



Set in the tranquil bushveld gardens of the Indaba Hotel in the up-market suburb of Fourways, Mowana Spa is a wellness sanctuary which will revive your senses, rejuvenate your body and soothe your soul.

Mowana Spa, which takes its name from the majestic Baobab Tree of African Lore & Legend, offers wellness journeys based on the recognised healing energy of Tribal Massage in keeping with the spirit of the "Tree of Life".

Signature Pamper Journeys include the luxurious Mowana Full Day African Rejuvenation Pamper which is an indulgent Spa experience including Breakfast, Lunch, Complimentary Beverages and 6 Revitalising treatments; the romantic Mowana African Skies Night Spa Pamper which includes Dinner, Complimentary Beverages and 3 Relaxing treatments; and the indulgent Mowana African Escape Spa & Stay Pamper Journey for the ultimate decadent relaxation.

Whilst many of us dream of "spending the day at the Spa", workload, deadlines, limited time and budgetary constraints in our current 24/7 lifestyle often do not allow for valuable team members to be out of the office for extended periods of time and thus essential wellness can be compromised. Our Mowana Relaxation Zone, brings wellness to you by incorporating relaxing massage techniques into the short time periods in the comfort of your home, office, corporate or conference environment. The Mowana Relaxation Zone means that wellness and rejuvenation is accessible to all.

In addition to the decadent Pamper Journeys and Rejuvenating single treatments, Mowana Spa is delighted to offer a MatsiMela retail outlet boasting a local product range with its roots in Africa. Drawing from the wisdom of African, the Mowana Spa Baobab Signature Product Range created by MatsiMela harnesses the natural moisturising properties of the Baobab Kernel which produces a rich, golden oil used for centuries by African Women to protect their beautiful skins against the harsh African Sun.

Our commitment to Service Excellence and Staff Empowerment through training and mentoring will ensure that your needs are met and your expectations exceeded as you enjoy a day of African Rejuvenation with the "Makoya Morning Journey" or indulge your senses with the "Mowana Time-Out Pamper".

Revive your Senses . Rejuvenate your Body . Soothe your Soul





Our Signature Pamperers





SINGLE IN-SPA PAMPER TREATMENTS (60 MINUTES)

VALID FROM WEDNESDAY TO FRIDAY

R650 PER PERSON PER TREATMENT

- Full Body Massage with or without Hot Stones
- Pamper Facial with Matsimela Aloe Vera Facial Range
- Full Body Polish or a Soothing Back Treatment
- Head, Neck & Shoulder Massage
- Foot & Lower Leg Pamper Massage
- Hand & Lower Arm Pamper Massage

ME TIME INDULGE

R1099 PER PERSON

- Welcome Drinks on Arrival at 08h30 or 12h30
- Full Body Massage with or without Hot Stones to soothe tired muscles
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- High Tea: Fresh daily selection of petit fours and savoury snacks
- Departure Beverage at 11h00 or 15h30

MAKOYA MORNING RETREAT HALF DAY PAMPER JOURNEY

R1499 PER PERSON

- Welcome drinks on arrival at Mowana Spa at 08h00
- Delicious 2-course Spa Breakfast to start your Pamper Journey
- Full Body Massage with or without Hot Stones to soothe tired muscles
- Relaxing Head, Neck & Shoulder Massage
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- Complimentary non-alcoholic Beverages to quench your thirst
- Departure Beverage at 12h00

AFRICAN SAVANNAH RITUAL HALF DAY PAMPER JOURNEY

R1499 PER PERSON

- Welcome drinks on arrival at Mowana Spa at 11h30
- Tasty 2-course Spa Luncheon to feed body & soul
- Complimentary Local Beverages to quench your thirst
- Full Body Massage with or without Hot Stones to soothe tired muscles
- Relaxing Head, Neck & Shoulder Massage
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- Departure Beverage at 16h30

