



Wellness inspired by the ambience, culture and healing nature of Africa.

At Lurra Spa we know that nothing can rival Mother Nature when it comes to sheer soul-restoring tranquility. So, instead of trying to “outdo” her, we joined her at her side, and sought to enhance her powers of healing and relaxation by equipping her with a wide variety of luxurious massages as well as the latest beauty and spa treatments for both ladies and gentlemen.

what nature’s glorious abundance has to offer. And, the setting where they are applied exponentially amplifies their restorative qualities through its deep peace, which seems somehow rooted in the very foundation of Africa that hold us in her gentle arms.

It is in nature – and through nature – that we lovingly apply our techniques that restore the body, mind and soul. Slowly, patiently bringing the entire being back into harmony and resonance with the earth. Our high-quality products are crafted and blended from the finest and richest of

Our techniques are a fusion of ancient wisdom and leading scientific methodology, applied by hands that love not only what they do, but also why they do it – because, when the happiness and inner-harmony of those people who visit us is increased, they themselves go on to spread greater positivity and love, back into the world.

Let Lurra Spa bring you back to your senses.

SPA MASSAGE THERAPY

- ‘Lurra’ Sports Specific Massage** **630 45 mins / 710 60 mins**
A unique massage technique to relieve tight muscles, release pressure and relieve aches and pains.
- Africology Chakra Aroma Massage** **860 90 mins**
The massage for the everyday rushed lifestyle. Relax your mind, body and soul with Africology’s unique combination of sound therapy, smells, touch and balancing out all impurities.
- ‘Lurra’ Swedish Massage** **365 30 mins / 525 45 mins / 610 60 mins / 760 90mins**
A soothing massage that works on tight muscles and lymph drainage, combating tension in stiff aching bodies.
- Shea AromaTherapeutics Massage** **405 30 mins / 585 45 mins / 660 60 mins**
Choose from a range of Shea Aroma Balms ensuring you leave the spa relaxed and hydrated. Sure to soothe and relax any state of mind.
- Africology Intonga Deep Pressure Massage** **455 30 mins / 685 45 mins / 810 75 mins**
A unique deep pressure body massage using African Sticks and skilful hand movements to stretch tight muscles and ease toxic overload.
- Africology Majestic Awakening** **415 35 mins**
Deep tissue massage done with a warm balm to relieve tension and aches. Choose between a scalp massage or a foot massage.
- Hot Stone Massage** **555 45mins/ 625 60 mins/ 780 90 mins**
Deep healing massage using stones to provide warmth while relieving tension.

SPA BODY TREATMENTS

- ‘Africology’ Inkomfi Renew Scrub** **455 30 mins**
A gentle walnut and marula full body exfoliation to remove dead skin cells for smooth, radiant and hydrated skin. Includes shower and application of body cream.
- ‘Africology’ Adoration Body Wrap** **1,310 105 mins**
Includes dry brushing/ exfoliation, 45min full body massage and a wrap of your choice:
 - Hydrating African Potato Soothing wrap that hydrates and fights free radical damage
 - Slimming Detox Focusing on the lymphatic system for improved circulation
 - Coffee and Mint Refresher To rejuvenate a dull and tired system

PREGNANCY SPECIALISED TREATMENT

Mama Mio Pregnancy Treats

- Mama Mio Travels Tension** **455 30 mins**
A mineral rich foot soak, exfoliation and massage for swollen and tired feet. Includes a hand massage.
- Mama Mio Mellow Mama** **790 75 mins**
A complete relaxing full body massage using our safe but effective pre-natal techniques and MamaMio Omega Rich oils to relax those specific muscles that are carrying that beautiful bump. Includes a Wonderful Yummy Tummy Mask application.
- Mama Mio Rub Scrub and Glow** **820 90 mins**
This is a unique treatment to help mothers-to-be to get rid of dry, dull and tired skin; you will also receive a gorgeous relaxing pregnancy Massage.
- Mama Mio Fourth Trimester Healing Hour** **630 75 mins**
Enjoy a tailored full body massage designed to relax tired aching muscles and focus on scar repair. New motherhood can be exhausting and sometimes it is you who needs mothering.

FACIAL SKINCARE TREATMENTS

Includes a 15min brand consultation extra to the treatment time specified, brow shape and a 10 minute foot, hand or scalp massage

BABOR

- DOCTOR BABOR Skin Renewal Facial** **970 90 mins**
A gentle peel to remove dead skin cells and rejuvenate, hydrate and repair the skin.
- SKINOVAGE^{PX} Anti-Ageing Facial** **910 75 mins**
- BABOR Gentleman’s Bliss** **710 60 mins**
Soothing, clarifying facial customised to the needs of his daily rituals.
- BABOR Classic Facial** **830 75 mins**
Tailored to your individual skin requirements.
- BABOR Express Cleanse (excludes brow shape)** **565 45 mins**
Effective refining facial for those on the go.

