



SPA TREATMENT PACKAGES

REVITALIZE JOURNEY

R1090 for a 90-minute treatment

Experience a rejuvenating massage therapy with Marula-herb infused Fusion body oils, aimed at alleviating jet lag and revitalizing the body. This treatment realigns muscles and tissues, enhancing balance with scents of lime, lavender, and sweet orange. An invigorating foot massage and a relaxing scalp massage complete the experience, leaving you refreshed.

PATH TO TRANQUILITY

R1900 for a 180 minute treatment

Experience ultimate relaxation after a long journey with a revitalizing treatment featuring rosemary, pine, and black pepper. Enjoy a tension-relieving massage targeting discomfort, followed by warm mineral-rich mud to boost circulation and alleviate deep muscle tension with hot stones. Complete the experience with a customized facial that repairs, hydrates, and nourishes the skin, leaving it smooth and radiant. Indulge in a sensory journey with rich plant-based oils and botanicals.

ULTAMATE BACK TREATMENT

R850 for a 60 minute treatment.

De-stress your back with this 3 in one area focused treatment. A warm compress to soothe tired muscles, followed by a warm invigorating exfoliation to ease areas of muscular discomfort with a tension-releasing massage, followed by the application of a warm, mineral-rich mud to stimulate circulation and relieve deep-set muscular tension.

RELAX & REHYDRATING PAMPER JOURNEY

R2140 for a 150 minute treatment

This treatment begins with a detox soak for hands and feet, followed by a gentle grapeseed exfoliation. Enjoy a 90-minute shea butter massage with essential oils, starting with a relaxing foot massage and an aloe ferox gel wrap that promotes relaxation and hydration. While the wrap works, the massage continues, culminating in a customized facial tailored to your skin's needs, creating a tranquil and nourishing experience.

YLANG-YLANG TREATMENT JOURNEY (Vegan)

R2050 pp R3990 per couple for a 180 min treatment.

Experience a rejuvenating three-phase spa journey inspired by a tropical getaway. It starts with a full body scrub and hot compress infused with Ylang-Ylang and Jasmine for a harmonious mood. This is followed by a nourishing balm massage with Coconut Oil, Shea Butter, and Baobab Oil for radiant skin. The experience concludes with a Phyto balancing facial, ideal for couples to relax and connect.

THE RENOWNED MARULA PACKAGE

R1530 for a 3 hours treatment.

Experience a complete treatment that includes a light exfoliating back scrub, a refreshing 60-minute massage for the back, neck, and shoulders, and a soothing warming wrap. After assessing your facial skin concerns, your therapist will choose the best facial treatment for you. Finish with a relaxing pedicure featuring pressure point massage therapy, making it an ideal way to rejuvenate while fitting in all your excursions.

SERENITY JOURNEY

R3300pp or R5900 per couple for a 6 hours treatment.

Experience a full day of self-care that revitalizes and relaxes. Start with gentle exfoliation and hot compresses, followed by a 90 min soothing full-body massage with personalized oils. Enjoy a tension-relieving body wrap and scalp massage, then refresh with a shower. Indulge in a charcuterie board and champagne before a rejuvenating Phyto boost facial. Conclude with a luxurious manicure and pedicure while sipping herbal teas to enhance well-being.

MOTHER-TO-BE COLLECTION

MOTHER EARTH BALANCING PAMPER JOURNEY

R2100 for a 150 min treatment (pregnancy & breastfeeding safe)

Celebrate the bond between mother and baby with a rejuvenating treatment that starts with a full-body earth salt scrub to refresh mom. This is followed by a relaxing foot massage to reduce toxins and edema, and a nurturing foot wrap. A soothing 60-minute massage focuses on the back, neck, and shoulders, ensuring comfort based on the trimester. The experience concludes with a customized facial to hydrate the skin, leaving mom balanced, refreshed, and ready for the next chapter.

