

# Spa Anise

by spicers



**SPICERS**  
SANGOMA RETREAT

# sangoma

*(Origin - Zulu)*

**Noun:** a traditional healer

Welcome to the Sangoma Spa Anise experience.

Spicers Sangoma Retreat offers an unequalled spa experience in the foothills of the Blue Mountains. Our treatments embody the essence of the Australian bushland and the artistry of our restorative massage techniques.

Escape to a place where nature provides the space to disconnect from the busy world.

We recommend booking all spa treatments prior to your arrival to ensure you receive your desired time. Please arrive at the spa 10 minutes before your appointment. Mobile phones are not permitted in the spa. We suggest you bring your swimmers, wear comfortable clothing and leave all valuables in the safety of your room.

## sangoma spa rituals

### THE LOVERS INDULGENCE (Suite Service)

The perfect indulgence in the privacy of your suite. This decadent lover's treatment begins with a warm pot of our special blend of organic herbal tea, while a soothing aromatic foot soak awaits! Invigorate your tired legs and feet as we exfoliate with our botanical body scrub. We take you on a journey of stillness with our nurturing full body Signature Sangoma massage. Stay enchanted in the surrounds of the bush with a glass of Champagne. Then, we leave you to float in the blissful serenity of a warm milk bath.

**1.5 HOURS - \$715 PER COUPLE**

### THE LOVERS INDULGENCE (Spa Tent)

This lover's treatment begins with a warm pot of our special blend of organic herbal tea, while a soothing aromatic foot soak awaits! Invigorate your tired legs and feet as we exfoliate with our botanical body scrub. We take you on a journey of stillness with our nurturing full body Signature Sangoma massage. Then we serve you a glass of Champagne and leave you to enjoy the spectacular view of the city skyline from our lounge area.

**1.5 HOURS - \$595 PER COUPLE**

### ZINTATHU

*Zulu*

**Number:** three, trilogy

Feel the difference of a soothing aromatic foot bath and the invigorating effects of our botanical scrub to polish and revitalise tired aching legs. Awaken the senses with a blissful Signature Sangoma massage or a Dovadova Therapy, focusing on the back, neck and shoulders using warm organic coconut oil and hot towels to help release muscle tension. Relax the mind with a petite-spa facial designed to cleanse, brighten and revitalise the skin with a nourishing silk peptide masque. This is the trilogy of Sangoma sessions.

**1.5 HOURS - \$275 PER PERSON**

## sangoma spa sessions



### SIGNATURE SANGOMA MASSAGE

Experience the quintessence of traditional healing practices with contemporary massage techniques, flowing through in unison to immerse your senses into stillness. Feel the restorative dynamic movements and gentle rhythmic motion of a Signature Sangoma Treatment, the ultimate healing session to nurture your spirit, to calm the mind and rejuvenate the body.

**1 HOUR \$185 | 1.5 HOURS \$255 PER PERSON**

### DOVADOVA THERAPY

*Zulu*

**Verb:** knead, massage

A bespoke restorative treatment to alleviate muscle aches, release tension and encourage the flow of nutrients in the body. The therapeutic benefits of this bodywork is tailored to your desire, to improve muscle tone, promote circulation and decrease the physical effects of stress.

**1 HOUR \$185 | 1.5 HOURS \$255 PER PERSON**

### ESSENCE OF AMATSHE

*Zulu*

**Verb:** stone

Amatshe - Mother Earth's natural stones and gemstones, infused in aromatic botanical emollients are used to release its energies deep into the muscles. Hot basalt stones to ease muscle tightness and cold gemstones to gently relax the intricate muscles on the face and neck. Overall a gentle massage to dissolve tiredness and alleviate the effects of stress in the body. Let go of your body's tensions, feel the difference.

**1.5 HOURS \$275 PER PERSON**

### AMAKHATHERAPY

Surrender into relaxation as your body is anointed with a synergy of botanical emulsions, pure essential oils and the opulence of oil absolutes. Combined with the uplifting effects of a flowing full body Signature Sangoma treatment and restful acupressure, Sangoma Amakhatherapy is decadent bliss.

**1 HOUR \$185 | 1.5 HOURS \$255 PER PERSON**

### UMAMA BLISS

*Zulu*

**Verb:** mother

An expectant mother's body changes every day to make way for the birth of a miracle! Umama is reassuring mother to nurture your back of body. This is your time to unwind as your body is lulled into a sense of stillness.

**1 HOUR \$210 PER PERSON**



### YOUTH ELIXIR SPA FACIAL

The ultimate anti-ageing treatment offering an infusion of precious omega serums and opulent essential oils to deeply rejuvenate replenish and renew. Enriched with exquisite essential oils of rose balsam, crushed nut butters and anti-ageing vitamins to deliver the ultimate hydration treatment. This indulgence includes a gentle hand and foot massage.

**1.5 HRS \$255**

# the spa anise experience

## SPA OPENING HOURS

The spa is open from 10am to 6pm. Other appointment times can be arranged with prior notice.

## ARRIVAL

Please arrive 10 minutes prior to your allocated appointment time to enjoy a refreshment, fill out a consultation form and ensure you receive the full length of your treatment time.

## SPA ATTIRE

We advise wearing something comfortable so that you can easily undress when in the treatment room. If staying in the Retreat please feel free to come in your bathrobe. Underwear is worn throughout all treatments.

## HEALTH CONSULTATIONS

Your wellbeing is very important to us and it is vital that you inform us of any health conditions or pregnancy when scheduling your appointment as certain spa treatments may not be recommended.

## PRIVACY AND MODESTY

Our caring and professional therapists have the utmost respect for your privacy and modesty. All personal information shared with us remains confidential. It is our intention to provide a safe, healing environment based on trust where you can truly relax.

## SPA ETIQUETTE

The spa environment is quiet and peaceful. We request you leave your mobile phone in your room or switched off your bag. The spa is non-smoking.

## SPA CANCELLATION

The time for your spa experience has been exclusively allocated for you; however, if your plans change and you wish to cancel or reschedule, we do require 12 hours' notice. Regrettably without due notice the full change of your scheduled appointment may be charged.

**To book your treatment or if you have any questions, please contact reception.**



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