

KATEKA
wellness

Let us take you on a journey through nature & the elements

Everything in nature is made up of five basic elements: earth, water, fire, air, and space/ether.

Knowledge of the five elements allows one to understand the laws of nature and to use them to attain greater health, power, knowledge, wisdom and happiness.

This arises out of deep intuition of how the universe operates with nature.

Our bodies are made up of 72% water, 12% Earth, 6% air, 4% fire and space fills the rest. Imbalances of the 5 elements causes disease. Disease simply put, is DIS - EASE of our body, mind and spirit.

So join us at the KATEKA wellness center for some rebalancing treatments using the elements and nature to calm, soothe, invigorate, revive and heal your body. From the moment you step foot inside the KATEKA Wellness center, you'll begin to feel at EASE again in your body.

Let us take you on a journey of the elements to restore your balance, your senses and your soul.

KATEKA WELLNESS EXPERIENCE

4 PILLARS OF KATEKA WELLNESS

1. Self Care

2. Nutrition

3. Play-Explore-Movement

4. Sleep & Relaxation

The Kateka Wellness Experience seeks to immerse you in all 4 pillars of our wellness ethos, once you have experienced all 4, you will feel a sense of realignment & balance, especially while surrounded by nature.

Let's take a closer look...

KATEKA WELLNESS EXPERIENCE

1ST PILLAR – SELF CARE MENU

The 5 Elements

EARTH

Start your grounding experience with a full body African baobab salt exfoliation, then be cocooned in a rich grounding & detoxing earth mud, while you are wrapped up, you will receive an Indian head massage and hair mask.

Shower and finish off this earthly grounding experience with a 30 minute back & neck aromatherapy massage using grounding essential oils.

120 mins

R4 500

WATER

Ready to be revitalized & invigorated? Step into our water room with a view and experience cold therapy luxury. After an Ice bath has reduced inflammation and released dopamine more than 2.5 the usual amounts from the brain, it will leave you feeling refreshed and revitalized, followed by a relaxing jacuzzi bath overlooking the waterhole and beautiful Klaserie bush.

Your treatment room now awaits with an exfoliating scrub to remove any old dead skin cells and prep the skin for the ultimate 60 minute Aromatherapy massage using balancing essential oils.

120 mins

R4 500

KATEKA WELLNESS EXPERIENCE

1ST PILLAR – SELF CARE MENU

The 5 Elements

FIRE

Sweat it out by stepping into our infrared sauna, which offers a host of benefits such as detoxifying the body of toxins, improving fatigue & cardiovascular health, healing wounds, aiding weight loss & digestion to name a few.

After your 20 minute session, the lymphatic system is further stimulated by using vigorous body brushing movements to further improve circulation & remove any dead skin cells. Finish off this treatment with a Himalayan Salt Hot Stone Massage using invigorating essential oils.

120 mins
R4 500

AIR

Open the lungs with a lesson in breathing techniques and meditation to start off this journey. Feel the weight slide off your shoulders and the tension melt away with this truly unique treatment.

Light body brushing exfoliation prepares the skin to receive rain drop therapy, a unique form of pure essential oils dropped over the spine and reiki massage followed by the ancient Chinese technique of cupping using suction to remove toxins from the body

120 mins
R4 500

KATEKA WELLNESS EXPERIENCE

1ST PILLAR – SELF CARE MENU

The 5 Elements

SPACE/ETHER

Space is the most subtle of all the elements and is present in the hollow cavities of our body, it comes in the form of radio frequencies, light radiation & cosmic rays...

Start this journey with an infra red sauna session, followed by a sound bowl chakra cleanse.

Gentle body brushing prepares the skin to receive the beautiful oils for a very special crystal chakra balancing Aromatherapy massage.

Not only are unique crystals placed on each of the corresponding chakras to open and unblock the energies but special essential oils are blended and used to further balance the bodies energies.

120 mins
R4 500

**If you prefer to experience a massage, facial or other treatment but you don't see it on our menu, please chat to one of our therapists, we will be more than happy to accommodate your favourite treatment to get you feeling relaxed & revived!*

KATEKA WELLNESS EXPERIENCE

1ST PILLAR – SELF CARE MENU

welcome to your wellness journey

An Invitation to Reconnect, Rebalance, and Renew.

Step into a world where every moment is curated for your wellbeing.

Our Wellness Journey Sampling Menu offers a taste of our most nurturing experiences—designed to calm the mind, energize the body, and uplift the spirit.

From soothing therapies to revitalizing treatments, this journey is your gateway to discovering what true balance feels like.

Whether you're here to unwind, explore, or transform, let each offering be a gentle step toward your best self. Breathe deeply, relax fully, and allow the journey to begin...

Start with an Infra-red Sauna, followed by an invigorating ice bath, relax after in a warm jacuzzi. Wellness therapists will then melt away all your stress and tension with a back and neck massage, finally to bring it all together we will do crystal placements on all 7 chakra points, ending with a crystal sound bath to nourish your every cell of your body and beyond.

