TREATMENT MENU

MASSAGE THERAPY

Restorative massage experience tailored to your needs, incorporating a variety of expert techniques to relieve tension, techniques to relieve tension, improve circulation, and promote deep relaxation. Perfect for improve circulation, and promote deep relaxation. Perfect for restoring balance, easing muscle fatigue, and elevating overall wellbeing.restoring balance, easing muscle fatigue, and elevating overall wellbeing.

Back, Neck & Shoulder
R820 (30 min) | R980 (45 min)

Indian Head Massage
R750 (30 min) | R920 (45 min)

Foot Pressure Point
R780 (30 min) | R920 (45 min)

Swedish Massage
R1350 (60 min) | R1750 (90 min)

Aromatherapy Massage
R1350 (60 min) | R1750 (90 min)

Hot Stone Massage
R1450 (60 min) | R1850 (90 min)

Bamboo Massage
R1450 (60 min) | R1850 (90 min)

Deep Tissue Massage
R1500 (60 min) | R1950 (90 min)

Mother to Be Massage
R1350 (60 min)

The Epitome Signature Massage
R1600 (60 min) | R2100 (90 min)

NB: Available as LCWS

MASSAGE THERAPY - PREMIUM

Our Premium Experience is thoughtfully curated to transform your wellness journey into an unforgettable escape. Each treatment is elevated by breathtaking views of the surrounding unforgettable escape. Each treatment is elevated by breathtaking views of the surrounding nature park, where moments of stillness may be accompanied by glimpses of ronature park, where moments of stillness may be accompanied by glimpses of roaming aming wildlife, offering a rare connection to nature in its mowildlife, offering a rare connection to nature in its most serene and captivating form.st serene and captivating form.

Your experience is completed with a 30-–minute signature hydro soakminute signature hydro soak (included in treatment (included in treatment time)time), inviting you to unwind in the warmth of the jacuzzi, inviting you to unwind in the warmth of the jacuzzi while taking in the tranquil while taking in the tranquil scenery. As you relax, you may spot game in their natural habitat, all while enjoying a scenery. As you relax, you may spot game in their natural habitat, all while enjoying a complimentary glass of winecomplimentary glass of wine, creating a truly indulgent, creating a truly indulgent, multi, multi-–sensory moment of calm.sensory moment of calm.

To further enhance your experience, our Signature Snacks selection is included, perfectly ure Snacks selection is included, perfectly complementing your time of indulgence and ensuring every detail is curated for exceptional complementing your time of indulgence and ensuring every detail is curated for exceptional comfort, reficomfort, refined luxury, and lasting delightned luxury, and lasting delight

Back, Neck & Shoulder
R1 150 (60 min) | R1 350 (75 min)

Indian Head Massagee
R1 050 (60 min) | R1 250 (75 min)

Foot Pressure Point
R1 100 (60 min) | R1 300 (75 min)

Swedish Massage
R1 950 (90 min) | R2 450 (120 min)

Aromatherapy Massage
R1 950 (90 min) | R2 450 (120 min)

Hot Stone Massage
R2 050 (90 min) | R2 550 (120 min)

Bamboo Massage
R2 050 (90 min) | R2 550 (120 min)

Deep Tissue Massage
R2 150 (90 min) | R2 650 (120 min)

The Epitome Signature Massage
R2 250 (90 min) | R2 850 (120 min)

ADDONS (ENHANCED LUXURY TOUCHES)

Elevate your treatment with our carefully curated enhancements, designed to deepen curated enhancements, designed to deepen relaxation and amplify therapeutic results:

Hot Stones | **R300**
Back Scrub | **R350** (15 min) (concludes with a refreshing rinse or shower)
Cupping Therapy (Back Only) | **R280**
Muscle Ease Gel | **R180**
Scalp massage | **R290**

THE EPITOME SPA & WELLNESS TEAM

Your Journey with us From the moment you arrive, your comfort becomes our priority. Each guest is welcomed the moment you arrive, your comfort becomes our priority. Each guest is welcomed with a luxurious gown and slippers, allowing you to fully unwind and settle into a space with a luxurious gown and slippers, allowing you to fully unwind and settle into a space designed for pure relaxdesigned for pure relaxation, regardless of your treatment selection.ation, regardless of your treatment selection.

