



GMUNDNER

LODGE

SPA MENU

back to nature!



*Welcome to a world of relaxation and
reimagined self-care rituals.*

*Makai invites you to experience nature's intelligence through remedies
derived from both old world and new age practices.*



PLEASE ENQUIRE AT RECEPTION

ALL ACTIVITIES AT GMUNDNER LODGE OPERATE ON A "FIRST
COME, FIRST SERVED" BASIS, PLEASE BE SURE TO BOOK TIME-
OUSLY AT RECEPTION.

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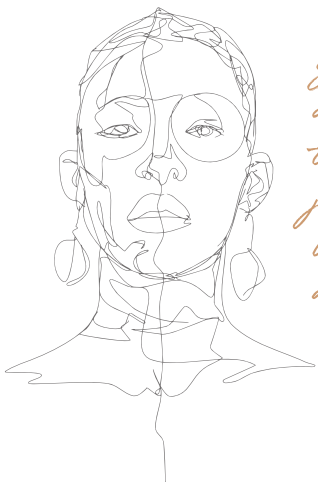


MAKAI™

MAKAI™ MEANING “AN AUNT” HARBOURS A HOLISTIC APPROACH TO WELLNESS. OUR UNIQUE TREATMENTS OFFER GUESTS THE OPPORTUNITY TO EXPERIENCE THE ANCIENT WISDOM HELD IN INDIGENOUS WELLNESS PRACTICES.

WITH AN UNDERSTANDING OF OUR INTERCONNECTEDNESS WITH EARTH, MAKAI™ UTILISES ONLY THE FINEST NATURAL INGREDIENTS MADE AVAILABLE BY NATURE.

IN DOING SO WE STRIVE TO PAY HOMAGE TO OUR ORGANIC ECOSYSTEM.



You are invited to join us on a journey of tranquility, inspired by treatments that are rooted in tradition. May this journey into Africa's holistic heritage be an awakening of the mind, body, and spirit.

MAKAI™ BODY

MAKAI™ SIGNATURE MASSAGE (60 / 90 MINUTES)

Relax and embrace indigenous massage therapy characterised by slow deep strokes that target tension spots and promote relief and relaxation.

MAKAI™ MARBLE PRAYER (60 / 90 MINUTES)

A symbolic assembly of ancient healing practices. This unique ritual utilises locally mined marble disks (which are heated and then applied to the body). The warmth of the disks promotes tension relief and simultaneously soothes the sympathetic nervous system.

choose from the blends

SUNSET (RELAX & UNWIND)

SAVANNA (WINTER WARM UP)

RAIN (DETOXIFYING)

DESERT SCAPE (GROUNDING)



MAKAI™ BODY RESTORATIVE

MAKAI™ BEYOND OCHRE (60 MINUTES)

(HIMBA CLEANSING RITUAL)

Immerse in a cultural awakening by opting for a traditional red ochre treatment. The clay is a staple of the Himba People of Namibia which is pounded by hematite stones into a fine powder which is then mixed with butter and myrrh essential oils. During this sacred cleansing ritual, the body ceremoniously encompassed by myrrh smoke to symbolize the start of the cleansing ceremony. In our treatment, the red clay is warmed and applied to the skin, working as a barrier against sun damage, as well as keeping the skin clean, moisturized, and hydrated.

With this treatment we recommend 15minutes of sitting in the sauna.

MAKAI™ AFTER-SUN (60 MINUTES)

Calming and hydrating Aloe Ferox is infused with Kalahari melon oil to soothe and calm the skin (by reducing inflammation). Alleviate the harsh side-effects of the sun with this relaxing treatment.

MAKAI™ BUSHMAN (KHOI) EXFOLIATION (60 MINUTES)

Nurture and nourish. Witness the extraordinary cleansing power of Namibian sea salt through the art of gentle exfoliation. This treatment removes dead skin cells from the body, leaving the surface of skin smooth and nourished. Carefully selected botanicals combined with an Aloe Ferox and myrrh embalmment are applied to ensure that the skin is properly hydrated. Ideal for sensitive and allergy-prone skin and a safe option during pregnancy. Add a massage of your choice.

With this treatment we recommend 15minutes of sitting in the sauna



MAKAI™ FACE

DESERT ROSE (HYDRATION) (60 MINUTES)

Located in the dry desert region of Namibia where sand undergoes crystallisation, delivering a product which possesses resilient healing properties. Enjoy the effects of facial hydration and a grounding ceremony for your face.

