

SPRING EAGLES  
SINCE 2013

PLEASE NO SMOKING  
Guest Lodge & Day Spa

Let the Journey Begin...



## REJUVENATE • REFRESH • RELAX

Our Stunning Overberg Lodge and Spa is situated 12km from Napier & 17km from Elim on the Elim Road, Western Cape. Being surrounded by a Green Garden, Hearing Nature, Experiencing the fresh air and peaceful environment, Soaring Eagles and its tranquillity is the Place where you want to be.

Our Aim is to Balance the Body, Mind and Soul by Relaxing you before you even enter your Treatment room. You will be treated by professional therapists, assisting you in any way to ensure you have the best experience we possibly can give you.

**We offer an amazing variety of Spa Treatments, Spa Packages and Aesthetic Treatments.**

Single Treatment Rooms  
Couple's Treatment Rooms  
Outdoor Couples Massage Room  
Luxury Couples Room with Jacuzzi Tub Bath  
Gym  
Himalayan Salt Therapy Room  
Ozone Therapy Room  
Manicure Room  
Pedicure & Foot Relaxation Therapy Room  
Relaxation Area's  
Infrared Sauna  
Outdoor Hot tub  
Indoor Swimming Pool  
Bistro

Established 2018\*





# MASSAGE THERAPY

“All our Massages includes Hot Stones on the Back at no extra Cost”.

## Swedish Back & Neck Massage

30 min • R350 | 45 min • R430

Incorporates light to medium pressure, long, smooth strokes and kneading to ease tense muscles and induce relaxation.

## Swedish Body Massage

60 min • R595 | 90 min • R700

Incorporates light to medium pressure, long, smooth strokes and kneading to ease tense muscles and induce relaxation.

## Deep Tissue Massage

60 min • R650 | 90 min • R800

A deep pressure massage to relieve tension and detoxify.

## Hot Stone Massage

60 min • R650 | 90 min • R800

This re-energising stone therapy massage creates a cleansing, harmonizing and relaxing effect on the body

## Indian Head Massage

30 min • R350

A detoxifying massage treatment of the head, scalp, face, neck and shoulders.



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## SIGNATURE MASSAGE THERAPY

### Soaring Eagles Signature Massage\*

60 min • R750 | 90 min • R850.00

A combination of Hot Stone, Kahuna, Balinese and Indian Head massage techniques for those who want to experience various types of massage. This massage incorporates the use of our unique massage candle, where the fragrance and softness of your skin lingers in your mind long after you have left the spa.

### Signature CBD Massage\*

60 min • R650.00 | 90 min • R850.00

Begin your therapeutic journey with a drop of CBD tincture under the tongue to encourage a sense of serenity, followed by a relaxing full body massage incorporating CBD oil. This signature treatment is designed to decrease pain and inflammation whilst super-charging the immune system and promoting restorative sleep.

### TheraNaka® TRI-SCENTED SHEA BODY NUGGET MASSAGE\*

60 min • R650.00 | 90 min • R850.00

Inspired by the people of Africa's use of the circular form, this unique ritual was created to encompass our connection with nature and celebrating the circle of life. Small blocks of citrus infused Shea butter are placed on different areas of your body which will aid circulation and relaxation of the body. Experience the soothing warmth as the butter melts under your therapist's hands, leaving you utterly relaxed and your skin nourished and hydrated.

### TheraNaka® AFRICAN RAIN HYDRATING CANDLE MASSAGE\*

60 min • R650.00 | 90 min • R850.00

Replenish the skin's moisture barrier and be encompassed by the revitalising aroma that follows a rainstorm with this skin nourishing melted Soy Oil and Shea Butter candle massage.

TheraNaka™  
SOUTH AFRICA



## BODY THERAPY

### Body Exfoliation

A cleansing ritual that symbolises the renewal of the body. Our cleansing preparatory body scrubs are made with a 100% natural blend of plant botanicals to gently and effectively eliminate dead skin cells, moisturise and leave the skin soft to the touch. Feel invigorated and revitalised as a message of new life and renewal will be weaved.

