DISCOVER SEGERA WELLNESS

Experience a sense of wellness on every level in our spa and gym. At Segera we encourage and support a culture of wellness that extends to the soil, the environment, the communities that surround us, and to you—mind, body and soul. Our Wellness Centre offers a variety of luxurious holistic treatments and therapies that nourish your entire being. Luxury starts in the privacy of your own villa bathroom, which is well stocked with a range of natural bath products that nourish the skin.





THE WELLNESS CENTRE

Massages can be ordered en-suite or at the beautiful Spa where you can also enjoy a Rasul Steam Tower, Salt-Room, Infrared Sauna, Cold Plunge and full Hydrotherapy or Halotherapy treatments along side a state-of-the-art gymnasium and a saltwater swimming pool. A luxurious array of botanical scrubs, full body therapies and massage treatments will help you unwind and encourage you to find renewal amidst the peace and beauty of your surroundings.







MINDFUL EXPERIENCES

Yoga is seamlessly woven into this holistic experience, offering practices that nurture flexibility, mindfulness, and inner strength. Whether you're a first-time yogi or a seasoned practitioner, each session is tailored to guide you toward a deeper sense of balance and peace, connecting you to both your body and the natural world around you.

Enquire about our Stillness Safari – a game drive experience that taps into your mental and physical connections with the elements, breathing and meditation.





DISCOVER SEGERA'S WELLNESS EXPERIENCES

Embark on a sensory journey with our thoughtfully crafted treatments, where water, heat, botanicals and minerals harmonise to create an immersive wellness experience. Each session is curated to meet your individual needs, blending both African and time-honoured oriental practices, therapeutic body and facial massages, wild botanicals, breath and balance for a deeply restorative and quiet mind journey with our gifted therapists.

SWEDISH MASSAGE - 60 MIN | USD 120 / 90 MIN | USD 180 / 120MIN | USD 210
A classical, gentle, flowing massage designed to relax muscles, ease stress, and enhance circulation. Ideal for a soothing escape.

DEEP TISSUE MASSAGE - 60 MIN | USD 120 / 90 MIN | USD 180 / 120MIN | USD 210
Focusing on deeper layers of muscle and connective tissue, this powerful massage relieves tension, reduces pain, restores flexibility.

STRESS RELIEVING MASSAGE 45 MIN | USD 95
This massage focusing on back, scalp and facial massages will relax you, and bring peace and harmony to an exhausted body and soul.

LIQUID BODY MASSAGE 90 MIN | USD 180
A flowing, unwinding and deeply nurturing treatment designed to enhance movement and energy. This unique experience combines yoga-inspired stretches, pressure point massage, joint mobilization and soothing strokes.
Feel tension dissolve as your body opens and rebalances, leaving you with a renewed sense of lightness and ease.

PRESSURE POINT FOOT MASSAGE 60 MIN | USD 120
Rooted in the ancient practices of Reflexology, this therapeutic foot massage focuses on pressure points to stimulate the body's innate healing potential. A grounding and deeply relaxing experience for mind and body.

DISCOVER SEGERA'S WELLNESS EXPERIENCES

Segera Hydrotherapy and Halotherapy journeys can be adjusted to match your wellness preferences. Each space offers a different way to gently shift the body and quieten the mind - from the grounding warmth of the sauna and steam to the invigorating dance between the plunge pool and restorative embrace of our salt room. The Halotherapy restorative experience is inspired by the tradition of spending time in salt-rich caves dating back centuries. Fine particles of pure mineral salt are gently dispersed into the air creating a peaceful space to breathe, rest and slow down. At Segera, this treatment is about pausing - settling into the quiet, breathing naturally and allowing yourself a moment of stillness.

VITALITY - 120 MIN | USD 310

A stimulating journey of heat, cold and movement to ease muscular tension, awaken the senses, invigorate circulation and leave your body feeling refreshed and energised.

Elements: *Infrared Sauna* | *Cold Plunge* | *Therapeutic Deep Tissue Massage* | *Halotherapy*

REBALANCE - 90 MIN | USD 210

A grounding journey from warmth into stillness. To release what is held, restore balance and return to a sense of inner calm.

Elements: *Steam & Botanical Exfoliation* | *Cool Rain Shower* | *Soothing Massage* | *Halotherapy*

BOTANICAL STEAM & EXFOLIATION RITUAL - 90 mins | USD 145

An invigorating full body exfoliation using natural, organic, custom-blended products to leave your skin feeling soft and refreshed. Enjoy an aromatic steam to renew and hydrate the skin.

HYDROTHERAPY - 60 mins | USD 120

There is no single way to experience our hydrotherapy space. Allow yourself the time to explore several elements - moving between warmth, coolness and stillness at your own pace.

Elements: Infrared Sauna | *Cold Plunge* | *Steam* | *Halotherapy*