60 mins

R2 800

EXTRA PAMPERING

Indian Head Massage	30 mins	-	R 1 800	45 mins	-	R2 500
Foot Massage/Reflexology	30 mins	-	R 1 200	45 mins	-	R 1 700
Back & Neck Massage	30 mins	-	R2 000	45 mins	-	R2 700
Full Body Massage	60 mins	-	R3 500	75 mins	-	R3 850
	90 mins	-	R4 200			

KATEKA WELLNESS EXPERIENCE

1ST PILLAR – SELF CARE MENU

FACIAL

Luxury Radiance Facial

Indulge in the ultimate skincare experience with our Luxury Radiance Facial – a meticulously curated treatment designed to rejuvenate, hydrate, and restore your skin's natural glow.

This decadent ritual combines advanced techniques with premium, nutrient-rich products to deeply cleanse, nourish, and revitalize your complexion. Perfect for those seeking visible results and total relaxation, this facial delivers a luminous, youthful appearance while enveloping you in pure tranquillity.

Choose from sensitive / dehydrated / oily or anti-ageing skin concerns

75 mins
R4 500

WASH & BLOW WAVE

With some of the best products around come indulge in a little luxury & pampering. Wash. Head Massage. Blow wave.

60 mins
R600

NAILS

Classic Mani	60 mins	- R 700
Classic Pedi	60 mins	- R 1000
Kateka Gel Manicure	75 mins	- R 1500
Kateka Gel Pedicure	75 mins	- R 1800
Deluxe Mani with Parafin Wax	90 mins	- R 1800
Deluxe Pedi with Parafin Wax	90 mins	- R 2100
Mini Mani & Pedi Combo	60 mins	- R 1400

HAIR REMOVAL

Full Leg Wax	60 mins	- R1300
3/4 Leg Wax	40 mins	- R1000
1/2 Leg Wax	30 mins	- R 800
Underarm Wax	15 mins	- R 500
Eyebrow-Lip-Chin	15 mins	- R 400

KATEKA WELLNESS EXPERIENCE

2ND PILLAR – NUTRITION MENU

JUICE BAR & TEA EXPERIENCE

At Kateka Wellness, we believe in nourishing your body & soul.

Try one of our superfood smoothies or freshly pressed cold drinks, healthy wellness snacks or have an elemental tea which corresponds to your treatment while sitting back and relaxing in our gorgeous relaxation lounge.

Grab a wellness book or magazine, colour or try beading meditation and enjoy a relaxing afternoon with us, take a walk or sit and enjoy our meditation Zen Garden.

SMOOTHIES & TEA'S

Earth – Grounding

*cacao, baobab, banana, nut butter & almond milk with a hint of vanilla & cinnamon
or Tea – aloe ferox, organic hibiscus & peppermint*

Water – Balancing

*Spirulina, blueberries, honey & kefir yoghurt
or Tea – baobab, green rooibos & mango*

Fire – Invigorating

*Acai, goji berry, red dragon fruit, pineapple, turmeric & black pepper
or Tea – green tea, buchu & lemongrass*

Air – Calming

*ashwagandha, coconut milk, date, cashew nut, banana
or Tea – red rooibos, honeybush & lavender*

Ether – Enlightenment

*lemon, olive oil, dates, cinnamon, ginger & vanilla
or Tea – lemon verbena, green rooibos & rose*

**Please note availability can vary due to some fruits being seasonal*

KATEKA WELLNESS EXPERIENCE

3RD PILLAR – PLAY – MOVE – EXPLORE

YOGA

Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises and meditation to improve overall health. Yoga was developed as a spiritual practice thousands of years ago but now in modern times is a fantastic stress management tool.

Not sure where to start? We've got you! Come for a complimentary class with one of our instructors on the roof top overlooking the African savanna. Alternatively, feeling shy? No problem, book a private one on one session and enjoy learning about this wonderful form of movement and exercise.

private 60 min class
R500

F45

Created by sport scientists and elite athletes, our unique, team-based workouts include an array of interval stations and feature 36 distinct workout systems. With more than 3,000 exercises in our database, our guests will almost never do the same workout twice. Boasting the latest sport equipment such as Woodway treadmills and Concept 2 spinning bikes.

Come have a fun 45 min functional training session while surrounded by the African bush!

45 minute class
complimentary

KATEKA WELLNESS EXPERIENCE

3RD PILLAR – PLAY – MOVE – EXPLORE

ART THERAPY

Art therapy involves the use of creative techniques such as drawing, painting, collage, coloring, or sculpting to help people express themselves artistically and examine the psychological and emotional undertones in their art.

Adult art therapy colouring books can be found in your room, should you wish to explore more options, please chat to one of our wellness therapists.

at your own leisure
complimentary

MEDITATION & MANDALA BEADING

Meditation is a technique used for thousands of years to develop awareness of the present moment.

