



MASSAGE MENU



SENIOR THERAPISTS MENU

SWEDISH FULL BODY MASSAGE

Gentle, flowing strokes to relax and restore your body.

60 minutes

R600

90 minutes

R800

BACK, NECK & SHOULDER MASSAGE

Targets tension in back, neck and shoulder muscles.

30 minutes

R400

60 minutes

R600

BACK, NECK, SHOULDER & HEAD MASSAGE

Eases and unwinds the upper body.

45 minutes

R500

60 minutes

R600

FOOT & LEG MASSAGE

Soothes tired feet and legs, improving circulation.

30 minutes

R400

60 minutes

R600

HANDS & FEET MASSAGE

Refresh and revive tired hands and feet.

45 minutes

R500

60 minutes

R600

HEAD MASSAGE

Eases tension to promote calm and deep relaxation.

30 minutes

R400

All prices are quoted per person per treatment unless specified otherwise.

The Massage Menu is valid from 1 March 2026 until 28 February 2027.

The Spa @ Ndaka however reserves the right to change these prices at any time.

SENIOR THERAPISTS MENU

MASSAGE FOR 2

Relax together. | Excl. Hot Stone & Deep Tissue/Sports Massages

30 minutes	R700
60 minutes	R1100
90 minutes	R1450

DEEP TISSUE / FULL BODY SPORTS MASSAGE

Relieves deep tension and eases sore, tired muscles.

60 minutes	R700
90 minutes	R850

HOT STONE FULL BODY MASSAGE

Warm stones melt tension for deep, soothing relaxation.

60 minutes	R700
90 minutes	R850

HOT STONE BACK, NECK & SHOULDER MASSAGE

Heated stones ease stress in tense muscles.

45 minutes	R600
60 minutes	R700
90 minutes	R850

PREGNANCY MASSAGE

Soothing massage for a calm, comfortable mum-to-be.

45 minutes	R600
60 minutes	R700
90 minutes	R850

REFLEXOLOGY

Targets pressure points in feet to rebalance the body.

45 minutes	R550
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JUNIOR THERAPISTS MENU

SWEDISH FULL BODY MASSAGE

Gentle, flowing strokes to relax and restore your body.

60 minutes

R400

90 minutes

R550

BACK, NECK & SHOULDER MASSAGE

Targets tension in back, neck and shoulder muscles.

30 minutes

R250

60 minutes

R400

BACK, NECK, SHOULDER & HEAD MASSAGE

Eases and unwinds the upper body.

45 minutes

R325

60 minutes

R400

FOOT & LEG MASSAGE

Soothes tired feet and legs, improving circulation.

30 minutes

R250

60 minutes

R400

HANDS & FEET MASSAGE

Refresh and revive tired hands and feet.

45 minutes

R325

60 minutes

R400

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JUNIOR THERAPISTS MENU

HEAD MASSAGE

Eases tension to promote calm and deep relaxation.

30 minutes

R250

MASSAGE FOR 2

Relax together. | Excl. Hot Stone & Deep Tissue/Sports Massages

30 minutes

R400

60 minutes

R700

90 minutes

R1000

DEEP TISSUE / FULL BODY SPORTS MASSAGE

Relieves deep tension and eases sore, tired muscles.

60 minutes

R450

90 minutes

R550

REFLEXOLOGY *(Subject to therapist availability)*

Targets pressure points in feet to rebalance the body.

45 minutes

R400

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KIDDIES POOL SIDE MESSAGES

Even the littlest explorers need a break.

BACK, NECK & SHOULDER MASSAGE

45 minutes _____	R250
30 minutes _____	R200
20 minutes _____	R150

FOOT & LEG MASSAGE

30 minutes _____	R200
20 minutes _____	R150

HEAD MASSAGE

30 minutes _____	R200
20 minutes _____	R150

HAND MASSAGE

30 minutes _____	R200
20 minutes _____	R150

**FROM SPLASH TIME TO CHILL TIME
WE'VE GOT YOU COVERED!**