ADD-ON BABOR BEAUTY MASKS & FLUIDS

- BABOR Mini “Ampoule Crash” 3-5 Ampoules **200**
- BABOR Collagen Fleece **310**
- BABOR Lactic Clay Mask **80**
- BABOR Specific Mask **200**

FINISHING TOUCHES

MANICURES & PEDICURES

- Spa Pedicure (Mask or Paraffin treatment)** **405 90 mins**
- Spa Manicure (Mask or Paraffin treatment)** **355 75 mins**
- Express Pedicure incl. MediHeel Peel** **305 60 mins**
- Express Manicure** **255 45 mins**
- MediHeel Treatment** **150 30 mins**
Includes a scrub and application of foot cream
- ADD-ON**
- Medi-Heel Peel ONLY **50 15 mins**
- Paraffin treatment only (Scrub included) **100 15 mins**
- Cut, File & Paint session **200 30 mins**

WAXING & TINTING

Eyebrow Wax	80	Full Leg Wax	220
Lip Wax	80	Bikini Line Only Wax	100
Chin Wax	80	G-string Wax	120
Underarm Wax	100	Brazilian Wax	270
½ Arm Wax	120	Hollywood Wax	300
Full Arm Wax	140	Back, Neck or Chest Wax	<i>from</i> 200-250
½ Leg Wax	150	Lash Tint	80
¾ Leg Wax	180	Brow Tint	70

LURRA SPA JOURNEYS

A collection of treatments especially designed for those indulgent and invigorating moments

Divas for the Day

1130pp 90 mins

Celebrate a pamper with the Bride to be.

- Pink Bubbly on Arrival
- 45 mins Babor skin treatment
- 45 mins Back, Neck and Shoulder massage **OR** 45 mins Express Pedicure with paint
- Spa Lunch
- The use of spa facilities

Just the Two of Us

1500pc 60 mins

- Relaxing 50 mins Massage using warm oils combined with hot stone
- 10 mins stress relieving Scalp massage
- Spa Lunch
- The use of spa facilities

Mom to Be

1160pp 90 mins

A specialized treatment using Mama Mio products.

- Full Body exfoliation
- Full body massage
- Foot treatment
- Spa Lunch
- Use of indoor heated pool

Pick 'n' Mix Package

980pp 90 mins

Choose any **three** treatments *includes Spa Lunch*

- 30 mins Cut, file & paint hands
- 30 mins Cut, file & paint feet
- 30 mins Full body exfoliation
- 30 mins Back and neck massage
- 30 mins Mini Facial

Pure Lurra Indulgence

2300 pp 225 mins

- 60 mins Massage
- 60 mins Facial
- 30 mins Body scrub
- 45 mins Manicure
- 60 Mins Pedicure
- Spa Lunch

Lunch Break

405 pp 40 mins

- 20 mins Massage
- 20 mins MediHeel treatment

Couple's Delight

1800 pc 120 mins

- 15 mins Back scrub
- 45 mins Massage
- 45 mins Mini Pedicure (excl nail varnish)
- 15 mins Hand & Scalp Massage
- Spa Lunch

Amazing Days

2900 pp full day

- 30 mins Body scrub
- 45 mins Body wrap
- 60 mins Body massage
- 75 mins Facial
- 45 mins Manicure
- 60 mins Pedicure
- Spa Lunch

Me Time

960pp 120 mins

- Foot scrub
- Hand scrub
- 90 mins Massage
- Spa Lunch

Birthday Pamper

960pp 50 mins

This package is about laughter, happiness and a new you.

- 20 mins Back, Neck and Shoulder massage
- 10 mins Foot massage
- 20 mins Babor face treatment
- Spa lunch with a glass of bubbly
- Use of spa facilities

Prices are subject to change without prior notice

SPA ETIQUETTE

Here are a few guidelines to ensure clients have the perfect spa experience

Booking an Appointment

When guests make a booking at the spa, credit card details will be requested and securely kept aside to secure the booking. A 50% deposit will be required to secure your appointment slot. Reservations are subject to availability.

Arrival Time

Clients are kindly requested to arrive 15min prior to their scheduled treatment time, as courtesy to following guests. Late arrivals will only receive the remaining available appointment time left and will still be charged the full treatment fee.

Spa Attire

A locker with a robe and a pair of slippers will be provided for spa day guests. Hotel guests are kindly requested to use their robes and slippers from their room when using the spa facilities. Guests are requested to refrain from nudity during spa treatments.

Jewellery and Other Belongings

Clients should leave valuables at home or locked away in the locker provided by the spa. The spa is not responsible for the damage or loss of personal belongings.

Cellphones

To maintain a relaxed and tranquil atmosphere, cell phones must be switched off during your journey at the spa.

Cancellation Policy

We ask that you notify the spa a minimum of 8 office hours in advance should you wish to cancel or reschedule your appointment to avoid a 50% charge for the services. All no-show appointments will be charged for in full.

ERINVALLE ESTATE
HOTEL & SPA

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Lurra

Wellness inspired by
the ambience, culture
and healing nature of Africa.