



Rejuvenation Mother Earth knows you deserve

When seeking the ultimate break from the day-to-day humdrum of city life, you may be tempted to take some time out at a bushveld breakaway, but what happens if you are also looking for a place where you can rejuvenate weary bones and partake in a dose of pampering?

The answer is Kwa Maritane of course. With the recent addition of the Kwa Maritane Spa and Gym, the lodge is now able to offer you not just the essential bush experience, but also a tranquil reprieve where you can take time out to spoil your body, mind and senses.

The Kwa Maritane Spa and Gym can be found next to the Hide and has been designed with ultimate relaxation in mind. Drawing inspiration from the magnificence that is its surroundings, the Pilanesberg National Park, forged in the fertile lands of a long extinct volcano, the Spa and Gym is a picturesque retreat that offers only the latest in equipment and a series of unique signature treatments.

Taking its lead from its environment the colour palette used in its design consists of heady earthen tones, subtly brushed with a contemporary and modern look, aimed at breathing life back into the soul of its visitors while energising them on the African soil.

When arriving at the spa you will be greeted in its stunning reception area, where you can relax while waiting for your treatments to start. The facilities at the spa include a manicure and pedicure lounge, Rasul chamber, Roman bath, relaxation area and pool deck. It currently houses two single treatment suites and one double treatment suite for couples

or friends looking to take part in a shared experience.

Staff at the spa have been sourced from the surrounding areas and have each received intensive training, of a global standard, to ensure that they are the best at what they do. It is with this that these highly skilled therapists have painstakingly developed treatments that pay homage to the great mountainous expanse that envelops them. One of which is the signature Thabayadiotso treatment, named after The Proud Mountain that is located off the centre of the park, it melds elements of the environment in an unforgettable experience.

This two-hour treatment includes a full body exfoliation, massage and facial to help ease and de-stress each part of the body and mind and makes use of a range of products that aim to energise, revitalise and balance the body in order to help you reconnect with Mother Earth.

On arrival for your Thabayadiotso treatment, you will be received in a traditional African way, which includes a hot foot compress to help relieve the stress in one's feet. The treatment is made up of a hot clay foot cleanse that introduces minerals and trace elements to help combat fatigue.

Once completed, you will be whisked off for your exfoliation to help stimulate the senses, cleanse the skin and instantly revive the spirit. The first part of the process includes the light coating of the body in mountain aloe oil, after which a warm mix of volcanic clay and lemon balm herbs are then poured onto the skin in a series of spirals. This is done in order to increase the natural flow of energy through the body, and is

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representative of the concentric rings of the historical volcanic site, which it calls home.

Warm massage oil is then drizzled over the herb-clay exfoliator and your therapists will begin gently exfoliating your body. The combination of the herbs and clay create an interesting and unique texture which help relax the body and nourish the skin, while reviving natural body functions through the introduction of volcanic minerals and trace elements. Just when you thought it couldn't get any better, you are then taken away for your massage, where warm oil made from mountain aloe is slowly poured on every part of your body, preparing your skin for the BABOR full body massage that follows.

The final treatment is the BABOR "Proud Mountain" Facial, which includes the use of a warm volcanic milk cleanse and exfoliation, using a mild cleanser and then

an Eifelfango clay peel. The facial, which uses Babor's intensive repair and anti-scarring treatment herb extract complex, is devised to quench and balance the skin. A clay mask is then placed on the face for the final and most revitalising sensation of the treatment.

Once all of the treatments included in the package are complete, you will be further indulged with a Maracca, or stroking of the hands and feet, which stimulates the nerve endings and a final "Lion-Walk" massage down both sides of the hands.

While the Thabayadiotso is merely one of the many treatments guests can select from, it is an absolute must. Other treatments and packages can be made up from a range of massages, facials, manicures, pedicures, wraps and exfoliations, as well as a Rasul chamber experience. As the spa is geared to delight both local and international guests, it also stocks both local and international beauty and wellness brands including BABOR, Kalahari, Six and LCN.

For those looking to rather make use of the facilities to stay in shape while on holiday, the Kwa Maritane Gym boasts the latest in exercise equipment and is a state of the art technogym with treadmills, bikes, free weights and a toning work out area.

Kwa Maritane is situated a mere two hour drive from Johannesburg in an entirely Malaria free environment, and the staff at its spa are looking forward to welcoming you and sharing with you their skills and love for their craft, within the beautiful and tranquil setting of the South African bush.

For more information contact fitness@legacygroup.co.za 



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