



A warm welcome and "Dumelang" (in our traditional Tswana Mother Tongue) to our Tswalu SPA

## Our bespoke product

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### KATAVI

A South African all-natural anti-aging skincare product range

Uses active, effective, ethically sourced Ingredients, and clinically proven

Safe during pregnancy

## Facial

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### KATAVI

#### Rescue (mature or tired skin)

Recommended for more matured skin types that need to be rejuvenated.

ZAR 900 | 60 min

#### Rebalancing / Brightening

For all skin types to rebalance and maintain skin health.

ZAR 900 | 60 min

#### KAVATI signature

Depending on your skin type and condition, our therapists will do a skin analysis to advise which products to use from our range. Focusing on what the skin needs including bellabacci cupping therapy for lymph drainage and hot stones for blood circulation to improve skin texture. Also enjoy a neck, shoulder and arm massage with this facial.

ZAR 1 200 | 90 min

## Exfoliation

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#### Kalahari salt revitaliser scrub

A blend of Katavi essential oil and Kalahari salt are massaged over the entire body to invigorate, polish and slough away dead skin leaving your body silky smooth and replenished.

ZAR 900 | 45 min

#### Kalahari Red Clay Rub and Wrap

Kalahari Red clay gently exfoliates and refreshes the entire body, removes impurities, detoxifies the skin, leaving it feeling ultra-hydrated.

ZAR 1100 | 60 min

**KALAHARI**



## Signature treatments

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### Tswalu calabash signature massage

Using our exquisite, melted body butter, made from African oils with relaxing massage movements and a touch of African calabash. This treatment will leave you relaxed, and the skin will be hydrated and moisturised.  
ZAR 1800 | 90 min

### Hot-cold and hand healing stone therapy

Hot and Cold stones used to massage to balance the energy flow on the body.  
ZAR 1500 | 75 min

### Ostrich Kalahari journey treatment

This treatment is an incorporation of hand massage and Ostrich shells to stimulate sensory nerves. Followed by a body exfoliation wrap and finished off with a shower. This treatment will leave you restored and revitalised.  
ZAR 2200 | 120min

## Body

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### Tension release massage

This massage uses firm to hard pressure to release tension on specific areas/points on the body to relieve stress, tension and pain.  
ZAR 1200 60 min | ZAR 1500 90 min

### Tswalu relaxing full body massage

Enjoy a relaxing and soothing massage, using light to medium pressure and long strokes to promote health and wellbeing.  
ZAR 1100 | 60min OR ZAR 1300 | 90min

### Back, neck & shoulder and arm massage

Muscle and stress relief treatment.  
ZAR 750 | 45min OR ZAR 950 | 60min

### Aromatic Candle massage

Using body butter for skin nourishment, leaving you feeling relaxed and re-energised.  
ZAR 1600 | 90min OR ZAR 1300 | 60min

## Express extras

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### Scalp massage

Improving the function of the nervous system for better mental health and relaxation.  
ZAR 650 | 30 min

### Foot and leg ritual

This is a foot care ritual which includes nail and heel treatment, it will also help with water retention.  
ZAR 600 | 45min

### Reflexology

Foot therapy focusing on the reflexes that connect to the body systems to rebalance their functions. Including a foot massage.  
ZAR 750 | 30 min

### Hand and arm ritual

This hand care ritual includes nail treatment and arm massage.  
ZAR 600 | 45min

"To leave our world better than how we found it"

**KALAHARI**