It can involve practices to sharpen focus and attention, connect to the body and breath, develop acceptance of difficult emotions, and even alter consciousness.

Disconnecting from modern day technology can be just what the body needs sometimes and beading is just the answer, take a class with one of wellness therapists to enjoy this relaxing art form with a side twist of prayer & meditation.

beading class – 60 mins
R350 per person

KATEKA WELLNESS EXPERIENCE

3RD PILLAR – PLAY – MOVE – EXPLORE

BUSH WALKS

*Walking is a form of cardiovascular physical activity,
which increases your heart rate.*

*This improves blood flow and can lower blood pressure.
It helps to boost energy levels by releasing certain hormones
like endorphins such as happy hormones as well as delivering oxygen
throughout the body.*

*By adding nature into this activity, your walk is further enriched by the sounds,
smells and adrenalin that nature has to offer
- an instant stress reliever benefiting the mind and soul.*

60 mins – complimentary
schedule with our guides

*The sights, sounds, and smells of the
wilderness combine to create a beautiful
tapestry of life*

KATEKA WELLNESS EXPERIENCE

4TH PILLAR – SLEEP & RELAXATION

While at Kateka we encourage you to switch off and disconnect!

Did you know scrolling on your phone at night sends blue rays to your optic nerve sending further signals to your brain which affect your quality of sleep!

Switching off all electronics one hour before bed can improve your sleep by as much as 80%

Our beloved caffeine is another culprit especially in our fast paced busy lifestyles, limit caffeine to help lower cortisol levels by reducing to 3 cups per day max limit and no more caffeine after 2pm.

But what to do an hour before bed... we have you covered...

AROMATHERAPY SLEEP BLENDS

Aromatherapy is a holistic healing treatment that uses natural plant extracts to promote health and well-being. Using aromatic essential oils medicinally to improve both physical and emotional health of the body, mind, and spirit.

Aromatherapy is thought of as both an art and a science and has gained more recognition in the fields of science and medicine.

Our skilled wellness therapists have a range of aromatherapy blends you can apply to help aid sleep and rest.

R300 per aromatherapy blend
100% quality essential oils for sleeping better

KATEKA WELLNESS EXPERIENCE

4TH PILLAR – SLEEP & RELAXATION

BATH MENU

Choose from different essential oils and let us create a magical bath heaven for you while you're at dinner.

**Please enquire about the bath menu with one of our Wellness Therapists & choose the perfect way to wind down your evening!*

R250 per bath turndown service

GUIDED SLEEP MEDITATION

Download the following apps and listen with your phone on a black screen or away from the bed.

Calm Sleep & Meditation App

Headspace Mindful Meditation App

Chopra Meditation Deepak Chopra App

Breath Sleep & Meditation App

**Ask one of our staff to help you download the app*

ETIQUETTE

Pre-Arrival

Pre-booking is essential to avoid disappointment.

*To optimise your spa experience with us,
please fill in your consultation card prior to arrival if possible.*

Considerations

*Please arrive at the spa wearing comfortable, loose-fitting clothing.
Remember to bring an appropriate swimsuit with you should you wish
to make use of the indoor spa, infra red sauna, ice bath or jacuzzi.*

*Disposable undergarments will be provided for all body treatments.
It is advisable that no jewellery should be worn at the Spa.*

*You will be allocated a changeroom to change into a luxury robe and slippers.
Upon entering your changeroom, you will immediately be immersed in the beautiful scent
of our Kateka Signature Fragrance, which will be the start of your revitalizing journey.*

*We kindly request that guests remain quiet whilst in the spa to reach a completely
relaxed state and to ensure that other guests can also achieve this very same goal.
Cell phones should be switched to silent.*

Pre-Treatment

*Please arrive at least 30 minutes prior to your treatment time
to settle into your spa experience.*

*Enjoy a 15 minute infra red sauna, before moving to the therapy room to start your
ultimate relaxation experience. Select a health juice from our juice bar.*

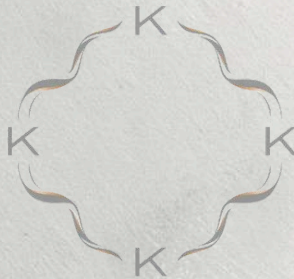
Post-Treatment

*Unwind and re-awaken your body and mind after your treatment therapy
in our relaxation area where you will be offered a healing tea specially selected
to complement your treatment experience.*

*Read a book, listen to the sounds of the bush or bond with your travel companion.
You can then enjoy the facilities where you can either add on a blowout at the Salon,
do some retail therapy at the Boutique or excite your appetite
with a healthy wellness snack or smoothie.*

If you would like to make a booking or require more information,
please call Reception on 009
or
the Wellness Center on 010

Have you enjoyed your wellness journey with us and
want to know more about wellness? You are welcome to schedule a
private wellness consult with our Wellness Manager, please let us
know, we can give you some guidance and tools to take home with
you when you leave us!



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