

NŌKA

• River • Retreat • Spa •

*We invite you to experience the healing power of our holistic spa journey's,
allow us to guide you on
a path of self-discovery and renewal.*

Book your journey now - 065 513 6006

We are situated in Magoebaskloof at Zwakala RiverRetreat



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WELCOME TO NOKA

Welcome, we invite you to embark on a transformative journey where you will connect with yourself and the wonders of nature.

Our serene sanctuary is nestled along the banks of the picturesque Broedestroom River in Limpopo, providing the perfect backdrop for relaxation and rejuvenation.

At Noka River Retreat and Spa, we believe in the healing power of nature and have carefully selected natural ingredients for our treatments, with many medicinal plants being handpicked from our farm.

We believe that true wellness goes beyond just the physical. Our holistic spa journeys are designed to create a nurturing environment where you can truly connect with yourself and the breathtaking natural surroundings.

By integrating a variety of treatments and therapies, we aim to connect your mind, body, and spirit, allowing you to experience profound relaxation and rejuvenation.



SPA MENU PACKAGES

COUPLES CONNECTION JOURNEY

The Couple's Connection Journey is a special & intimate experience designed to help you & your partner connect in a serene & natural setting. The journey starts with a full body scrub, and full body massage and ends the journey off with a bottle of bubbles overlooking the beautiful river.

~ 1.5hrs R1765 for 2

COUPLES CONNECTION LUXURIOUS

Indulge in a luxurious couples spa experience. The journey starts with a rejuvenating full-body scrub using our signature coffee scrub, and a full-body massage, immerse yourselves in pure relaxation with a luxurious facial using Esse products, renowned for their nourishing and revitalizing properties. Experience the ultimate pampering as you drift away, leaving your skin radiant, refreshed, and glowing with vitality.

To complete your journey of relaxation and connection indulge in a delightful picnic lunch set on the banks of the river. Surrounded by the serene beauty of nature, you and your partner can unwind, connect & escape the daily grind,

2 hours treatment followed by picnic lunch
R3750 for 2



PACKAGES

THE ESSE EXPERIENCE

The treatment is both relaxing and effective leaving your skin glowing.

It offers an effective way of soothing & healing stressed or aggravated skin, boosting collagen production, calming inflammation,

& building barrier function. The facial includes a 30-minute relaxing facial massage which is both lifting and sculpting for the face.

~ 1hr R790

RE-WILDING LUXURIOUS FACIAL

Re-wilding Luxurious Facial is a unique & effective treatment that uses live probiotics to promote healthy & vibrant skin. The treatment culminates with a luxurious re-wilding facial using Esse products. The facial includes a probiotic mask, which harnesses the power of beneficial bacteria to improve the health and appearance of your skin. This mask can have a natural "botox-like" effect, helping to firm and tighten the skin, reducing the appearance of fine lines and wrinkles.

In addition to the probiotic mask, the facial includes a 30-minute sculpting massage. This specialized massage technique helps to contour and lift the facial muscles, promoting a more sculpted and toned appearance. The combination of the facial mask and sculpting massage works together to leave your face glowing and naturally beautiful.

~ 75min R995



PACKAGES

SELF- LOVE JOURNEY

This self-explorative journey is a wonderful way to nourish your spirit & spend some time with yourself. The journey begins with a full body scrub using farm herbs & natural ingredients, followed by dry brushing to stimulate circulation & lymphatic drainage. This is followed by a full body massage using a gua sha tool to help your body destress & detox. You will then be guided to Journal with journal prompts along the banks of the river.

~ 2 hrs including 30 minutes journal & meditation time R1200

NOURISH THE MAMA-TO-BE

The Mama-to-be journey is a beautiful & nourishing offering that is perfect for any expecting mother. The journey starts with a beautiful foot ritual, assisting with any aches & pains in the feet. Next, mama will have a full body scrub followed by a beautiful pregnancy massage done by our trained therapist. To end the day off, mama will be treated to a delish platter of local snacks, fruit & herbal tea. This will provide her with the nourishment & support she needs to feel refreshed and energized.

~ 2hrs R1500



PACKAGES

RIVER GOD RE-WILDING JOURNEY

River God Re-Wilding Journey is perfect for any man looking to unwind, destress, and reconnect with themselves in nature. Our journey begins with body brushing which stimulates lymphatic drainage, followed by a deep tissue massage to release tension & promote relaxation.

The gent's Esse facial will nourish & rejuvenate your skin, leaving you with a radiant and healthy glow. You will then have the opportunity to have a cold plunge in the healing river waters.

