



The Studio Spa @ River Manor
Top Ten Treatments

- 1. Heavenly Hot Stone Therapy 90min R780**
The heat from the volcanic stones eases tension in muscles much faster than regular massage. This treatment includes a mini-facial & foot reflex massage.
- 2. The Tranquility Massage 60min R450**
Combining various massage techniques with TheraNaka Butter Nuggets, our signature massage is sure to leave you feeling like you are walking on air!
- 3. Reflex Foot Massage 60min/30min R450/R300**
A deeply relaxing foot massage, incorporating reflexology pressure points. An ideal treatment after a long day of sight-seeing!
- 4. Long Flight Delight 45min R320**
A massage focusing on lymphatic drainage of the legs to prevent Deep Vein Thrombosis. The secondary focus is on the tension in the back.
- 5. Hot Stone Back Massage 30min R350**
A “rapid tension release” treatment using heated basalt stones for an even more relaxing experience.
- 6. Foot & Scalp Massage 30min R300**
A quick distressing top & toe treatment.
- 7. Theravine Body Wrap 60min R540**
Our selection includes your choice of relaxing, contouring or purifying wraps, which are sure to leave your skin feeling smooth & soothed.
- 8. Forest Stream Hot Spa Bath 30min R200**
A jacuzzi-style bath which increases circulation and relaxes tense muscles. TheraNaka’s Forest Stream Relaxing Bath Milk is added to increase the effects of the bath.
- 9. Gent’s Classic Facial 60min R400**
A facial focusing on exfoliating & hydrating the skin to counteract the stressful effects of shaving and the associated in-grown hairs & razor rash.
- 10. Theravine Deluxe Facial 75min R480**
Theravine Deluxe Anti-aging Facial which includes a cooling & toning alginate mask. Theravine Deluxe Nutritional Facial includes a nourishing mask of crushed grape & linseeds.