QURTUBA

RUMAAN

WELLNESS RETREAT



Rumaan Spa Menu

OPEN 7 DAYS A WEEK

(08:00am - 18:00pm)

BOOKINGS ARE ESSENTIAL

+27 66 477 4678/ +27 10 109 4789 6 Sakb Ave, Linbro Park, Sandton, 2090

rumaan_spa qurtubahotelspa.co.za Rumaan Spa & Wellness Centre spa@qurtuba-h.co.za





Breathe. Unwind. Restore.
Qurtuba Rumaan Spa is a sanctuary of tranquillity where time slows down and serenity takes over. Escape the demands of everyday life and immerse yourself in a world designed to soothe the mind, nurture the body and replenish the soul.

Inspired by the Rumaan, a Pomegranate that is the symbol of beauty, vitality and renewal, our signature treatments draw on nature's restorative gifts and time-honoured healing traditions. Every experience is thoughtfully curated to awaken your senses and restore inner balance.

Surrender to the gentle touch of our skilled therapists as stress melts away and waves of calm wash over you. Whether you seek deep relaxation, rejuvenation or a moment of stillness, discover a treatment perfectly tailored to your wellbeing journey.

Relax. Refresh. Rejuvenate. Renew.
A haven where wellness blossoms and every breath invites you closer to harmony.

Our products are available for purchase at the spa front desk

Subject To Availability & Price Changes



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MASSAGES

Japanese Head Massage	*(45 MIN)*	**R600**
Japanese Head Massage With Foot Massage	*(55 MIN)*	**R900**
Full Body Swedish Massage	*(55 MIN)*	**R400**
Full Body Hot Stone Massage	*(55 MIN)*	**R450**
Neck, Back, & Shoulders Swedish Massage	*(30 MIN)*	**R300**
Head, Neck & Shoulders Seated Massage	*(30 MIN)*	**R200**
Neck, Back, Shoulders + Hot Stone Massage	*(30 MIN)*	**R350**
Pregnancy Massage	*(45 MIN)*	**R400**
Indian Head Massage	*(30 MIN)*	**R250**
Full Body Sugar Scrub	*(45 MIN)*	**R450**
Mens Sport Massage	*(60 MIN)*	**R450**
Mens Sport Leg Massage	*(30 MIN)*	**R300**
Mens Sport Back Massage	*(30 MIN)*	**R350**

CRANIAL MASSAGE

Calming sense of wellness, a non invasive relaxing massage, allowing the body and mind to realign and connecting to oneself.

Full Body Cranial Massage	*(55 MIN)*	**R500**
Cranial Sacral Therapy	*(75 MIN)*	**R600**
3 Cranial Sacral Follow Up Sessions	*(Per Session)*	**R500**

COUPLES TREATMENT PER COUPLE

Full Body Swedish Massage	*(55 MIN)*	**R700**
Full Body Hot Stone Massage	*(55 MIN)*	**R800**
Full Body Moisturising Scrub	*(55 MIN)*	**R800**

HANDS & FEET

Leg Massage (Lower Leg)	*(45 MIN)*	**R300**
Express Mani & Pedi (No Paint)	*(60 MIN)*	**R350**
Sugar Mani & Pedi (No Paint)	*(60 MIN)*	**R400**
Pedicure (No Paint)	*(60 MIN)*	**R300**
Manicure (No Paint)	*(45 MIN)*	**R250**
Hand & Foot Massage	*(45 MIN)*	**R300**
Foot Massage	*(30 MIN)*	**R200**
Reflexology	*(45 MIN)*	**R400**
Parafin Dip		**R100**

HOME CARE & AFTER CARE PRODUCTS AVAILABLE IN SPA

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DERMALOGICA SKIN CARE PROFESSIONAL FACIALS

Express Face-fit Treatment	*(10 MIN)*	**R150**
Proskin	*(30 MIN)*	**R350**
Proskin	*(60 MIN)*	**R650**
Gwa Sha	*(10 MIN)*	**R50**

KALAHARI SKIN CARE PROFESSIONAL FACIALS

Express Facial	*(30 MIN)*	**R250**
Honey Bush Soufflé	*(60 MIN)*	**R350**
Honey Bush Soufflé with Added Clay or Mud	*(60 MIN)*	**R400**
Vita Gel	*(60 MIN)*	**R450**
Vita C Facial	*(60 MIN)*	**R450**
Phytic Clay	*(60 MIN)*	**R450**
Lipid Rich	*(60 MIN)*	**R450**

CUPPING

Dry Cupping	*(MINIMUM 6 CUPS) (EXTRA CUP R45)*	**R300**
Sunnah / Wet Cupping	*(MINIMUM 6 CUPS) (EXTRA CUP R50)*	**R400**