MOTHER EARTH BALANCING MASSAGE

R850 for a 90 min treatment

Experience a calming massage for both mother and baby, focusing on relaxation and tension relief. The treatment enhances circulation and rejuvenation in sensitive areas, prioritizing your comfort. Your therapist will target key tension points, ensuring you feel pampered and ready to care for your baby.

MASSAGE COLLECTION

TENSION RELEASE VIGOUR FULL BODY MASSAGE

R750 pp or R1300 Couple for a 60 minute treatment

Experience a deep tissue massage with circulation-boosting essential oils, including Rosemary, Pine, Black Pepper, and Marjoram, which help alleviate pain, enhance flexibility, and promote relaxation. A revitalizing gel finishes the treatment, leaving you rejuvenated and energized. Ideal for active individuals and travelers looking to improve circulation.

LUXURY SHEA BODY BUTTER MASSAGE

R750 pp or R1300 Couple for a 60 minute treatment

Indulge in our luxurious herb-infused Avo and Shea massage butters, featuring enchanting scents designed to calm your soul, restore harmony, and uplift you during a soothing massage.

CBD-INFUSED HEATED BALM FULL BODY MASSAGE

R950 pp or R1800 Couple for a 60 minute treatment.

Experience relaxation with a heated CBD-infused balm that soothes the body through gentle strokes. The calming blend of CBD, Ylang-Ylang, Geranium, and Lavender offers a serene sensory experience, containing the legal limit of 20mg CBD.

BACK & NECK HEAD MASSAGE

R550 pp or R1050 Couple for a 60 minute treatment.

IN HOUSE FULL BODY MASSAGE

R690 pp or R1300 p Couple for a 60 min treatment.

IN HOUSE BACK MASSAGE

R450pp or R850 p Couple for a 30 min treatment.

INDIAN HEAD MASSAGE

R390 for a 30 min treatment.

THAI FOOT MASSAGE

R390 for a 30 min treatment.

R650 for a 60 min treatment.

Massage has evolved from a luxury to a vital practice for restoring balance and soothing the mind. It not only increases your energy levels but also aids in detoxification, enhances circulation, improves skin tone and texture, and alleviates fatigued, overworked muscles. So, why delay? Indulge in a massage today!

Take a Moment to Pause

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MASSAGE COLLECTION

UNWIND MASSAGE

R890 for a 90 min treatment

This massage offers relief from discomfort related to back pain, leg cramps, and swelling. The optimal technique focuses on active trigger points while improving circulation. Your therapist will guide you to take deep breaths, helping you to enter a state of relaxation as they concentrate on these active trigger points. This deep tissue massage will leave you feeling rejuvenated, supple, and balanced.

BLISS MASSAGE

R850 pp or R1550 for a 90 minute treatment

This soothing massage begins with a delightful foot soak and scrub, complemented by hot compressions to ease weary feet. Your therapist will then proceed with a calming Indian head - and facial massage, ensuring you feel relaxed before the full body massage continues.

BODY SCRUB & BODY WRAPS

RELAXING, SOOTHING HYDRATING AFTER SUN WRAP

R750 pp for a 50 minute treatment

This ultimate body wrap is designed to provide soothing, cooling, and hydrating relief after excessive sun exposure. While the wrap works its wonders, your therapist will treat you to either a deeply relaxing foot massage or a calming head massage.

BODY WRAP

R750 pp or R1350 for a 60 minute treatment

Experience a sensory adventure starting with a full-body exfoliation, followed by the application of herbal fusion oil and a comforting layer of aromatic oils and African wraps. Choose a wrap to detoxify, rejuvenate, or invigorate your skin, and enjoy a calming scalp massage. The journey concludes with nourishing Baobab lotion, inspired by Africa. Options include Detox, Invigorating, Balancing, Soothing, or Hydrating body wraps.

BODY SCRUB

R550pp for a 30 minute treatment

Our cleansing ritual symbolizes body renewal. Our natural body scrubs, made from plant botanicals, gently remove dead skin cells while moisturizing, leaving skin soft. Experience invigoration and rejuvenation as you embrace new life and renewal.

