF DAY SPA

R1399 PER PERSON OR R2799 FOR 2

Experience ultimate tranquillity with this harmonious half day. This pampering package offers a delicious lunch with a cocktail/beverage, three 60min therapies which include a traditional full body hot stone massage, a royal African foot massage with a cleansing ritual and exfoliation as well as a North African head, neck and shoulder massage.

TAKE A TEA BREAK

R649 PER PERSON OR R1199 FOR 2

Restore your mind and body with 2 relaxing treatments: a 30min traditional North African head, neck and shoulder massage and a 30min royal African foot massage with a cleansing ritual and exfoliation. These 2 treatments are complemented by a delicious slice of cake and tea/coffee.

NAIL CARE

MORGAN TAILOR

Spoil yourself with a 60min file, cuticle, exfoliation, massage and paint.

30min Buff and shine (no paint) | **R150**

60min Spa manicure | **R300**

60min Spa pedicure | **R400**

60min Executives men's manicure with relaxing massage | **R250**

60min Executives men's pedicure with relaxing massage | **R300**

GELISH

Gelish treat with 21 days wear.

60min Gelish manicure | **R350**

60min Gelish pedicure | **R400**

30min soak off gel | **R100**

40min soak off acrylic/soft gel tips | **R150**

POOLSIDE RITUALS

Experience the wonderful sea views, the sand in your toes and the cooling sea breeze on your skin while indulging in a range of therapies that we offer at our poolside.

POOLSIDE MESSAGES

20min | R150

North African head, neck and shoulder massage or royal African foot massage or royal African hand massage.

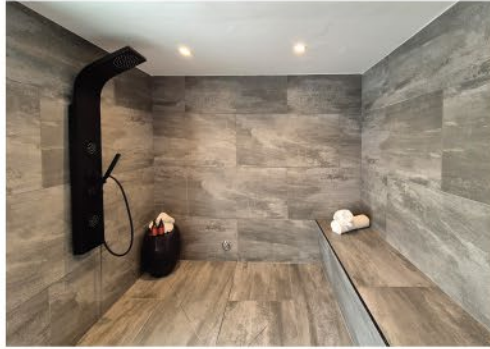
POOLSIDE PAMPER PACKAGE

R799 FOR 2

North African head, neck and shoulder massage or royal African foot massage or royal African hand massage.

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POOLSIDE KIDS' SPA

20min African warrior face art | **R50**

30min Forest fairy manicure | **R150**

30min Forest River foot massage | **R100**

30min Mystical royal head, neck and shoulder massage | **R100**

20min Picture perfect facial | **R160**

30min Twinkle toes pedicure | **R150**

30min Wonderfully wild hand massage | **R100**

30min Magical full body or full back massage | **R250**

45min Magical full body or full back massage | **R350**