Cacti thrive in the harsh desert climate and possess superb hydrating properties, and this is what we mimic in this hydrating treatment. With the natural hydrating properties of Marula oil and Aloe Ferox, your skin is ensured to feel hydrated and revitalised.



MAKAI™ HANDS & FEET

MAKAI™ MANICURE (60 MINUTES)

A relaxing manicure treatment that includes a luxurious hand soak, gentle exfoliation, as well as nail and cuticle work. Complete the treatment with a nail polish of your choice to achieve the perfect look. Please advise upon reservation should you require the removal of gel polish, and an additional soak off will be arranged accordingly.

MAKAI™ PEDICURE (60 MINUTES)

Indulge in a spoiling pedicure experience that begins with a relaxing foot soak, followed by a gentle exfoliation, and meticulous nail and cuticle care. Enhance the final look with your choice of nail polish to achieve the perfect finish. If you require the removal of gel polish, please let us know when making your reservation, and we'll arrange an additional soak-off service accordingly.

MAKAI™ ULTIMATE HAND & FOOT CEREMONY

(75 MINUTES)

This treatment starts off with a luxurious Namibian Sea Salt inspired foot and hand soak complete with nourishing oils. Thereafter, you can expect a mineral rich salt foot polish and an antioxidant-rich hand polish, followed by a nourishing mask for your hands and feet. The experience ends with an invigorating massage, cuticle treatment, nail shaping and choice of nail polish. The ultimate luxury for the perfection of your hands and feet!

ADDITIONALS:

SOAK OFF, VARNISH PAINT, GEL POLISH



SPA ETIQUETTE & EXPERIENCE

Our spa offers a variety of world-class experiences using only natural and exclusive spa products. Treat yourself with the ultimate spa experience by selecting your perfect treatment from our exceptional selection of signature packages, facials and massages. For a fully immersive spa experience, please advise us of any health conditions or allergies so that we may tailor your spa experience accordingly.

FACILITIES & ENVIROMENT

Our spa offers conveniently equipped changing areas. Additionally, all spa guests are welcome to access the sauna and gym facilities. If you plan to visit the sauna during the early morning or late-night hours, please inform our team in advance so that we can make the necessary preparations to ensure your experience is seamless and enjoyable. To maintain the serene and tranquil ambiance of our spa, we kindly ask all guests to silence their mobile phones throughout their stay, ensuring a peaceful experience for everyone.

ATTIRE

Guest will receive bathrobes, disposable under garments and slippers to wear between treatments. We kindly request that you leave all valuables in your room.

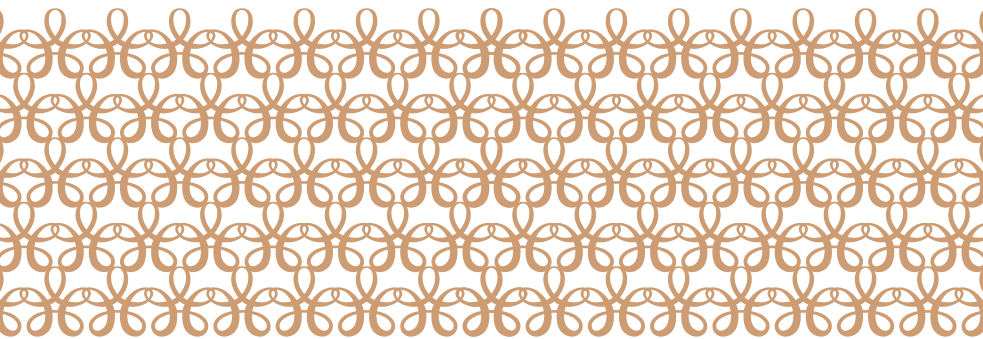
ARRIVAL AND ETIQUETTE

We suggest that you arrive before your scheduled appointment time to make the most of our facilities and ensure your treatment begins promptly. To provide you with a personalized and tailored experience, we kindly request that you inform us of any medical concerns or allergies you may have. Please be aware that arriving late may result in a shortened treatment experience.



CANCELLATION POLICY

Please note that treatment times have been scheduled for you. If you wish to reschedule or cancel any of your spa appointments or packages, please let us know in advance. This will enable us to make those time slots available to other guests as well.



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