At The The Epitome Spa, every experience begins with a signature grounding foot ritual, Epitome Spa, every experience begins with a signature grounding foot ritual, thoughtfully designed to ease you into a state of calm and prepare both body and mind for thoughtfully designed to ease you into a state of calm and prepare both body and mind for the journey ahead. This intentionathe journey ahead. This intentional transition sets the tone for a deeply restorative l transition sets the tone for a deeply restorative experience.

Your foot ritual is carefully aligned with your chosen treatment, ensuring a seamless and elevated experience throughout. Standard treatments are complemented by our classic elevated experience throughout. Standard treatments are complemented by our classic ritual, while preritual, while premium experiences are enhanced with a more indulgent sensory offering mium experiences are enhanced with a more indulgent sensory offering (excluding manicures and pedicures).

Standard Foot Ritual

Begin with a soothing warm foot soak, followed by a gentle exfoliation to soften and refresh Begin with a soothing warm foot soak, followed by a gentle exfoliation to soften and refresh the skin. The ritual is completedthe skin. The ritual is completed with the application of our nourishing Cab Sauv Body with the application of our nourishing Cab Sauv Body Butter, leaving your feet silky smooth and deeply hydrated.Butter, leaving your feet silky smooth and deeply hydrated.

Duration: 10 minutes

Premium Foot Ritual

Indulge in a sensory escape with a warm foot soak infused with fresh fruit slices and aromatic essences. This is followed by a gentle exfoliation and a relaxing foot massage, aromatic essences. This is followed by a gentle exfoliation and a relaxing foot massage, designed to melt away tension.

Your experience concludes with our rich Cab Sauv Bdesigned to melt away tension. Your experience concludes with our rich Cab Sauv Body ody Butter, delivering intense hydration and a radiant, lasting glow.Butter, delivering intense hydration and a radiant, lasting glow.

Duration: 15 minutes

Refreshment Station As part of your journey with us, we invite you to indulge in our curated refreshment station, As part of your journey with us, we invite you to indulge in our curated refreshment station, thoughtfully prepared for your enjoyment.

Athoughtfully prepared for your enjoyment. A selection of still water, coffee, fine teas, and selection of still water, coffee, fine teas, and refreshing juices is complemented by an array of locally inspired delicacies, offering a refined refreshing juices is complemented by an array of locally inspired delicacies, offering a refined taste of Africa.

Savour distinctive flavours such as mopani worms and marula nuts.s mopani worms and marula nuts.

Traditional rusks, perfectly paired with tea or coffeeusks, perfectly paired with tea or coffee
The offering is thoughtfully curated to celebrate the richness and diversity of South African ffering is thoughtfully curated to celebrate the richness and diversity of South African cultures, bringing a sense of place, warmth, and authentic indulgence to your experience.cultures, bringing a sense of place, warmth, and authentic indulgence to your experience.

Luxury Concierge Wellness Servicesrvices (LCWS)

Indulge in the ultimate expression of luxury wellness, where the spa comes to you.

The Epitome
Spa & Wellness

Addo Elephant National Park

Reservations
Advance bookings are essential to secure your preferred time and experience.

Call / WhatsApp:
071 531 8044

reservations@theepitomespa.co.za
www.theepitomespa.co.za

HAND & FOOT TREATMENTS

Express Manicure - R520 (30 min)
Cut, file, cuticle care, and buff & shine or polish

Express Pedicure - R590 (30 min)
Cut, file, cuticle care, and buff & shine or polish.

Classic Manicure - R720 (60 min)
Includes soak, exfoliation, massage, cut, file, cuticle care and polish or buff & shine.