~ 2hrs R1700

FRIENDSHIP CONNECTION PACKAGE

Prepare for a day of laughter, relaxation, and heartfelt connection. Your journey begins with a revitalizing full-body scrub. Next, a blissful full-body massage. The pampering continues with our Esse signature facial, featuring a rejuvenating lifting massage technique leaving your face looking radiant, youthful, and glowing. Then retreat to the river, where a picnic awaits you with a bottle of bubbles. Allow the peaceful surroundings to open your hearts have fun and deepen your connection.

- 2hr treatment followed by picnic R3750 for two



PACKAGES

RIVER DETOX JOURNEY

River Detox Journey begins with one of our specially crafted detoxing herbal teas, as you soak your feet in a bowl of medicinal farm herbs. The ancient Chinese techniques of body brushing will then be used to promote blood circulation, followed by a lymphatic drainage massage using tools such as gua sha. You will then have the option of taking a cold plunge in the healing river waters which is an excellent way to detox and rejuvenate the body.

~ 1,5hrs- R900

RIVER GODDESS JOURNEY

The journey begins with a full-body dry brushing. Dry brushing involves gently brushing your skin with a natural bristle brush to exfoliate and stimulate the lymphatic system. It promotes detoxification by promoting lymphatic drainage, helps to reduce the appearance of cellulite by smoothing the skin, and increases blood flow. You will then experience a full body scrub followed by a relaxing & rejuvenating full-body massage. The treatment culminates with a luxurious re-wilding facial which includes a probiotic mask that can have a natural "botox-like" effect, helping to firm and tighten the skin, reducing the appearance of fine lines and wrinkles along with a 30-minute sculpting facial massage.

~ 2,5 hours R1790



CREATE YOUR OWN EXPERIENCE/ JOURNEY

Choose one or more of the following treatments and create your own Spa journey & experience

DEEP TISSUE MASSAGE

Deep tissue massage can be incredibly beneficial for relieving soreness and addressing achy muscles. It is a specialized massage technique that focuses on reaching the deeper layers of muscle and connective tissue in the body

1hr R750

RELAXING FULL BODY

A relaxing full-body massage is an excellent way to unwind, release tension, and provide your body with the nourishing care it deserves. This type of massage aims to promote deep relaxation, alleviate stress, and enhance overall well-being.

1hr R750

FOOT RITUAL

The ritual is a wonderful way to show appreciation for the incredible work your feet and legs do for you every. It begins with a soothing soak followed by an invigorating scrub to exfoliate the skin. It ends off with a luxurious foot and leg massage, incorporating techniques that focus on relieving tension, reducing swelling, and promoting relaxation.

30 minutes R450

BODY BRUSHING

Body Brushing has several amazing health benefits. This simple routine invigorates all the major systems of the body including the lymph, circulatory, nervous, and digestive systems while also stimulating all the major organs. It is a form of gentle massage that encourages the skin to eliminate toxins by dramatically increasing blood flow to the surface.

20 minutes R350



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INDIAN HEAD MASSAGE

Indian head massage is a deeply relaxing massage technique that focuses on the neck, shoulders, scalp, and face. Originating from Ayurveda, the traditional Indian system of medicine, this massage has been practiced for centuries and is known for its ability to promote relaxation and overall well-being

30 minutes R450

BACK & NECK

Back and neck massage can offer immediate relaxation, relieve stress, and provide relief from muscle tension and pain. It's a wonderful way to take a break, unwind, and rejuvenate both your body and mind.

30 minutes R450

FULL BODY SCRUB

The full body scrub features a homemade signature coffee scrub made with coffee, coarse salt, and medicinal plants picked from the farm. This unique blend of ingredients offers a wonderful way to exfoliate the skin, leaving it feeling soft, nourished, and rejuvenated

40 minutes R650

LYMPHATIC DRAINAGE

Lymphatic drainage massage incorporates techniques like Gua Sha and specific massage movements to support the lymphatic system. It offers a wide range of benefits, including improved lymphatic drainage, enhanced detoxification, reduced fluid retention, relaxation, and stress relief.

1hr R700



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ESSE EXPERIENCE FACIAL

Deeply relaxing facial using the incredible Esse products. The facial includes a 30-minute deeply relaxing face massage, which is amazing for lifting and lymphatic drainage

1hr R790

BASIC MANI/PEDI

A basic manicure or pedicure which involves a foot scrub and/or hand scrub and massage followed by a basic manicure and or pedicure

30 minutes R300

GUIDED MEDITATION

A guided meditation and journalling exercise set on the banks of the river. This a wonderful way to end off a treatment or spa experience

30 minutes R200

COLD PLUNGE

A guided meditation and journalling exercise set on the banks of the river. This a wonderful way to end off a treatment or spa experience

Absolutely free

PICNIC LUNCH

A delicious seasonal picnic lunch, share the lunch in our beautiful reception area or on the river banks

Price includes set-up and handling fee

R480 PP

CHAMPAGNE

Treat yourself to a bottle of bubbles

R250