WELLNESS THERAPY

Salt / sand room	*(halotherapy or speleotherapy) (30 MIN)*	**R100**
Sauna Room	*(30 MIN)*	**R200**
Rasul Room	*(45 MIN) (60 MIN)*	**R400**
Hammam	*(30 MIN)*	**R700**
Hammam With Moisturiser	*(45 MIN)*	**R800**
Steam Room	*(30 MIN)*	**R150**

Add an extra 10 MIN for an additional **R50**

POOKIES KIDDIES MENU (10 YEARS AND UNDER)

Full Body Swedish Massage	*(45 MIN)*	**R180**
Indian Head Massage	*(30 MIN)*	**R100**
Neck, Back, & Shoulder Massage	*(30 MIN)*	**R100**
Head, Neck & Shoulder Massage	*(30 MIN)*	**R100**
Foot Massage	*(30 MIN)*	**R100**
Express Mani & Pedi	*(45 MIN)*	**R200**
Manicure	*(30 MIN)*	**R100**
Pedicure	*(30 MIN)*	**R100**

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WAXING

Full Back	**R350**
Full Face	**R150**
Full Body	**R1150**
Full Front	**R350**
Chin	**R60**
Eyebrow Wax	**R60**
Eyebrow Tint	**R80**
Upper Lip	**R40**
Half Arm	**R120**
Full Arm	**R170**
Under Arm	**R100**
Full Leg	**R200**
Half Leg	**R150**
Bikini	**R300**
Brazillian	**R350**
Hollywood	**R400**
Nostrils	**R50**
Forehead	**R70**
Side burns	**R50**
Ears	**R50**
Unibrow	**R10**
Lash Tint	**R80**

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LASER TREATMENTS

FACIAL TREATMENT

Unibrow	**R80**
Sideburns	**R110**
Chin	**R130**
Upper Lip	**R130**
Earlobes	**R130**
Jawline	**R150**
Neck	**R200**
Nape of Neck	**R200**
Cheeks	**R210**
Half Face	**R260**
Beard Line	**R260**
Full Face	**R380**
Full Face & Neck	**R500**

BODY TREATMENT

Hands / Fingers	**R50**
Feet / Toes	**R50**
Breasts	**R350**
Nipples	**R130**
Shoulders	**R380**
Underarms	**R260**
Half Arms	**R450**
Full Arms	**R800**
Chest	**R620**
Chest Line	**R160**
Chest & Stomach	**R750**
Stomach	**R200**
Belly Line	**R130**
Half Back	**R450**
Lower Back	**R350**
Full Back	**R650**
Thighs	**R620**
Buttocks	**R380**

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BODY TREATMENT CONTINUATION

Brazilian *(Lips & Sides Only)*	**R280**
Brazilian *(Lips, Sides & Back Strip Only)*	**R350**
Brazilian *(Full)*	**R500**
Bikini Line *(Top & Sides)*	**R390**
Hollywood	**R650**
Hollywood Extended	**R700**
Half Legs	**R650**
Full Legs	**R1 250**

FEMALE LASER PACKAGES

Glow Essentials *(Full Face, Neck & Underarms)*	**R700**
Silk Confidence *(Full Face, Underarms & Brazilian Bikini)*	**R1 000**
Red Carpet Ready *(Full Face, Underarms & Hollywood)*	**R1 250**
Velvet Smooth *(Full Face, Neck, Underarms, Half Arms, Half Legs & Brazilian Bikini)*	**R1 850**
Ultimate Goddess *(Full Face, Underarms, Full Arms, Full Legs & Hollywood(Includes Hands/Fingers & Feet/Toes)*	**R2 800**
Royal Radiance *(Full Face, Underarms, Full Arms, Full Legs & Hollywood(Includes Hands/Fingers & Feet/Toes)*	**R3 450**
Total Luxe Transformation *(Full Face, Underarms, Full Arms, Full LFull Face, Neck, Nape, Underarms, Full Arms, Full Legs, Chest, Stomach, Hollywood, Buttocks & Full Back (Includes Hands/Fingers & Feet/Toes)*	**R4400**

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MALE LASER PACKAGES

Sharp Edge Grooming *(Beard Line (Top & Bottom), Nape of Neck, Nose & Underarms)*	**R800**
Upper Body Definition *(Shoulders, Chest, Stomach, Full Back & Underarms)*	**R1 900**
Executive Sculpt *(Beard Line, Neck, Nape, Shoulders, Half Back, Chest & Underarms)*	**R2 500**
Total Alpha Transformation *(Full Face, Neck, Nape, Shoulders, Chest, Stomach, Full Arms, Full Legs & Underarms(Includes Hands/Fingers & Feet/Toes)*	**R4 000**

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ENQUIRE ABOUT:

- TAILOR MADE PACKAGES

Follow us on our Social Media Platforms for the latest specials at Qurtuba Wellness retreat

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