Classic Pedicure - R790 (60 min)
Includes soak, exfoliation, massage, cut, file, cuticle care and polish or buff & shine

Signature Manicure - R890 (90 min)
Includes exfoliation, peel, mask, cut, file, cuticle care, paraffin dip , massage and polish or buff & shine

Signature Pedicure - R950 (90 min)
Includes exfoliation, peel, mask, cut, file, cuticle care, paraffin dip massage and polish or buff & Shine

Gel Soak Off - R290
Acrylic Soak Off - R390

ADD ONS
Gel Paint R350 (30 Min)

NB: Available as LCWS

SPA EXPERIENCES
THE EPITOME PERSONALISED JOURNEY

Create your own wellness journey tailored to your needs.

2 hrs 30 min - R2650 pp
3 hrs 30 min - R3 200 pp
4 hrs 30 min - R3 800 pp

30-min Treatment Options
Back, Neck & Shoulder Massage
Indian Head Massage
Foot Pressure Point Therapy
Body Scrub
Body Wrap
PHB Skin Express Facial

60 min Treatment Options
Hot Stone Massage
Aromatherapy Massage
Fire & Ice Facial
Pure Radiance Facialg
Classic Manicure
Classic Pedicure

NB: Maximum of 90 minutes of massage per journey.

Inclusions:

2.5 hr & 3.5 hr: Light Energy Selection Snack + complimentary glass of wine
4.5 hr: Breakfast or Lunch + snack + complimentary glass of wine

THE EPITOME PERSONALISED JOURNEY - PREMIUM

Our Premium Experience is thoughtfully curated to transform your wellness journey into an unforgettable escape. Each treatment is elevated by breathtakin g views of the surrounding nature park, where moments of stillness may be accompanied by glimpses of roaming wildlife, offering a rare connection to nature in its most serene and captivating form.

Your experience is completed with a 30 minute signature hyd ro soak (included in treatment time), inviting you to unwind in the warmth of the jacuzzi while taking in the tranquil scenery. As you relax, you may spot game in their natural habitat, all while enjoying a complimen tary glass of wine , creating a trul y indulgent, multi sensory moment of calm.

To further enhance your experience, our Signature Snacks selection is included, perfectly complementing your time of indulgence and ensuring every detail is curated for exceptional comfort, refined luxury, and las ting delight

3 hrs - R3 600 pp

4 hrs - R4 400 pp

5 hrs - R5 300 pp

Inclusions:

Breakfast or Lunch + snack + complimentary glass of wine

PHB SKINCARE FACIALS - PREMIUM

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Your experience is completed with a 30 minute signature hyd ro soak (included in treatment time), inviting you to unwind in the warmth of the jacuzzi while taking in the tranquil scenery.

As you relax, you may spot game in their natural habitat, all while enjoying a complimen tary glass of wine, creating a trul y indulgent, multi sensory moment of calm.

To further enhance your experience, our Signature Snacks selection is included, perfectly complementing your time of indulgence and ensuring every detail is curated for exceptional comfort, refined luxury, and lasting delight

PHB Skin Luxury
R1 1 50 (60 min)

PHB Pure Radiance
R1 550 (90 min)

PHB Skin Revival
R1 2 50 (90 min)

PHB Youthful Glow
R1 750 (90 min)

PHB Fire & Ice
R1 4 00 (90 min)

PHB Signature Facial
R2 700 (120 min)

MEDI SPA SKINCARE THERAPY

Microneedling - R2 100 (90 min)

A collagen induction therapy designed to improve skin texture, reduce fine lines, and induction therapy designed to improve skin texture, reduce fine lines, and enhance overall skin rejuvenation.enhance overall skin rejuvenation.

Dermaplaning - R1 590 (60 min)

A gentle exfoliation treatment that removes dead skin cells and fine vellus hair, revealing a llus hair, revealing a smoother, brighter complexion.

PHB Medi Signature Skin Therapy - R2 550 (90 min)

An indulgent, results driven facial designed to restore radiance, refine texture, and deeply nourish the skin. This comprehensive treatment begins with a meticulous triple cleanse and toning ritual, followed by gentle exfoliation and precise extractions to purify and renew.

