

the journey (legs & feet).....60 minutes

We walk through life, busy and distracted and tend to neglect the part of the body that carries us. The foundation of our body reflects who we are. When we experience pain in the feet, the body adjusts to accommodate the pain, affecting our entire spinal alignment. Your journey begins with a tingling scrub from the knees to the toes. Then we warmly wrap your legs and feet while you receive a relaxing head massage - optional wet or dry. A relaxing foot massage with our peppermint cooling foot cream ends the relaxation session.

Optional French - extra 15 minutes

the prayer (hands & arms).....60 minutes

We serve the world with our hands. They are not covered or protected like the rest of our bodies and so quickly show signs of age. Let us serve you while you rest your body and we restore and nourish your hands. Includes shape, buff and polish as well as cuticle treatment.

Optional French - extra 15 minutes

no frills full body massage.....60 minutes

Combining deep pressure, manipulation, pulling, stretching, effleurage and cross friction techniques to offer a solution to your tired and aching muscles, perfect for an active or highly stressed lifestyle. Feel free to choose between a back, neck and shoulder or a full body treatment. No frills!

couples therapy

There is nothing more precious than sharing TIME and EXPERIENCES. Why not share your spa experience with your spouse, your partner, friend, daughter... This is a unique experience to share a treatment in the same room with someone you care about and is ideal for couples, friends, mothers, or for the bride and mother of the bride before the big day. Any of our treatments can be done as a couple for a 10% discount for both parties.

packages

Feel free to create your own experience and combinations. Speak to your therapist for the best combinations for you and for the discounts which apply.

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spa etiquette

Welcome to the Rain Day Spa. We are looking forward to pampering you. Please feel free to communicate any needs before, during or after your treatment to ensure you are comfortable and receive the service you deserve.

Please arrive 10-15 minutes prior to your booking to enable us to complete all administrative requirements and ensure you are well briefed and ready for your relaxation session.

Please respect our policy and fellow guests by switching off your mobile phone.

Adjust to the atmosphere of calm and relaxation by talking softly, so as not to disturb fellow guests already in treatment.

Avoid eating a heavy meal prior to your massage or de-stress / detox treatments.

Rain Day Spa requires 24 hour notice for any cancellation. We kindly request that you make sure that you are available at the time of your booking. The full rate will be charged failing adequate notice of cancellation.

This is a professional therapeutic spa and no lewd or in-appropriate behaviour will be tolerated.

As a courtesy to our guests, we do not add any service charge or tip to our bill as it is not obligatory or expected. You are welcome to offer a tip directly to your therapist as an expression of your appreciation.

Rain Day Spa is looking forward to pampering and spoiling you and we hope to exceed your expectation in the quality of our service. Please offer us your honest feedback to enable us to improve our client service to you.

In spas where we have shower facilities, please keep in mind that your treatment time is pre-booked and should you wish to shower before as recommended, or after a treatment, this must be taken into consideration in planning your arrival and departure times.

Rain Forest Day Spa Team



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rain
created for living

rain
day spa



welcome to our spa

Hands on healing and therapeutic touch are a part of daily life in Africa. Community is the circle of interaction and warmth and it is the right of every family member to assure the well-being of each individual. Grandmothers are the keepers of wisdom, sisters share skilled fingers to create zenlike hair masterpieces with patterned revelation, women whisper age old beauty recipes gleaned from nature to preserve, protect and nourish exposed skin. Rain Spa rituals originate from this culture of nurturing and natural beauty. Used in all treatments, our natural Rain Biologie product range is formulated from wild harvested and organic plant actives, brimming with nourishment and antioxidants, and incorporated at generous percentages for maximum efficacy.

metamorphosis ©120 minutes

A symbolic ritual of purging and shedding of the old – old hurts, feelings, fears, old dead skin. A soothing body brush starts the treatment - signalling to the brain that a detoxification process has begun. The head is massaged with Biologie Scalp Conditioning Oil followed by a generous application of Mineral Hair Mud. Next comes the body's metamorphosis with a gentle skin exfoliation using Rain's famous Body Polish - guaranteed to effectively slough away tired superfluous cells, and give your skin the chance to rehabilitate itself naturally. With a clean palette of fresh skin, a slathering of our uber rich Coconut and Shea Massage Cream is applied and allowed to slowly soak in while your body is kept snug and warm and you are left alone for a few minutes to absorb and regroup. Lastly you will experience a soothing long stroke body massage and an ostrich feather body tickle to gradually bring you to the end of the transformation process.

cocoon ©60 minutes

This is as close as a treatment gets to a warm hug. The experience is one of being cosseted under a duvet in a cocoon of warmth and chocolate - a comforting indulgent and deeply relaxing experience that will leave you feeling limp and decadently nourished by a melted chocolate massage. Warmed Sleep Balm, infused with sleep inducing herbs of valerian, chamomile, lavender and hops is massaged into the skin to enable you to drift in and out of a richly fulfilling sleep. You are gradually awakened by a face massage under a cooling wisp of silk as the massage cocoon begins to unravel, enabling you to emerge and take flight as free as a butterfly.

