

WELLNESS AT KUGANHA

Set within the stillness of the Cape Tankwa Karoo, Kuganha's wellness experience is not housed in a central spa. It is built into each private tented suite. Heat, cold, steam, salt, water, bodywork and stillness are available within the guest's own space, in their own time. The result is a wellness journey without movement, pressure or performance - the tent itself becomes the spa.

THE TENT IS THE SPA

Each tented suite at Kuganha is a complete private restoration space, designed for guests to move between hot and cold contrast, steam, salt, floatation, massage and outdoor water without leaving their own environment. Nothing is separate from the stay. Nothing requires a walk across the lodge. The suite holds the experience.

Every suite includes:

- Cold plunge pool
- Steam room and shower
- Salt halotherapy chamber
- Sauna
- Flotation therapy pool
- Twin massage beds and relaxation lounge
- Outdoor shower and double soaking baths
- Private plunge pool and Jacuzzi
- Expansive private deck with loungers

CHECK-IN WELLNESS RITUAL

On arrival, guests are introduced to the rhythm of their private tented spa suite through a guided wellness sequence. It is not a treatment to be performed. It is an orientation into the space – a calm introduction to heat, cold, salt, steam and floatation, so each guest understands how to use the suite throughout their stay.

COLD PLUNGE

An initial cold immersion to awaken the body, support circulation and prepare the guest for the heat sequence.

SAUNA

A dry heat session to relax the muscles, encourage perspiration and ease tension.

SALT HALOTHERAPY

A quiet session in the salt chamber, designed to support relaxed breathing and calm.

STEAM SHOWER

A warm steam finish to cleanse, soften and refresh the skin.

FLOTATION EXPERIENCE

Guests may return to the flotation pool later in the day or evening for a quiet, weightless session before rest.

SIGNATURE SPA RITUALS

The Kuganha rituals are grounded, practical and body-led. Each one combines touch, temperature, water or stillness in a considered sequence. They are designed to work with the suite, not apart from it.

SKIN HYDRATING JOURNEY

A full-body exfoliation and wrap performed in the warmth of the sauna, followed by a cleansing steam shower experience. The treatment is designed to remove dead skin cells, stimulate circulation and leave the skin smooth and refreshed.

BODY RECOVERY JOURNEY

A deep tissue massage focused on areas of muscular tension and stiffness, followed by recovery time in the salt halotherapy room. This ritual is suited to guests who want bodywork, muscle release and a slower recovery sequence.

RESTORATION JOURNEY

A bodywork ritual using the Rungu stick with specialised massage movements, followed by the sensory deprivation float experience. This journey combines physical release with deep stillness.

TREATMENTS AVAILABLE

For guests who prefer a single treatment rather than a full ritual, the spa menu offers massage, soft-touch, body and grooming treatments. These are delivered privately and scheduled around the guest's day, subject to therapist availability.

Massage treatments

- Relaxation massage
- Re-energising deep tissue massage
- Rungu massage
- Salt stone massage

Soft touch treatments

- Face and scalp massage
- Back, neck and shoulder massage
- Hand and foot massage
- Foot pressure massage

Rejuvenating body treatments

- Terres d'Afrique body scrub
- Terres d'Afrique body wrap
- Terres d'Afrique body scrub and wrap

Pamper treatments

- Hand revival manicure
- Foot revival pedicure
- Heel treatment

INCLUDED IN THE FULLY INCLUSIVE RATE

Kuganha's wellness inclusion is intentionally generous. The fully inclusive rate includes the private in-suite spa facilities and access to Kuganha rituals and treatments, arranged around the guest's stay

and the natural pace of the day. It is not a fixed programme. It is shaped privately, with availability managed by the lodge team.

Unless an exclusive special offer states otherwise, included wellness access is unlimited during the stay, subject to suite occupancy, therapist availability and the guest's personalised itinerary.

This includes:

- Signature Kuganha arrival wellness ritual
- Unlimited use of the private in-suite spa facilities
- In-suite sauna, steam, cold plunge, halotherapy and flotation facilities
- Signature spa rituals
- Massage treatments
- Soft touch treatments
- Rejuvenating body treatments
- Selected pamper treatments
- Wellness sequencing arranged around the guest's daily rhythm
- Treatments scheduled privately in the suite where possible

Add-on specialised medical, advanced therapeutic, bespoke multi-day programmes, external practitioners or additional premium wellness requests can be arranged separately where available.

KUGANHA
RESET. REWILD.

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