A customised mask is then applied, enhanced by the therapeutic benefits of hot and cold therapy to stimulate circulation and promote skin rejuvenation. Light therapy further elevates the treatment, supporting cellular renewal and overall skin vitality.

The experience is completed with a luxurious facial massage, targeted serums, and advanced moisturisation, leaving your skin visibly luminous, balanced, and beautifully revitalised.

The ultimate expression of refined skincare and elevated self-care. ADD ONS

High Frequency (Add-On) - R450 (15 min)
Enhances healing, reduces inflammation, and targets acne causing bacteria.

Light Therapy (Add On) - R400 (15 min)
Supports cellular renewal and overall skin vitality

NB: Available as LCWS

BEAUTY SPA TREATMENTS

Includes light snacks.

EYES & LASHES

Lash or Eyebrow Tint - R290 (20 min)

Lash & Brow Tint Combo - R350 (30 min)

SPA BODY EXPERIENCES

Indulge in rejuvenating full-body rituals designed to renew the skin, stimulate circulation, body rituals designed to renew the skin, stimulate circulation, and restore a sense of complete welland restore a sense of complete wellbeing. being.

Available independently or as an add-on to any on to any treatment.

Full Body Exfoliation R900 | 30 min
A gentle glow scrub that removes dead skin cells, revealing skin that feels smooth, radiant, A gentle glow scrub that removes dead skin cells, revealing skin that feels smooth, radiant, and beautifully refreshed.and beautifully refreshed.

Full Body Wrap R1 050 | 30 min
A detoxifying or hydrating wrap to nourish, purify, and restore the skin.detoxifying or hydrating wrap to nourish, purify, and restore the skin.

Full Body Exfoliation & Wrap R1 750 | 45 min
A revitalising combination of exfoliation and a targeted body wrap, designed to deeply cleanse, hydrate,cleanse, hydrate, nourishnourish and invigorate the body.and invigorate the body.

Signature Full Body Exfoliation & Wrap R2 100 | 60 min

An indulgent, full sensory experience featuring gentle body brushing, a complete exfoliation, and a nourishing wrap, com plemented by a relaxing head massage, leaving you feeling restored, renewed, and deeply relaxed.

NB: Available as LCWS

PHB SKINCARE FACIALS

Our ultimate facial experience, combining advanced techniques and premium products for complete skin renewal and relaxation.

PHB Skin Luxury R790 (30 min)
A refreshing luxury facial designed to cleanse, remove impurities, and revitalise the skin.

PHB Skin revival R890 (60 min)
A deep cleansing facial that targets congested pores and impurities, leaving your skin clear, balanced, and renewed.

PHB Fire & Ice R990 (60 min)
An advanced resurfacing treatment that helps reduce fine lines, refine texture, and address blemishes.

PHB Pure Radiance R1 100 (60 min)
A dual action facial that deeply hydrates while brightening the complexion, revealing a luminous, radiant glow.

PHB Youthful Glow - R1 250 (60 min)
A rejuvenating treatment designed to combat signs of ageing and promote firmer, more er, more youthful youthful looking skin.

PHB Signature Facial R2 100 (90 min)
An indulgent, results driven facial designed to restore radiance, refine texture, and deeply An indulgent, results driven facial designed to restore radiance, refine texture, and deeply nourish the skin. This comprehensive treatment begins with a meticulous triple cleanse annourish the skin.

This comprehensive treatment begins with a meticulous triple cleanse and d toning ritual, followed by gentle exfoliation and precise etoning ritual, followed by gentle exfoliation and precise extractions to purify and renew.xtractions to purify and renew.

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The experience is completed with a luxurious facial massage, targeted serums, and advanced moisturisation, leaving your skin luxurious facial massage, targeted serums, and advanced moisturisation, leaving your skin visibly luminous, balanced, and beavisibly luminous, balanced, and beautifully revitalised.utifully revitalised.

The ultimate expression of refined skincare and elevated selfon of refined skincare and elevated self-care.

NB: Available as LCWS