**TheraNaka® APRICOT KERNEL BODY CREAM SCRUB**

30 min • R350.00

**TheraNaka® GERANIUM AND PINE SUGAR SCRUB**

30 min • R350.00

**TheraNaka® MARULA AND SANDALWOOD SUGAR BUFF**

30 min • R350.00

**TheraNaka® AFRICAN EARTH SALT POLISH**

30 min • R350.00

**TheraNaka® EXOTIC ISLAND FULL BODY POLISH**

30 min • R350.00





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# BODY THERAPY

## Body Wraps

To commence this sensory journey you will receive a full body exfoliation, followed by a herbal fusion oil application. Let your mind drift off whilst you are cocooned in a comforting envelopment of fragrant oils and African wraps from our therapeutic range. Choose the wrap that will treat, renew or invigorate the skin and drift away during a relaxing scalp massage. Bringing this journey to a close is the healing touch of your therapist applying nourishing Baobab lotion. An experience out of Africa!

**TheraNaka® DETOXIFYING MUD WRAP**

30 min • R350.00

**TheraNaka® UPLIFTING MUD WRAP**

30 min • R350.00

**TheraNaka® RELAXING ALOE FEROX GEL WRAP**

30 min • R350.00

**TheraNaka® MUSCLE RELEASE MUD WRAP**

30 min • R350.00

**TheraNaka® AFRICAN EARTH NURTURING WRAP (Pregnancy)**

30 min • R350.00

TheraNaka™  
SOUTH AFRICA



# BODY THERAPY

## Bath Therapy

Experience a sublime body cleansing ceremony of your choice, beginning with a full body exfoliation, thereafter immersion in a luxurious bath treatment to relax the muscles in preparation of an indulging full body massage, with its roots originating in African tribal influences of our region.

### TheraNaka® RE-MINERALISING BATH CEREMONIES

120 min • R950.00

TheraNaka® RE-MINERALISING PEACE BATH CEREMONY – Relaxing

TheraNaka® RE-MINERALISING WAVE BATH CEREMONY – Uplifting

TheraNaka® RE-MINERALISING STORM BATH CEREMONY – Detoxifying

### TheraNaka® MOISTURISING MILK BATH CEREMONIES

120 min • R950.00

TheraNaka® FOREST STREAM MILK BATH CEREMONY – Relaxing

TheraNaka® RIVER RAPIDS MILK BATH CEREMONY – Uplifting

TheraNaka® WATERFALL MILK BATH CEREMONY – Detoxifying

### TheraNaka® DESERT ROSE ILLUMINATING SALT BATH

60 min • R550.00

Take a sensorial journey to the plains of Africa and escape from a busy day. Indulge in your bath time and unwind with these luxurious Rose Gold Atlantic Bath Salts. Shimmers of bronze and infusions of sensual Rose fragrance help to rejuvenate and ease your body and mind.

### TheraNaka® YLANG-YLANG TREATMENT JOURNEY

90 min • R750.00

Escape, unwind and awaken your senses with this 3 phase spa journey designed to capture the healing essences of a tropical adventure. Enjoy a full body scrub and relaxing bath session where Ylang-Ylang and Jasmine contributes to an overall balanced mood followed by a rhythmical balm massage rich in Coconut Oil, Shea Butter and Baobab Oil leaving dry skin nourished with a natural radiant glow.



# TheraNaka™

## SKIN CARE THERAPY

### TheraNaka Facials

#### Essential Care Facial

30 min • R350.00 | 60 min • R550.00

Influenced by nature and focused on naturally improving the condition of the skin. With Mother Nature as your chemist and the powerful gift of touch, the treatment was designed to create a healing experience from the earth and leave you feeling renewed and revitalised with guaranteed results. This idyllic and rejuvenating facial will repair, hydrate and re-balance the skin's natural protective functions whilst leaving the skin feeling smooth, radiant and ultra nourished.