AFRICAN REJUVENATION FULL DAY PAMPER JOURNEY

R1999 PER PERSON

- Welcome drinks on arrival at Mowana Spa at 08h00
- Delicious 2-course Spa Breakfast to start your Pamper Journey
- Full Body Massage with or without Hot Stones to soothe tired muscles
- Your choice of a Revitalising Full Body Polish or a Soothing Back Treatment
- Relaxing Head, Neck & Shoulder Massage
- Tasty 2-course Spa Luncheon to feed body & soul
- Complimentary Local Beverages to quench your thirst
- Moisturising Pamper Facial with Matsimela Aloe Vera Facial Range
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- Indulgent Hand & Lower Arm Massage
- Departure Beverage at 17h00
- Relaxation time during your wellness journey in order to enjoy a quiet oasis in the city

AFRICAN SKIES NIGHT SPA PAMPER JOURNEY

R1599 PER PERSON

- Welcome drinks with light Snacks on arrival at Mowana Spa at 18h00
- Full Body Massage with or without Hot Stones to soothe tired muscles
- Sumptuous 2-course Spa Dinner to feed body & soul
- Complimentary Local Beverages to quench your thirst
- Relaxing Head, Neck & Shoulder Massage
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- Departure Beverage at 23h00



TIME OUT NIGHT SPA PAMPER JOURNEY

MIDWEEK - R1199 PER PERSON

WEEKENDS - R1299 PER PERSON

- Welcome drinks with light Snacks on arrival at Mowana Spa at 18h00
- Full Body Massage with or without Hot Stones to soothe tired muscles
- Sumptuous 2-course Spa Dinner to feed body & soul
- Complimentary Local Beverages to quench your thirst
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- Departure Beverage at 22h00

AFRICAN ESCAPE SPA & STAY PAMPER JOURNEY

R4099 PER COUPLE / R2899 FOR A SOLO PAMPER

- Accommodation for 2 people at the Indaba Hotel, Spa & Conference Centre (check in from 15h00). *Add-on a Luxury Suite Upgrade from R1 500 for 2 people*
- VIP Turndown with Rose Petals
- Welcome drinks with light Snacks on arrival at Mowana Spa at 18h00
- Full Body Massage with or without Hot Stones to soothe tired muscles
- Sumptuous 2-course Spa Dinner to feed body & soul
- Complimentary Local Beverages to quench your thirst
- Relaxing Head, Neck & Shoulder Massage
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- Departure Beverage at 23h00
- Buffet Breakfast prior to departure in Epsom Restaurant at the Indaba Hotel, Spa & Conference Centre

AFRICAN REJUVE SPA & STAY PAMPER JOURNEY

R4999 PER COUPLE / R2999 FOR A SOLO PAMPER

- Welcome drinks on arrival at Mowana Spa at 08h00
- Delicious 2-course Spa Breakfast to start your Pamper Journey
- Full Body Massage with or without Hot Stones to soothe tired muscles
- Your choice of a Revitalising Full Body Polish or a Soothing Back Treatment
- Relaxing Head, Neck & Shoulder Massage
- Tasty 2-course Spa Luncheon to feed body & soul
- Complimentary Local Beverages to quench your thirst
- Moisturising Pamper Facial with MatsiMela Aloe Vera Facial Range
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- Indulgent Hand & Lower Arm Massage
- Departure Beverage at 17h00
- Relaxation time during your wellness journey in order to enjoy a quiet oasis in the city
- Accommodation for 2 people at the Indaba Hotel, Spa & Conference Centre (check in from 15h00). *Add-on a Luxury Suite Upgrade from R1 500 for 2 people*
- VIP Turndown with Rose Petals
- Buffet Breakfast prior to departure in Epsom Restaurant at the Indaba Hotel, Spa & Conference Centre

AFRICAN SANTUARY RETREAT 2-NIGHT SPA & STAY PAMPER

R7499 PER COUPLE / R4799 FOR A SOLO PAMPER

DAY ONE

- Accommodation for 2 people at the Indaba Hotel, Spa & Conference Centre (check in from 15h00) - *upgrade to a Luxury Junior Suite for R1 000*
- Wine & Chocolate Pairing at the Indaba Tasting Room
- Tapas Paltter for 2 with a glass of Partner Wine per person
- Stay over with Rose Petal Turn Down & small gift per couple

