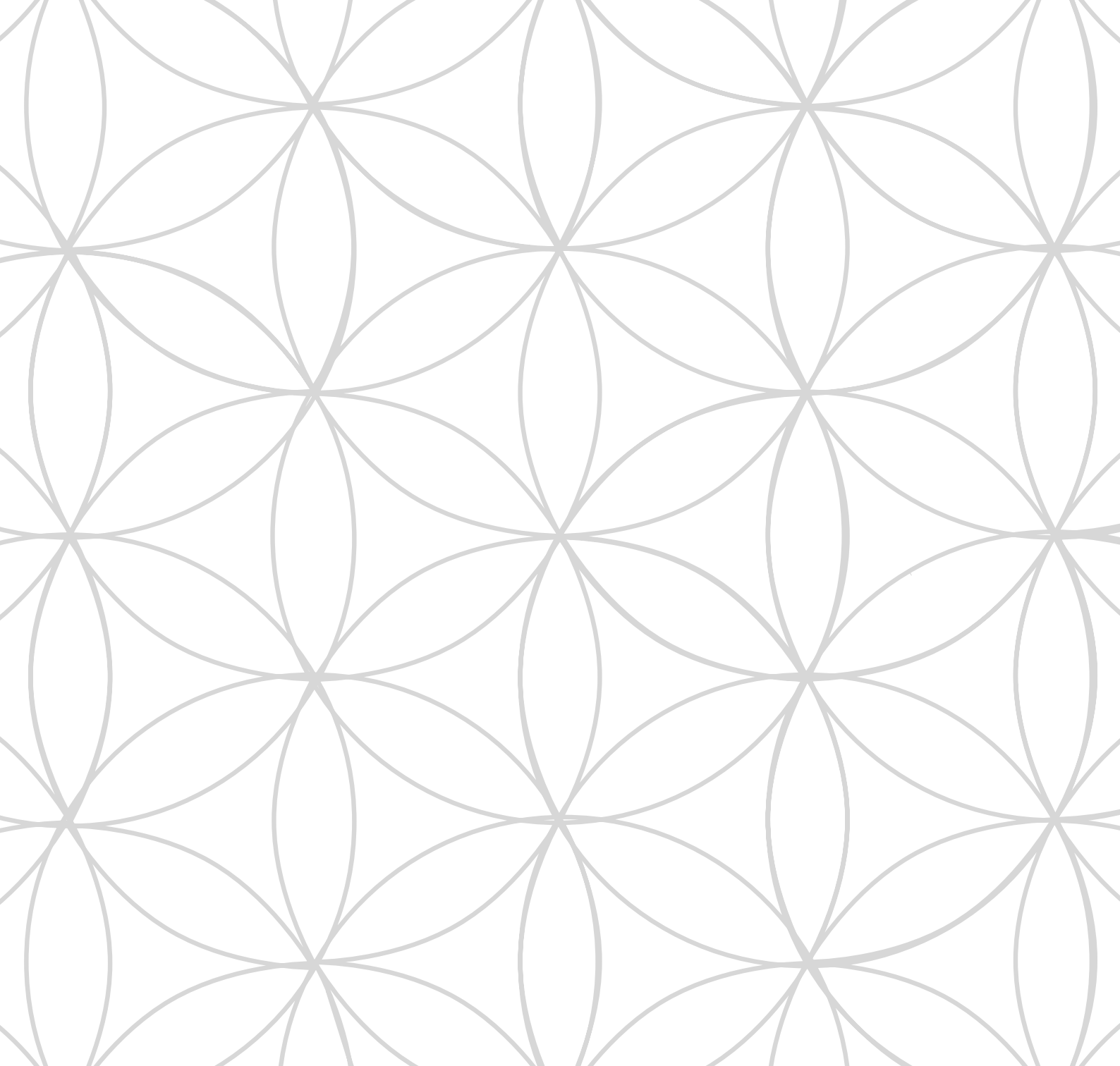



Kwa Maritane
SPA & GYM



Welcome to our Spa

Finding time for yourself is often a tricky balancing act, but at Legacy Balance Spas it's child's play. Harmony in mind and body will be gently restored by the breathtakingly beautiful settings, beneficial treatments and service that puts you first. You'll feel better from the moment you arrive. Expect to feel unusual side effects – calm, composure and an inner radiance that will stay with you even after you have returned home.





“Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is something infinitely healing in the repeated refrains of nature - the assurance that dawn comes after night, and spring after winter.”

Rachel Carson



fac

Making your dreams for beautiful, radiant skin come true is possible with a facial. Not only are facials necessary for maintaining healthy skin, they are also a wonderful way to relax during your day at the spa. This skin saving regimen will include a facial mask or two and is often customized to your specific skin type and skin concerns. Whether you have dry, oily, combination, sensitive, or normal skin, you can find a facial that is perfect for you.

cial therapies

Skin Solutions Facials

- BAVOR Skin Calming Facial gently calms and alleviates any irritation while enriching and nourishing your skin for a soothed complexion, while your skin's natural protective barrier is regenerated.
- BAVOR Skin balancing facial balance your skin, bringing combination areas into complete harmony, leaving you feeling refreshed with even skin tone while reducing blemishes, giving pores a much more refined appearance.

Skin Specific Facials

- BAVOR Vitalising facial quenches your skins thirst with a moisture boost to revitalise, refresh and replenish, giving your complexion a relaxed appearance and leaves your skin feeling soft to touch.
- BAVOR Energising Man facial revitalises and smooths tired and fatigued skin leaving you feeling supported to face new challenges with greater energy and a renewed zest for life.
- TERRES D'AFRIQUE Hydrating Facial deeply restores skin moisture levels and eliminates dryness caused by environmental aggressions, achieving a naturally radiant and healthy look. Fight damage caused by free radicals with this facial designed to infuse your skin with powerful antioxidants from rooibos, kigelia and baobab.
- TERRES D'AFRIQUE Detoxing Facial aims to eliminate toxins and reduce congestion accumulated in the skin due to unhealthy living, urban pollution and stress. Omega-rich Terre's D'Afrique oils and linoleic acids will rehydrate and regenerate the deep layers of the skin.

A woman with long, flowing brown hair is captured in a dynamic splash of water. She is wearing a white, semi-transparent, off-the-shoulder dress. Her head is tilted back, and her eyes are closed, as if she is enjoying the water. Her right hand is raised, with fingers spread, reaching towards the top of the splash. The water is dark and turbulent, with many droplets and bubbles. In the top right corner, the letters 'bo' are written in a large, white, lowercase, sans-serif font.

bo

These therapies are all about harmony and well-being, finding your own balance and the path that inspires you. From body exfoliation to wraps, hydrating, body sculpting, targeted slimming or detox treatments, they are all rooted in specific high-performance products with patented active ingredients.

Body Therapies

Body Therapies

- The RASUL Chamber offers a heavenly warm mud and multi-sensory experience. An exotic, highly relaxing treatment with detoxing clay and aromatherapeutic effects. Ideal for couples and group events.
- TERRES D'AFRIQUE Coconut Sculp & Hair Treatment focuses on boosting energy levels and stimulating the immune system. It combines aromatherapy, acupressure and reflexology with hot and cold massage techniques. It is also said to improve circulation in the head, enhance the senses, improve memory and promote clear thinking.
- TERRES D'AFRIQUE Myrrh Body Polish is a deep and luxurious exfoliation with myrrh and coconut shell that will leave your skin ready for the moisturizing and healing benefits of Terre's D'Afrique Omumbiri Body Butter.
- TERRES D'AFRIQUE Body Masks are ideal for a holistic cleansing. A soothing and healing ritual that is designed to leave your inner and outer body restored. Choose between the detoxifying, firming or anti-ageing to reconnect body and mind.

A woman with dark hair and a large orange hibiscus flower in her hair is lying on her side, receiving a massage. Her eyes are closed, and she appears relaxed. The masseuse's hands are visible, gently touching her back and shoulder. The background is softly blurred, suggesting a spa or massage setting.

massa


Whether you're new to massage or are looking to broaden your horizons, you're sure to find a style that's right for you. A good massage can relieve stress and pain, and just plain old make you feel good. It can also enhance immunity and increase flexibility through soothing touch therapy.

