



PACKAGES

COUPLES INDULGENCE PACKAGE 3 hours | R 2950 per couple

Escape and enjoy precious time together with a friend or partner in our spa suite. Begin with a full body polish with our African botanical ingredients. After a relaxing shower receive a side-by-side full body shea aromatic massage followed by an hydrating facial and head massage. Feeling refreshed, radiant and glowing, enjoy a fresh fruit platter and a glass of sparkling wine.

BREAK AWAY PACKAGE 3 hours 30 minutes | R 1895

Treat yourself to a herbal hot stone full body massage with an Indian head massage, Dermalogica facial treatment and a spa pedicure. Followed by a light healthy lunch and a glass of bubbly.

THREE THIRTY PACKAGE 1 hour 30 minutes | R 1195

Create your own package by choosing any 3 of the following 30 minute treatments:
Shea aromatic back, neck & shoulder massage / Indian head massage / 30min reflexology / express face treatment / express pedicure / express manicure / full body polish.

TIME-OUT PACKAGE 1 hour 30 minutes | R 1070

Relieve all your tension with a back exfoliation, followed by an anti-stress back treatment and aromatic back massage. With a pressure point scalp massage and a revitalising citrus foot soak & pressure point foot massage.



TERRES D'AFRIQUE BODY TREATMENTS

AFRIQUE GOLD 90 min | R 950

Explore the secrets of Mali and Ghana to experience one of the world's richest Shea butters that melts to a golden oil, unimaginably rich and generous to the skin. A slow, deep-massaging action results in profound relaxation, while the essential fatty acids and vitamins rehydrate, recondition and revitalise your body from head to toe.

AFRIQUE IN HARMONY 90 min | R 740

A full body exfoliation prepares the skin for the pure goodness of Terres d'Afrique Mozambican Coconut Oil which melts antioxidants and vitamin E into your skin. Soothing hands and the hand-carved wooden TriTouch drains the lymph to the lymph nodes. Pressure points applied along the body's meridians stimulate the body's natural curative abilities. Never have you experienced such relaxation.

AFRIQUE REDISCOVERED 45 min | R525

Let your body experience rejuvenation. The warm amber scent of Omumbiri nourishes your skin and your soul. After a gentle exfoliation your skin is ready for the moisturising and healing of the rich Terres d'Afrique Omumbiri Body Butter. Rediscover skin that is smooth and soft to the touch, radiant and glowing to the eyes. Skin that feels as good as it looks.

AFRIQUE RELEASED 60 min | R 420

Katrafay, Ravintsara and Ravensara. These unique Madagascan oils have for centuries proved their muscle relaxing and anti-inflammatory properties. They stimulate the immune system, toning and fortifying the body. Add to that the healing and softening effects of Baobab oil and this deep tissue massage is a must for putting you back in the running.



HANDS & FEET

Pedicure	60 min R 225
Manicure	45 min R 195
Express Manicure	20 min R 140
Express Pedicure	20 min R 140
Paraffin wax (add)	20 min R 80

TINTING

Eyelash tint	R 85
Eyebrow tint	R 55

WAXING

Full leg	45 min R 255
Arm	20 min R 135
Face	25 min R 125
Half leg	25 min R 185
Bikini wax (from)	30 min R 95
Underarm	15 min R 90
Eyebrow / Chin / Lip	15 min R 55

CONTACT DETAILS

spa@ghostmountaininn.co.za
035 573 1025

Prices valid until October 2016
Prices are quoted per person.



TERRES D'AFRIQUE BODY MASKS

TERRE BLANCHE 90 min | R 995

Bentonite clay combined with proudly-African Buchu and Aloe Ferax work in harmony on the deep layers of the skin to remove heavy metals and toxins. Soothe away the stresses of everything from too much sun to urban pollution and to leave you soft and smooth to the touch.

TERRE ROUGE 90 min | R 995

The combination of antioxidant-rich Rooibos and Baobab fruit extracts combined with the natural moisturising oils in this unique body mask reduce the negative effects of free radicals and inflammation helping to prevent the signs of aging.

TERRE NOIRE 90 min | R 995

The lifting and firming properties of Kigelia, long-known and treasured by the Tsonga women of Southern Africa give this Body Mask its potency. Enhanced by Baobab and Rooibos, extracts of Kigelia help restore the skin's elasticity, even out skin tone and reduce sun spots.

MASSAGES

Hot Stone Full Body Massage	60 min R 635
Deep Tissue Sports Massage	60 min R 495
Mother-To-Be Massage	60 min R 495
Swedish Full Body Massage	60 min R 495
Reflexology	45 min R 375
Back, Neck & Shoulder Massage	30 min R 345
Head Massage	30 min R 290



SPA MENU

Ghost Mountain Spa



GHOST MOUNTAIN
ZULULAND'S FINEST COUNTRY INN



TERRES D'AFRIQUE | FACIALS

AFRIQUE MYSTIQUE 90 min | R 750
Using Terres d'Afrique Lymph Wands enhances the lifting and firming properties as this age-defying facial smooths out fine lines and wrinkles by "straightening" the damaged collagen. A wealth of Africa's potent anti-oxidants stimulate the skin's collagen and elastin production.

AFRIQUE ARISING 60 min | R 680
By stimulating the blood flow to the skin, the Afrique Arising massage technique allows the omega-rich Terres d'Afrique oils and linoleic acids to rehydrate and regenerate the deep layers of the skin. Vitamins from the Baobab work to restore the skin's elasticity leaving it supple, plumped and smooth to the touch.

AFRIQUE RESTORED 60 min | R680
The detox process begins with a combination of deeply relaxing massage and Shiatsu pressure points of the face using Terres d'Afrique signature Lymph Wands. Stimulating the lymph drainage that helps eliminate toxins and reduce congestion. Then a cleansing mask extracts heavy metals and toxins from deep within the epidermis leaving the skin ready to soak in omega-rich botanicals for a naturally radiant.

AFRIQUE AWAKENING 45 min | R 555
Hydrating, detoxing and anti-aging African botanicals enhanced by signature massage techniques, smooth away the signs of life's jetlag, leaving your skin refreshed, radiant and glowing.

DERMALOGICA SKINCARE TREATMENTS

Dermalogica Facial Treatment 60 min | R 595
Professional masks and massage techniques are personalised for your own fully customised Dermalogica treatment. Face Mapping, all your skin's needs are targeted in this ultra relaxing experience.

Ultra Calming Facial Treatment 60 min | R 595
Specifically formulated for sensitive and sensitized skin and dealing with people suffering sunburn and allergies

MediBac 60 min | R 620
effect for acne prone skin.

Age Smart Facial Treatment 75 min | R 770
Developed especially for mature and prematurely-aging skin.

ChromaWhite Skin Brightening Treatment 60 min | R 790
Skin lightening and brightening skincare treatment.

Express Skincare Treatment 30 min | R 320
An instant pick-me-up that will leave your skin feeling refreshed and revitalized.