DAY TWO

- Full Day Spa from 08h00 until 17h00
- Bistro 2-course date night dinner for 2, with a glass of house wine per person
- Stay over with Rose Petal Turn Down & small gift per couple (includes breakfast)



AFRICAN ROMANCE SPA & STAY PAMPER JOURNEY

R4099 PER COUPLE / R2799 FOR A SOLO PAMPER

- Accommodation for 2 people at the Indaba Hotel, Spa & Conference Centre (check in from 15h00). *Add-on a Luxury Suite Upgrade from R1 500 for 2 people*
- VIP Turndown with Rose Petals
- Sumptuous 2-course Dinner at Bistro 407 from a selected menu
- Welcome drinks on arrival at Mowana Spa at 08h00
- Delicious 2-course Spa Breakfast to start your Pamper Journey
- Full Body Massage with or without Hot Stones to soothe tired muscles
- Relaxing Head, Neck & Shoulder Massage
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- Departure Beverage at 12h00

AFRICAN INDULGENCE SPA & STAY PAMPER JOURNEY

R6099 PER COUPLE

- Accommodation for 2 people in a luxury Suite at the Indaba Hotel, Spa & Conference Centre (check in from 15h00)
- VIP Gift and a Mowana Spa Hamper
- Welcome drinks with light Snacks on arrival at Mowana Spa at 18h00
- Full Body Massage with or without Hot Stones to soothe tired muscles
- Sumptuous 2-course Spa Dinner to feed body & soul
- Complimentary Local Beverages to quench your thirst
- Relaxing Head, Neck & Shoulder Massage
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- Departure Beverage at 23h00
- Buffet Breakfast prior to departure in Epsom Restaurant at the Indaba Hotel, Spa & Conference Centre

CORPORATE REJUVENATION PAMPER JOURNEY

R1299 PER PERSON

- Welcome drinks on arrival at Mowana Spa at 08h00 or 11h30
- Delicious 2-course Spa Breakfast to start your Pamper Journey OR Tasty 2-course Spa Luncheon
- High Tea: Fresh daily selection of petit fours and savoury snacks
- Full Body Massage with or without Hot Stones to soothe tired muscles
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- Complimentary Local Beverages to quench your thirst
- Departure Beverage at 11h00 or 15h30

EXECUTIVE CORPORATE WELLNESS PAMPER JOURNEY

R1699 PER PERSON

- Plenary Conference Venue (08h00 - 12h00)
- Conference Amenities: Note Pads, Pens, Mineral Water & Refreshments
- Tea, Coffee, Juice, Fruit & Rusks on arrival at Indaba Hotel, Spa & Conference Centre
- Mid Morning Tea, Coffee, Juice, Fruit & Snacks
- Tasty 2-course Spa Luncheon
- Full Body Massage with or without Hot Stones to soothe tired muscles
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- High Tea: Fresh daily selection of petit fours and savoury snacks
- Departure Beverage at 15h30





CELEBRATE YOU TAILOR-MADE PAMPER JOURNEY

VALID WEDNESDAY & THURSDAY

R999 PER PERSON

- Welcome drinks on arrival at Mowana Spa
- Your tailor-made 2-treatment package selection (details listed below)
- Complimentary Local Beverages to quench your thirst
- Departure Beverage

STEP ONE: SELECT YOUR PREFERRED PACKAGE

- Breakfast + 2 single treatments. 08h00 - 11h00 (excludes High Tea buffet)
- 2 single treatments + High Tea. 08h30 - 11h00 (excludes plated breakfast)
- 2 single treatments + Lunch. 09h30 - 13h00 (excludes High Tea buffet)
- Lunch + 2 single treatments. 11h30 - 15h00 (excludes High Tea buffet)
- 2 single treatments + High Tea. 13h30 - 16h30 (excludes plated lunch)

STEP TWO: SELECT YOUR 2 PREFERRED SINGLE TREATMENTS

- Full Body Massage with or without Hot Stones to soothe tired muscles
- Moisturising Facial Massage with MatsiMela Aloe Vera Facial Range
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- Relaxing Head, Neck & Shoulder Massage
- Indulgent Hand & Lower Arm Massage