#### Essential Phyto-Boost Facial

30 min • R450.00 | 60 min • R600.00

A synergistic action of premium new generation actives, indigenous plant actives and medicinal botanicals to help restore, hydrate and re-balance the skin's inherent protective functions with a focus on naturally improving the condition of the skin while safeguarding the skin against the impact of elemental abuse. Featuring a plant stem cell anti-aging treatment mask, the treatment helps to deeply hydrate the skin and increase skin firmness - ideal for those looking to replenish moisture levels and rejuvenate moisture-depleted skin.

#### Pro+ Collagen 3D Architect Facial

30 min • R450.00 | 60 min • R750.00

Transform the future of your skin with a 3D multi-level collagen boost featuring the age-defying Pro+ Collagen 3D Architect Collection. This reconstructing skin-plumping treatment meticulously fuses heavenly textures, advanced formulations and expert Fascia Stretch cupping techniques to increase micro-circulation. Optimise the delivery of oxygen and nutrients to skin cells, improve skin elasticity, firmness and tone, reduce the appearance of fine lines and wrinkles, all while strengthening the skin barrier and enhancing skin brightness for a radiant, luminous and youthful complexion.

#### Phyto Bio-Active Hibiscus Facial

30 min • R490.00 | 60 min • R850.00

Experience the next generation in rapid skin resurfacing and anti-aging results. The regenerating peeling effect achieved by the Pyruvic Acid found in the Hibiscus flower is complimented by the skin brightening qualities of Citric and Lactic Acid and an advanced Hyaluronic Acid leaving skin more brightened, smoothed, moisturised and soft to the touch. Ideal for fine lines, wrinkles, uneven pigmentation or breakouts.



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# Hand and Foot Care

## Hand Therapy

### Express Manicure

30 min • R120.00

Cuticle work, Nail File and Paint

### Classic Manicure

60 min • R220.00

Exfoliation, Cuticle work, Nail File, Massage and Paint

### Classic Gel Manicure

60 min • R280.00

Exfoliation, Cuticle work, Nail File, Massage and Gel Overlay

### African Hotstones Manicure

90 min • R400.00

Exfoliation, Cuticle work, Nail File, Massage, paraffin Wax Treatment and Gel Overlay

## Hand Therapy

### Express Pedicure

30 min • R120.00

Cuticle work, Nail File and Paint

### Classic Pedicure

60 min • R220.00

Exfoliation, Cuticle work, Nail File, Massage and Paint

### Classic Gel Pedicure

60 min • R280.00

Exfoliation, Cuticle work, Nail File, Massage and Gel Overlay

### African Hotstones Pedicure

90 min • R400.00

Exfoliation, Cuticle work, Nail File, Massage, paraffin Wax Treatment and Gel Overlay

## Signature Fynbos Pedicure\*

Indulge in our Signature Fynbos Deluxe Pedicure. Specially designed for Ultimate Foot Care and Foot Rejuvenation. Locally harvested Fynbos and Essential oils for upliftment and relaxation.

Enjoy Light appetizers and a glass of wine as your feet are rejuvenated.

90 min • R495.00



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# Waxing And Tinting

## Waxing

- Eyebrow Wax - R60.00
- Chin Wax - R60.00
- Lip Wax - R60.00
- Nose Wax - R60.00
- Underarm Wax - R150.00
- Arm Wax - R150.00
- Half Leg Wax - R200.00
- Full Leg Wax - R250.00
- Bikini Wax - R200.00
- Brazilian Wax - R270.0
- Hollywood Wax - R350.00
- Chest Wax - R200.00
- Back Wax - R250.00

## Tinting

- Eyebrow Tint - R80.00
- Eyelash Tint R80.00
- Eyebrow and Eyelash Tint - R150.00





# Himalayan Treatment Journey



## Himalayan Uplift Package

90 min • R650.00 per person

Feel uplifted after receiving a Himalayan Salt Full Body Massage followed by an Hotstones Essential Facial Massage, ending off with a Warm Steam Shower

## Himalayan Recharge Package

120 min • R900.00 per person

Feel recharged after receiving an Himalayan Salt Full Body Massage followed by an Full Body Himalayan Salt Exfoliation. Relax as your Neck, Head and Face is massaged with Heated Oils and Hotstones. End off your Journey with a Warm Steam Shower

## Himalayan Rejuvenate Package

150 min • R1200.00 per person

Feel Rejuvenated after receiving an Himalayan Salt Full Body Exfoliation. Enjoy a warm steam shower before Drifting away as your Body is Massaged with Heated Oils, Hotstones and Himalayan Salt Rocks. Enjoy the essence of a Relaxing Facial while your Feet are being pampered.

