

# Leshiba

## Activities and additional services- 2022

Rates are valid from 1st January 2022 to 31st December 2022 and are subject to change without prior notice

### LESHIBA MASSAGE THERAPIES

Leshiba offers an indulgent range of therapies designed to relax the body, soothe the spirit, improve muscle tone, and evoke a feeling of well-being. Our therapists, will ease and rejuvenate tired limbs and help calm your mind, creating a natural harmony within.

Massage Rates		
Description	Amount	Duration
<b>The Full Leshiba Body Massage</b> Take a deep breath, close your eyes, and gently relax. This full body massage uses a combination of traditional strokes and deep tissue techniques, which improves blood circulation, reduces stress, and completely relaxes your body	R580.00	60 min
<b>Bush Back Massage</b> Take a load off your shoulders and feel the deep warmth of the natural oils relax you completely. This de-stressing massage focuses on releasing tension in the often-over-stressed muscles of the back, neck, and shoulders.	R385.00	30 min
<b>Inspirit Hair &amp; Scalp Indian Head Massage</b> The ultimate indulgence. 45 minutes of an alternating slow and vigorous massage, concentrating on pressure points on the scalp, neck, and shoulders.	R350.00	30 min
<b>Zinziba Hand Ritual</b> Let our therapists take you by the hand. This treatment feeds the skin with nourishing nutrients that lock in moisture with a relaxing, hydrating hand massage	R190.00	30 min
<b>The Mountain Path Foot Ritual</b> Leading you to relaxation. Indulge your feet with a soothing and revitalizing foot and lower leg massage.	R250.00	30 min
<b>Zwonake Full Body &amp; Indian Head Massage</b> Pure Leshiba therapy. This massage combines the wonders of a Leshiba Full Body Massage and an Indian Head Massage.	R800.00	90 min

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Standard Activities	Rate	Departure Time
Guided Walks- per person (minimum 2 pax)	R350.00	07h30
Game Drive- per person (minimum 2 pax)	R350.00	16h30
Self-guided mountain biking-bring own bike	Free of charge	
Mountain Bike Hire (2 bikes available)	R250.00/3hrs	
Self-guided trails	Free of Charge	

Additional Activities- By prior arrangement, Leshiba can organise on request	Rate	Duration
Star Gazing	R500.00	
African Jazz Band	Price on Request	

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