CHOC "I CARE" PAMPER JOURNEY

R1550 PER PERSON

- Welcome drinks on arrival at Mowana Spa at 08h00 or 11h30
- Delicious 2-course Spa Breakfast to start your Pamper Journey OR Tasty 2-course Spa Luncheon
- Full Body Massage with or without Hot Stones to soothe tired muscles
- Relaxing Head, Neck & Shoulder Massage
- Foot & Lower Leg Massage for the ultimate "time-out" pamper
- Complimentary Local Beverages to quench your thirst
- Departure Beverage at 12h00 or 17h00
- CHOC Product Hamper (CHOC Bracelet & MatsiMela Fizzball)
- Mowana Spa will donate R100 to CHOC for every "I Care" booking made

ADD-ON ACCOMMODATION

R1300 SINGLE / R1500 SHARING

- Accommodation at the Indaba Hotel, Spa & Conference Centre
- Buffet Breakfast prior to departure in Epsom Restaurant
- Accommodation add-on is only applicable to Signature Pamper Journeys

LUXURY SUITE UPGRADE

R1500 PER ROOM PER NIGHT

- Accommodation in a Luxury Suite (subject to availability)
- Rose Petals turndown and Mowana VIP Gift Box



SUBSCRIBE TO OUR NEWSLETTER

Receive the latest news and specials for spa experiences and other exciting offers on property at Mowana Spa and Indaba Hotel

SCAN THE CODE OR VISIT [BIT.LY/MOWANASPA-SIGNUP](https://bit.ly/mowanaspasignup)



Beauty Treatment Menu





beauty@MOWANA

SASSY SISTERS PAMPER PACKAGE

R850 PER PERSON

- 45-Minute Aroma Back, Neck & Shoulder Therapy Massage
- Revitalising 60-Minute Mowana Pedicure ADD-ON GEL FOR R140
- Refreshing Glass of Wine

DAYDREAMERS DELIGHT PAMPER PACKAGE

R1499 PER PERSON OR R2500 PER COUPLE

- 90-Minute Kalahari Advanced Anti-Aging Facial
- 90-Minute Deluxe Pedicure
- 60-Minute Mowana Manicure
- Tasty 2-course Spa Luncheon to feed body & soul
- Complimentary Local Beverages to quench your Thirst

LORDS & LADIES PAMPER PACKAGE

R1399 PER PERSON

- 60-Minute Aroma Full Body Massage
- 45-Minute Honeybush Facial
- 60-Minute Mowana Pedicure
- Tasty Spa Breakfast or Luncheon to feed body & soul
- Complimentary Local Beverages to quench your Thirst

A MUST FOR MEN PAMPER PACKAGE

R1399 PER PERSON

- 45-Minute Aromatherapy Back, Neck & Shoulder Massage
- 60-minute Mowana Pedicure for Men
- 60-Minute Men's Specialised Facial
- Complimentary Beer or Glass of Wine

Add on a Tasty 2-course Spa Luncheon to feed body & soul for R250 including complimentary Local Beverages to quench your Thirst

NO MORE THAN THREE (3) PEOPLE CAN BE ACCOMMODATED FOR THE PACKAGES ABOVE



GUESTS SAY IT BEST

*The staff and therapists radiate with friendly smiles and are passionate about their work, always wanting to make sure we are comfortable and well taken care of. THE FACILITY AND AMBIANCE ARE SO RELAXING. ONCE YOU STEP INTO THE SPA, YOU IMMEDIATELY FEEL AT PEACE, COMPLETELY FORGETTING THAT YOU ARE IN THE HEART OF A CONCRETE JUNGLE AS YOU GET LOST IN THE SCENIC BEAUTY OF BUSHVELD GARDENS AND THE TRANQUIL ENVIRONMENT OF THE SPA. *The whole experience from start to finish was memorable and surpassed all my expectations.* KEEP IT UP! YOU'RE ON A WINNING FORMULA.*



beauty@MOWANA

SKIN CARE FACIALS

Kalahari Honeybush Facial (45 min) R600
A nourishing treatment including a relaxing facial massage that includes natural plant extracts and rich botanical oils to hydrate and rejuvenate your skin. Suitable for all skins and as a maintenance treatment. A Summer Must