## Himalayan Therapy

### Himalayan Salt Massage

30 min • R400.00 | 60 min • R600.00

Relax on a Bed of Pure Himalayan Salt, Feel uplifted and rejuvenated as your body is massaged with heated oils and salt stones, followed by heated stones.

### Himalayan Salt Exfoliation

30 min • R250.00

Feel Rejuvenated as your Body is Self-Polished with Himalayan Salt to remove all dead skin cells, leaving your skin feeling soft and smooth.



# Outdoor Garden Experience

## Garden Uplift Package

90 min • R750.00 per person

- Hot stones Back Massage
- Hot stones Foot Massage
- Hot stones Facial Massage
- Indian Head Massage

## Garden Recharge Package

120 min • R900.00 per person

- Hot stones Full Body Massage
- TheraNaka Essentials Facial
- Hotstones Facial Massage
- Hotstones Foot Massage

## Garden Rejuvenate Package

150 min • R1200.00 per person

- Hot stones Full Body Massage
- TheraNaka Essentials Facial
- Hotstones Facial Massage
- Hotstones Foot Massage
- Scalp Massage
- TheraNaka Spa Pedicure

## Outdoor Garden Massage

### Outdoor Garden Experience

90 min • R750.00

Relax and Rejuvenate as you are Treated in the Nature and Fresh air. Feel the Tension melt away with a Heated Balm Full Body Massage, heat of Hotstones on the Back and Warm Bean Bags placed on the Feet. End off your Treatment with a Glass of Bubbly, and Hotstones Foot Massage





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# SPA EXPERIENCES

## Re-Energising Couples Journey

2hr 30min • R2200 per couple

Full Body Massage  
Full Body Exfoliation  
Facial  
Foot Massage  
Spa Bath Treatment

## CBD Wellness Journey

2hr 30min • R1100 per person

CBD Full Body Massage  
CBD Booster Facial  
CBD Foot Treatment  
Pedicure  
Head Massage

## Mother - To - Be

2hr • R900 per person

Facial  
Head Massage  
Arm and Hand Massage  
Lower leg and Foot Massage  
Pedicure

## Gentleman's Escape

1hr 30min • R650 per person

Back Massage  
Pedicure  
Foot Massage

## Face and Body Glow Experience

2hr • R900 per person

Full Body Massage  
Full Body Exfoliation  
Facial Exfoliation  
Facial Massage  
Head Massage  
Foot Massage

## Mommy & Me

2hr • R1800.00 for Two

Full Body Massage  
Facial  
Pedicure  
Foot Massage

## Dear Friend

1hr 30min • R650 per person

Back Massage  
Facial  
Pedicure



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# SPA ETIQUETTE

## Etiquette:

The Spa is a Retreat for the Body, Mind and Soul. Please Respect the other clients currently having a treatment done, by keeping the noise levels to the minimum. Please switch your cellular devices off before entering the Spa. Children under the age of 12 years, are not allowed unaccompanied in the Day Spa.

## Reservations:

Advanced bookings are essential to secure your booking time and date. We do not accommodate walk-ins. 50% payable fee is required to secure your bookings Via EFT or PAYFAST Link.

## Arrival:

Please arrive 15minutes prior to your treatment time, to complete a consultation form required by the Spa, for the Therapist to give you the best possible treatment.

## Valuables:

We Recommend that no Jewellery be worn to the Spa. The Management and Staff cannot be liable for any missing items.

## Refund Policy:

Cancellation of treatments are required 48hours before the scheduled appointment, if you have not Cancelled prior to your treatment a 100% Liable Fee will be charged.

## Payment:

We accept Card, Cash, Vouchers and EFT. All prices quoted are in Rands and subject to change without prior notice.