Massage Therapies

Massage Therapies

- **Back, neck & shoulder massage:** a quick and thorough massage that relieves the most common areas of tension.
- **Classic Swedish massage:** the medium pressure massage associated with the long-proven and highly respected Swedish massage techniques increases blood circulation, releases toxins and stimulates the nervous system.
- **Hot Stone massage:** combining hot stone protocols with a full body massage provides a very healing and effective experience. Heat loosens up the muscles and stimulates blood circulation leaving you feeling warm, comfortable and at ease.
- **African Rungu massage:** a unique African and deeply stimulating massage using a wooden baton, the traditional Rungu from the Maasai culture, it will leave you feeling completely relaxed, it is excellent for tired or painful muscles, while also ensuring lymph drainage and the release of endorphins.
- **Calabash massage:** unique to Africa, Calabash massage gives a deeper dimension to the deep tissue massage. In addition, the use of different sizes and shaped calabashes allows the therapist to adapt to the body to break tension zones, softens muscles, tendons and tissue.
- **TERRES D'AFRIQUE deep tissue muscle massage:** This highly specialized massage is ideal for the relief of stiff aching muscles, detoxification and stimulation of circulation. A combination of puling, trigger point therapy and cross fibre muscle technique using essential oils are used alongside heat and cooling gel and spray and wooden ball to help relieve muscle tension.
- **TERRES D'AFRIQUE Aromatherapy massage:** a highly specialised massage that combines the natural therapeutic properties of essential oils and the healing powers of massage therapy. Our blends to choose from: Moroccan Garden (invigorating), Fynbos Crush (detoxifying), Savannah Dew (relaxing).
- **TERRES D'AFRIQUE Detoxing Baobab & Spices massage:** Heated pindas made of baobab seeds and spices are used in this exclusive massage. The combination of heat, deep pressure, micro massage by the seeds and lymphatic drainage movements, increase blood flow and drain lymph to the lymph nodes, helping to eliminate toxins accumulated in the body.
- **BABOR SPA massage.** From balancing, energising and relaxing, to baby bumps and muscle-easing, these luxurious and richly nourishing body oils, combined with a nurturing massage, are the next level in velvety-soft skin that leaves the body and mind feeling fully rejuvenated.

spa signature

A savanna landscape at sunset. In the foreground, a herd of zebras and antelopes is gathered on a sandy plain. The zebras are in the center, and several antelopes are scattered around them. The background shows a vast, open plain with sparse vegetation and distant mountains under a warm, golden sky. The overall scene is peaceful and natural.

This range of expertly selected signature therapies are designed to deliver focussed results, relaxation and renewal. Each therapy speaks to whatever you need, whenever you need it.

Spa treatments



Spa Signature Treatments

Top to Toe


Melt away tension and bring your body and mind back into harmonious balance. Full body exfoliation first smooths and softens the skin, followed by an indulgent back, neck and shoulder massage using nourishing essential oils to penetrate tired, aching muscles. Finally, a vitalising express facial, hand and foot massage will bring about total balance in the body. Package time 2 hours.

Thabayadiotso

Named after "The proud mountain" sentinel of Pilanesberg, this treatment begins with a full body exfoliation, followed by a full body massage using smooth mountain aloe oil. Allow your skin's youth to be restored with immediate and long-lasting results with a deep cleansing facial to complete this heavenly experience. Package time 2 hours and 30 mins

Mother to Be Pregnancy Therapy

A combination of nourishing face and body treatment that has been designed to nurture and support a woman through the rich tapestry of each trimester. Gently. Treatment time 90min.

A close-up photograph of a spa treatment area. In the foreground, a large, dark, textured stone basin is visible. A chrome faucet is mounted on the basin, and a vibrant red flower arrangement is placed on the right side. The background is softly blurred, showing another similar basin and a stack of folded towels. The overall atmosphere is clean and relaxing.

Incorporating innovative products formulated to give effective and transformative results for a variety of foot related conditions, your feet will be soothed, scrubbed, softened and hydrated to offer the ultimate Spa treatment. Here Medi meets Pedi. Your hands will be lavishly hydrated, your nails filed and shaped and your cuticles groomed and prepped for your favourite nail colour.