Lipid Rich Skin Treatment (45 min) R600
A botanical oil mask rich in essential fatty acids that hydrate even the most dry and dehydrated skin. Suitable for all skin conditions, excluding oily and acne-prone skin. A Winter Must

Kalahari Specialised Facial (60 min) R700
Based on your skin assessment, your professional therapist will recommend one of the following: Vit C Booster Treatment, Skin Texture Treatment, Phyto Compound Treatment or TCA Treatment

Kalahari Advanced Anti-Aging Facial (90 min) R850
Ultra-firming, de-ageing treatment rich in essential antioxidants and natural, organic Vit C, extracted from the African Baobab fruit. Suitable for all skin conditions. Includes a 20 minute back, neck & shoulder massage.

AROMATHERAPY MESSAGES

Aromatherapy Treatments using Lilian Terry oils, is a holistic healing treatment that uses natural plant extracts to promote health and well-being. Aromatherapy uses aromatic essential oils medicinally to improve the health of the body, mind, and spirit.

Back, Neck & Shoulder Massage (60 min) R680
Full Body Massage (60 min) R680
Full Body Massage (90 min) R750

HOT STONE THERAPY MESSAGES

Hot stones expand blood vessels, which encourages blood flow throughout the body, hot stones also have a sedative effect that can relieve chronic pain, reduce stress and promote deep relaxation.

Back, Neck & Shoulder Massage (60 min) R680
Full Body Massage (60 min) R680
Full Body Massage (90 min) R750

WAXING

Face

Ear, Nose, Lip or Chin Wax R80
Brow Wax and Shape R90
Lash or Brow tint R90
Lash and Brow tint R160
Brow Wax, Shape & Tint R140

Arms (Women)

Full Arm Wax R200
½ Arm Wax R150
Underarm Wax R120

Legs (Women)

Full Leg Wax R260
¾ Leg Wax R220
½ Leg Wax R200

Bikini Areas

Bikini Wax R180
Brazilian Wax R240
Hollywood Wax R280

Arms (Men)

Full Arm Wax R220
½ Arm Wax R180
Underarm Wax R150

Legs (Men)

Full Leg Wax R300
¾ Leg Wax R280
½ Leg Wax R240

Upper Body

Chest Wax R250
Back Wax R300





Pedi Lounge and Nail Bar



the Retreat

PEDI LOUNGE · NAIL BAR
MOWANA SPA

MANICURE MENU

Manicure for Men <i>Soak, exfoliate, file, paraffin dip, buff and massage</i>	R260
Mini Mani <i>Removal of nail varnish, file and new colour reapplication</i>	R140
Gel Overlay <i>Application of product. Excludes Soak Off</i>	R200
Mowana Manicure <i>Soak, exfoliate, file & nail varnish application</i> Add Gel for R140	R260
Deluxe Manicure <i>Soak, exfoliate, file, buff, nail varnish application and massage.</i> Add Gel for R140	R300
Acrylic overlay (natural or colour)	R360
Acrylic Overlay French	R370
Acrylic Fill (2 weeks)	R230
Acrylic or Gel Soak Off	R90
Acrylic Overlay OR Gel Dip with Tips	R460
Paraffin Dip Add On	R120
Nail Repair – Tip with Gel or Acrylic (per nail)	R50
Nail Repair with Gel or Acrylic (per nail)	R40
NAILZ Application excluding soak off	R520
NAILZ 2-week Fill	R300

**Treatment time may vary according to add-ons such as soak off, tips and Gel applications*

PEDICURE MENU

Pedicure for Men <i>Soak, exfoliate, file, paraffin dip, buff and massage</i>	R300
Mini Pedi <i>Removal of nail varnish, file and new colour reapplication</i>	R180
Mowana Pedicure <i>Soak, exfoliate, file & nail varnish application</i> Add Gel for R140	R280
Deluxe Pedicure <i>Caviar gel soak, exfoliate, file, buff, nail varnish application & massage</i> Add Gel for R140	R350
Footlogix Specialised Pedicure <i>Soak, exfoliate, file, buff, callus softener, rejuvenating foot mousse, nail varnish application & massage</i> Add Gel for R140	R420