ENHANCE YOUR TREATMENTS (Add-Ons Only)
30 minutes: R390

- Extend your massage by an extra 30 minutes, providing targeted attention to specific areas of concern. This can be paired with any treatment.
- ADD hot stones for just R80 per person.

Double up Pamper Package 90min R 1820

If you're pressed for time yet desire a complete experience, indulge in a session while two therapists work their magic. This treatment begins with an invigorating back massage, followed by a deeply relaxing foot and calf massage. Your therapists will then wrap up the session with a lovely pedicure and a hydrating facial, leaving your skin radiant and you feeling revitalized.

Take a Moment to Pause

HAND & FEET COLLECTION

Spa Manicure	50min	R 390
Spa Pedicure	60min	R 430
Heel Peel Pedicure	70min	R 580
Heel Peel Treatment Only	20min	R 250
Express Pedicure	30min	R 310
Express Manicure	30min	R 290

Nail Bar

Gel Polish/Overlay	R 270
Soak off Gel Overlay	R 100
Soak off Acrylic	R 200

BLISSFULL FEET JOURNEY 120min R 800

Pamper your feet with a Heel Peel Pedicure, followed by a soothing wrap and a relaxing deep foot massage. Finally, select a Gel color to perfect your gorgeous toes.

HAND or FOOT RITUAL 30min R 410

Enjoy a detox soak and light exfoliation, followed by a deep relaxing massage and a hydrating wrap. Finish with a hot compress and a quick application of hydrating shea butter for silky smooth skin.

Waxing & Tinting Collection

Full Leg Wax	40min	R 250
Half Leg Wax	30min	R 200
Upper Back Wax/Chest Wax	40min	R 410
Full Back Wax	70min	R 550
Full Chest Wax	70min	R 550
Under Arm Wax	20min	R 110
Full Arm Wax	30min	R 210
Standard Side Bikini Wax	30min	R 220
Brazilian Wax	40min	R 320
Brow Wax & Shape	30min	R 100
Lip Wax	10min	R 80
Chin Wax	15min	R 80
Full Face Wax	30min	R 250
Brow Wax Shape & Tint	30min	R 110
Lash Tint	15min	R 90
Lash & Brow Shape & Tint	30min	R 150
Nose Wax/ Ear Wax	20min	R 100

Group Booking & Special Events

Enjoy a 10% discount for bookings of four or more guests. Relax in our outdoor area with a variety of teas, coffees, and flavored waters, and ask about our snack platters for an additional cost. We specialize in memorable events like baby and bridal showers, as well as corporate gatherings, and can handle all planning. Upgrades are available for photoshoots, conferences, and team-building activities.

Just Breathe

ESSENTIAL DETAILS

Spa Operating Hours

Operation Hours
10:00 AM - 10:00 PM
Sunday's By Appointment Only

Spa Cancellation Policy

- Cancellations or rescheduling should be communicated 24 hours in advance.
 - A 50% deposit is required to confirm appointments, made at least 18 hours prior.
- Cancellations on the appointment day or no-shows will result in a charge equal to the full appointment fee, added to your hotel bill. Thank you for your understanding.

Spa Disclaimer

The spa treatments, services, and amenities offered at Pause Spa are intended for general use only and should not be regarded as a replacement for professional medical care for any health issue.

Guests must inform Pause Spa & Wellness Centre of any medical conditions, allergies, or medications affecting their treatments and agree to release the spa from liability. They should secure personal valuables, as the spa is not responsible for loss or damage. Found items will be stored safely until claimed.

Guests use treatments and services at Pause Spa and Wellness Centre at their own risk and cannot hold the spa or its affiliates liable for any damages, losses, or injuries related to these services.

Contact Details:

Location: ANEW Resort Hazyview Kruger Park
Cell: Marcia 079 295 2037
Cell: Spa Reception 072 309 9585
Cell: Shila 081 028 0865
Landline: ANEW Resort 013 737 8111

You can reach out to us via WhatsApp at any number, and we will respond as promptly as possible.