



Open from 8am to 8pm every day  
[grumetispa@labalaba.com](mailto:grumetispa@labalaba.com)

LABA GRUMETI SPA MENU





## LABA GRUMETI Spa by Healing Earth

We have partnered with Healing Earth, a premium African spa brand that offers award winning natural organic products and therapies. Each lovingly created Healing Earth product harnesses the restorative powers of Africa's rich natural resources and is made from the purest natural active ingredients sourced from the continent's powerful minerals, botanicals, and oceans using people, animal and earth-friendly methods, ingredients, and packaging to honor their commitment to sustainability.





# LABA GRUMETI Spa Signature Journeys

## GRUMETI RIVER JOURNEY

*Revitalise – Revive – Renew*

Like a butterfly emerging from its cocoon after a long winter sleep, we invite you to rebalance your mind whilst we reset your body with this sensuous escape. Taking inspiration from the ancient African tradition of coming together after a long day’s work where families and friends united in the shallow waters of the local rivers, laughing and exchanging stories and song whilst using river stones to scrub away the stresses of the day. This revitalizing ritual includes a full body exfoliation to revive tired skins, followed by a soothing full body massage. This full treatment is made with Healing Earth coffee, cinnamon & orange range which stimulates both detoxification and firming of the body and also targets very efficiently cellulite.

*90min - \$130*

## AFRICAN Connection

*Connect – Revive - Ignite*

Reconnect yourself with this sensuous journey of the mind and body. We use indigenous Marula & Neroli Oils to create a cocooning retreat where you feel loved, nurtured, and connected. Start with a sensuous foot ritual and complete the journey with a 90-minute full body and face massage

*90min - \$130*

## Drift Away African Face and Head Massage

*Comfort – Restore – Soothe*

A luxurious miracle treatment for scalp and face. Ease and soothe away any tension and worry with this deeply relaxing massage. Start your journey with a face cleanse ritual and drift into extreme bliss as we massage face, neck, and scalp with our award-winning African potato Miracle Repair Balm

*45min – \$60*



Our spa cabins can welcome 2 tables for couples who would like to enjoy their massages together. You just have to precise it during your booking.

# A la Carte Menu

We invite you to immerse yourself in our massage treatments designed to relax, restore, and revive aching muscles and tired minds. Choose from a selection of Healing Earth indigenous botanical oils and balms best suited to address your unique requirements and concerns.

## Classic - Swedish Massage

Relax & Destress oil

60/90min - \$90/\$120

## Aroma Soul – Aromatherapy Massage

Marula & Neroli : Relax

Kalahari Melon : Hydrate

Coffee, Cinnamon Orange : Sculpt Firm and Brighten

60/90min - \$90/\$120

## Muscle Ease – Deep Tissue Massage

Stillness Body Butter

Muscle Ease Gel

60/90min - \$90/\$120

## Back Neck & Shoulder Massage

Marula & Neroli : Relax

Kalahari Melon : Hydrate

Coffee, Cinnamon Orange Sculpt : Firm and Brighten

45 min - \$60

## Body Enhancements

Rebalancing indigenous back-mask

30 min - \$35

## Rebalancing indigenous full body-exfoliation

30min - \$45

## Rebalancing indigenous full body-mask

30 min - \$45







## Facial Therapy

### High Performance anti-ageing facial treatment

A revolutionary facial care treatment using the latest in tri-enzyme peptide anti-ageing technology. The skin is firmed and rejuvenated using a unique formulation that deeply penetrates the skin without affecting its barrier function, visibly improving the signs of ageing.

Complete with two masks and a signature facial massage.

*90min - \$160*

### Healing Earth Tailored Facial Journey

A deeply personalized facial tailored to suit your skin's unique needs, to provide one or more of the following benefits: adding nourishment and moisture, offering deep hydration and renewal whilst adding a luminous glow. We use indigenous plants and oils chosen for their unique skin rejuvenation properties to achieve both immediate and lasting results.

Balance and Rejuvenation – Neroli & Rose

Hydration – Marula & Rose with added Rosehip booster

Stimulating Anti-Ageing - Jasmin & Baobab with added Hyaluronic acid booster

Sun Repair – Aloe Vera & African Potato Balm

*60min - \$90*

### Mini Facial Ceremony

A wonderfully relaxing facial harnessing the power of ancient African botanicals to give an immediate boost to skin exposed to environmental stresses. Our signature facial massage will leave you looking radiant and glowing

*30min - \$45*



**African Hand & Foot Ceremony**

Indulge in a hand & foot exfoliation using indigenous polish followed by a nourishing shea butter mask.

The experience ends with an invigorating foot & leg massage ideal to promote circulation leaving you feeling light and refreshed.

*45min - \$60*

**Mini Mani**

An express treatment for clean, groomed nails on the go. Does not include any polish.

*30min – \$40*

**Mini Pedi**

An express treatment for clean, groomed nails on the go. Does not include any polish.

*35min – \$45*

**Nail Varnish Hands or Feet**

A classic finishing grooming treatment for beautiful nails or toes

*25min – \$35*

**Full Gel Manicure**

A full manicure including soak off of old gel polish with a long-lasting gel paint finish.

*60min – \$85*

**Full Gel Pedicure**

A full pedicure including soak off of old gel polish with a long-lasting gel paint finish.

*75min – \$95*

**Soak Off & Nail Revive**

Remove old gel polish and clean and neaten nails.

*25min – \$35*



SHOP HEALING HEARTH COSMETIC CARE PRODUCTS

|                                                        |      |
|--------------------------------------------------------|------|
| AFTER SUN GEL – 30ml                                   | \$15 |
| SUNSCREEN SPF30 – 30ml                                 | \$15 |
| LIP BALM – 10ml                                        | \$10 |
| AFRICAN POTATO BALM – Heal & Repair – 30ml             | \$25 |
| AFRICAN POTATO BALM – Heal & Repair – 100ml            | \$70 |
| FACIAL CONCENTRATED SERUMS – 30ml                      | \$75 |
| Marula & Rose : Hydrate                                |      |
| Neroli & Rose : Balance                                |      |
| Jasmin & Baobab : Stimulate                            |      |
| Pure organic Rosehip : Radiance                        |      |
| Hyaluronic : Prevent & Hydrate                         |      |
| MARULA & NEROLI BODY POLISH – 200ml                    | \$65 |
| MARULI & NEROLI BODY & FACE BALM – 100ml               | \$65 |
| COFFEE, CINNAMON, ORANGE BODY & BATH OIL - 100ml       | \$65 |
| COFFEE, CINNAMON, ORANGE BODY POLISH – 200ml           | \$65 |
| COFFEE, CINNAMON, ORANGE BODY CORRECTIVE CREAM - 200ml | \$75 |

HIGH PERFORMANCE ANTI- AGEING RANGE

|                                               |      |
|-----------------------------------------------|------|
| HP Tri-enzyme peptide toner - 200ml           | \$55 |
| HP Tri-enzyme peptide peel - 100ml            | \$95 |
| HP Tri-enzyme peptide serum - 100ml           | \$98 |
| Vitamin C & hyaluronic treatment cream - 50ml | \$95 |

