



@ CRYSTAL SPRINGS MOUNTAIN LODGE

Signature Massage

A BLESSING TO BE A BLESSING

Full body massage | 90 minutes

R780

A percentage of this massage goes to our chosen NPO: African Blessings



CRYSTAL
SPRINGS
MOUNTAIN LODGE

Body Treatments

BUILD YOUR OWN BODY TREATMENT EXPERIENCE

Personalize your skin exfoliation during an enlivening MY MIX Massage with your choice of our gorgeous Out of Africa fragrances. Choose your distinctive ingredient between Red Dune, Sand, Desert Salt Crystals, African Coffee Buff and Crushed Sugar.

120 Minutes

R945

FULL BODY MASSAGE

Experience complete relaxation with botanical oils which will calm your senses and leave your body nourished, hydrated, and deeply relaxed. *Choice of 5 different fragrances out of Africa*

**60 Minutes
90 Minutes**

**R600
R830**

BACK AND NECK MASSAGE

Experience a deeply-relaxing massage with botanical oils which will leave you feeling relaxed and de-stressed. *Choice of 5 different fragrances out of Africa*

45 Minutes

R460

ADD HOT STONES TO ANY BODY TREATMENT

R70



Kalahari Phyto-Ceutical Treatments

These treatments include a relaxing facial massage that will hydrate and rejuvenate your skin, leaving it soft and supple. These treatments are suitable for all skin types.

HONEYBUSH THERAPEUTIC SKIN TREATMENT

Basic professional skincare treatment suitable for hydration and nourishing benefits.

45 Minutes

R390

REJUVENATING TREATMENT

An ultra rejuvenating gel mask with AHA'S peptides and natural moisturizing properties.

45 Minutes

R530

100% ORGANIC VITAMIN C BOOSTING TREATMENT

An organic vitamin C treatment for visible firming, brightening and rejuvenation.

45 Minutes

R510

ADD ON'S TO ENHANCE YOUR FACE TREATMENT EXPERIENCE

Add-on treatment to enhance any treatment experience (*allow an extra 15 minutes for all top-up treatments*).

African Head and Scalp Treatment

R245

Therapeutic Neck & Decollete Treatment

R210

Collagen Eye Zone Treatment

R290

Vitamin C Eye Treatment includes eye patches

R290



Build your own Hand or Foot Treatments

Create and compound your own unique MY MIX exfoliation medium to be used in your professional treatment. Choose your distinctive ingredient between Red Dune, Sand, Desert Salt Crystals, African Coffee Buff and Crushed Sugar.

A bronze mineral soak with an African mint fragrance, designed to leave your skin glowing. Buff away dead unwanted skin with your MY MIX, Choice of 5 different fragrances out of Africa.

Hand or Foot Ritual | **30 Minutes**
Hand & Arm Delux Ritual | **45 Minutes**
Includes an Arm Clay Mask

R310
R340

ADD ON'S TO ENHANCE YOUR HANDS AND FEET TREATMENT EXPERIENCE

Add-on treatments to enhance any treatment experience

De-Aging Hand & Arm Treatment | **15 Minutes**
Phyto Heel Treatment | **30 Minute**

R255
R345

Mani and Pedi

Basic Manicure | **45 Minutes**
File, Shape, Exfoliate, Moisture, & Paint
Basic Pedicure | **45 Minute Minutes**
File, Shape, Exfoliate, Moisture, & Paint
Gents Mani or Pedi | **30 Minute Minutes** |
File, Shape, Exfoliate, & Moisture

R345
R345
R290

Combination Treatments

MBALI SUNRISE JOURNEY

Receive a Kalahari marula infused coffee or Kalahari organic rooibos tea and rusk on arrival. Your experience will include; a facial of your choice, and a hand or foot experience finished off with a relaxing back and neck massage. You will also receive a Mbali Spa voucher to the value of R200 to be used at the spa on the day of your treatment. T&C's apply.

3 Hours

R1495

MBALI SUNRISE JOURNEY

Your experience will include a hand and foot experience finished off with a relaxing back and neck massage. This journey will end with a glass of Amarula and a chocolate. You also get a complimentary MY MIX exfoliation of your choice to take home.

3 Hours

R1325

Treatments for little Princesses

3 TO 12 YEARS

A parent needs to be present with all of the following treatments

MANI | **30 Minutes**
Shape, Wash, Exfoliate, Moisturise & Paint with Nail Art.
PEDI | **30 Minutes**
Shape, Wash, Exfoliate, Moisturise & Paint

R175

R175

RELAXING FOOT MASSAGE | **15 Minutes**

R170

Tinting

Eyebrow Tint
Eyelash Tint

R115
R140



TERMS & CONDITIONS

- * To book, visit or call Mbali Spa Reception / online
 - * Your treatment time will only be confirmed upon receipt of payment
 - * Treatment times on this menu are only guidelines, treatment time depends on the individual
 - * Every treatment will end five minutes before stipulated time, to prepare the room for the next guest
 - * Please shower before a massage treatment
 - * Please arrive ten minutes before your treatment
 - * Please wear a bathing suit
 - * No body treatments will be given to children under the age of 16 years
- You are welcome to use the clubhouse facility after your treatment

CANCELLATIONS POLICY

Cancellations must be done no later than four hours before your appointment. Failure to do so will result in the guest being liable for full payment.

CONTRA-INDICATIONS FOR MASSAGE

High/Low Blood Pressure | Cancer | Epilepsy | Osteoporosis | Slipped Discs | Varicose Veins (Full Body) | Fever / Infections or Disease | Recent Operations Affecting the Treatment Area | Pregnancy

CONTRA INDICATIONS FOR MANICURES & PEDICURES

Nail fungus | Black nails | Foot / hand sores open | Foot fungus | Rheumatism | Arthritis

Tel : 013 768 5006

E-mail : clubhouse@crystalsprings.co.za

Bookings : At Reception

Operating hours : 09:00 - 18:00 Daily

Address : R533, Robber's Pass, Pilgrim's Rest, Mpumalanga, 1290

GPS Location : 24° 52' 03" S | 30° 41' 43.2" E



MBALI DAY SPA LOCATIONS:

Crystal Springs Mountain Lodge | Mount Amanzi | Mabalingwe Nature Reserve and Ngwenya Lodge