rain dance ©60 minutes

An original Rain Dance massage, inspired by tribal dance and choreographed to provide a synergistic rhythmic flow between guest and therapist. Movements are stretching, pulling, bending and manipulation of limbs to a gentle African rhythm. Rain's delectable Marula and Shea Body Butter massage bar is used as a deeply

enriching and nourishing skin butter, followed by steamed herbal cloth balls, which are used to release pressure and tension - all in harmony with the specially sequenced tribal music.

the sole ©60 minutes

72 000 nerve endings are found in your feet. They take the brunt of life's journey – especially in Africa where they are a primary mode of transport over rough and dusty terrain. As your sole is often a reflection of your soul, we focus our full attention on treating your feet to bring you to a place of deep and penetrating relaxation. A cleansing water ritual with a twist encourages you to begin your stress release. The therapist will make use of a caterpillar milk technique © to encourage lymph drainage in your legs and to tease the tension from your body, making relaxation irresistible and inevitable. A Rain healing balm with wild harvested organic active ingredients will then be applied, slowly bringing you back to consciousness. You will awaken feeling re-energised with a spring in your step.

two oceans ©120 minutes

The heart and soul of our Rain brand is located less than 90 km from the southern-most tip of Africa where the hot tropical Indian Ocean Sea current meets the cold Aghulas Atlantic Ocean current. The meeting of hot and cold creates circulation, and this inspired our Two Oceans sea themed treatment. We make use of hot sea stones interspersed with quick cool bursts of an oceanic jelly to create currents of soothing and coolness, warmth and stimulation - all designed to promote circulation, while rocking the body with wave like pressure movements to promote relaxation. A wonderfully refreshing sea salt body scrub with skin nutrients is included. This treatment brings together the sense of touch, hearing and smell and helps you become fully aware of your body. Sounds of nostalgia evoke memories and calming happy thoughts. It could be compared to taking a two hour seaside holiday.

elephant walk ©60 minutes

Come with us to the plains of Africa and share the rhythm of the elephant! Our massage technique used here is inspired by the elephant's walk. As you lie down and let your body grow heavy, you will feel the imaginary sensation of an elephant walking over your body as your therapist uses a calabash to apply firm pressure up and down your muscles, followed by pressure pounding. With each phase of the massage, you will feel the deep pressure begin to release the tension in your muscles. Next you will feel the warming sensation of the African sun being poured over your body in the form of our Rain Massage Candle! Made with cocoa butter and Ghanaian shea butter, it melts deeply into your skin carrying omegas, antioxidants and plant actives into your dermis and epidermis. You will then experience a technique using a unique hammer and chisel, designed to tap into your muscles and release the last bit of

tension that might still be there. It sends a vibration into your muscles and allows the toxins to be broken down. Blissful pure relaxation is the inevitable end result.

initiation ©60 minutes

Initiation in Africa represents a rite of passage into a new phase of life, celebrated as a symbolic coming of age. Our ritual begins with an anointing of oil, where warmed coconut oil is slowly trickled through your hair. Our nourishing Hair Mud Mask will then be applied and massaged through, giving your hair a boost of mineral goodness! In the manner of initiates in rural Africa, your entire body is painted with our Rain Relaxing Massage Oil, which will then be massaged in with long, strong movements with deep pressure applied all the way down your body, releasing pent up tensions. We complete the ritual by wrapping your head with an Iduki head wrap – the rite of passage is complete!

affirmation facial ©60 minutes

In tribal culture, masks are used to represent an alter ego, a larger than life version of who you really are. We wear these invisible masks to protect ourselves. In this facial, where we remove your mask, we aim to affirm you for the person you are and remind you that true beauty lies within. While you lie back with your feet in a warm bowl of indigenous seeds to keep you grounded, you will start the mask removal process with a tender cleansing of the skin, followed by a gentle facial scrub to remove clogging and barriers and to start the process of regeneration and cell renewal. A healing and soothing mask is then applied as you listen to the therapeutic sounds of a Kalahari waterhole. While the mask takes effect, you can choose a hand, foot or head massage. This multi sensory experience ends with an anti-ageing lotion, and a new affirmed you.

mother africa ©60 minutes

(not permissible in the first trimester of pregnancy)
We know... you are tired, sore and hot, and you just need some tender loving care. Your body is carrying extra weight, your muscles are straining and your bones are weary. You feel puffy with water retention - everything aches. This super gentle massage using 100% natural fragrance free products with organic ingredients, nourishes and feeds that stretched tight skin ... and is designed specially for you. The treatment focuses on lymph drainage on the legs, pressure points on the feet, tension in the neck, shoulders and lower back, stimulation of the scalp and hair and a very soft tummy rub with our mildest purest beeswax and shea and olive oil Belly Balm. Your head massage includes our Hair Mud Mask which is massaged gently into your scalp. We provide a hair turban for you to wear home, as well as a token gift for baby.