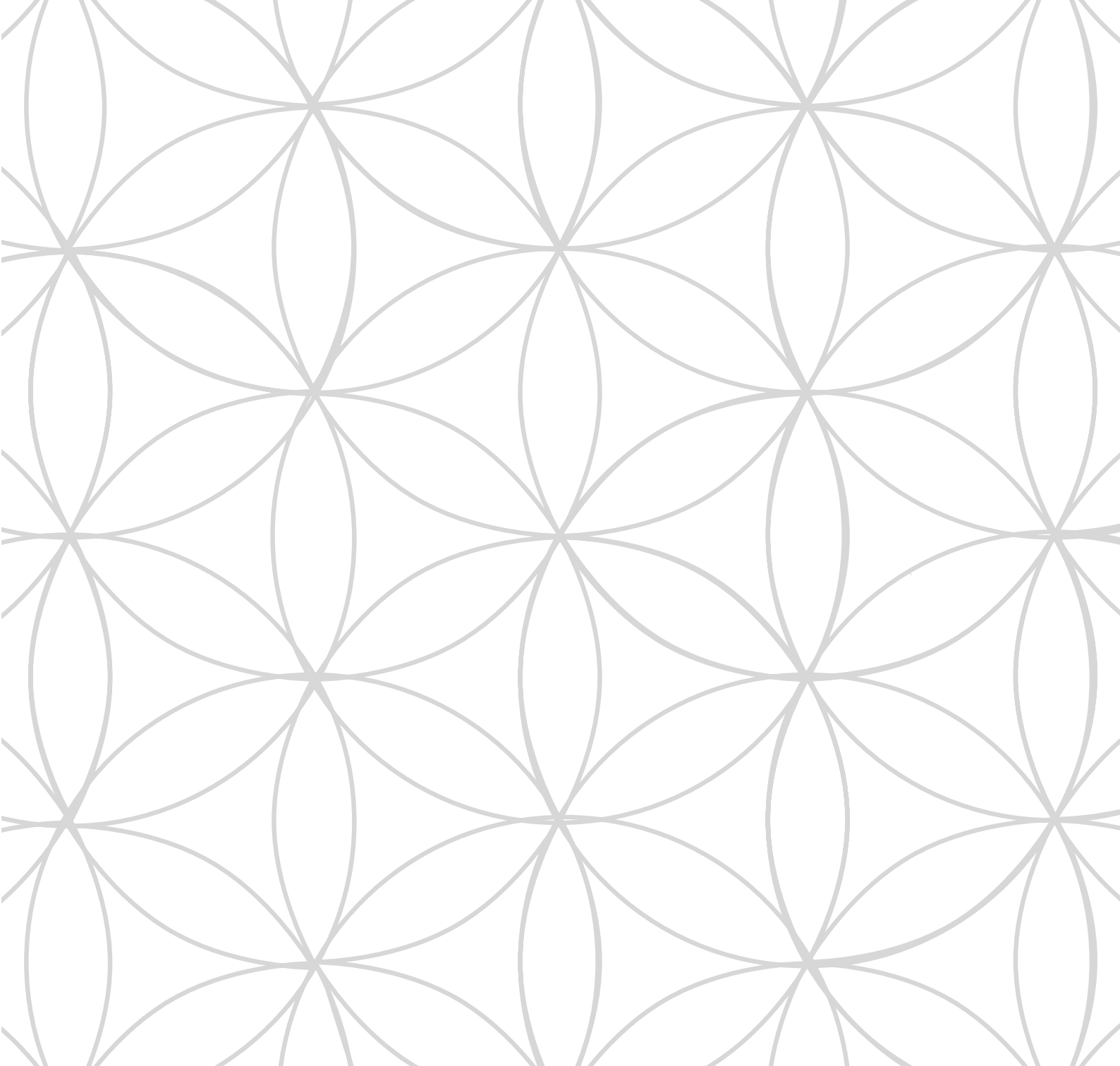
services



Spa Services

We offer a complete range of services including:

- Classic manicure and Classic pedicure
- Mani and Pedi @ high Speed
- MediPedi
- Gel applications for weeks of long-lasting colour and glossy wear
- Eyebrow and Eyelash Grooming
- Waxing





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spas and fitness centres

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