



Mantis Collection  
Spa & Gym  
AT LAKE PLEASANT LIVING



KNYSNA DISTRICT  
GARDEN ROUTE

- ▶ Signature Treatments
- ▶ Gym overlooking pool & lake
- ▶ Health & Lifestyle Assessments
- ▶ Body & Beauty Treatments
- ▶ Hydrotherapy
- ▶ Sauna & Steam rooms
- ▶ Heated Indoor, Relaxation Pool
- ▶ Rim-flow Outdoor Pool
- ▶ Dermalogica Products
- ▶ Professional, Personalized care

EVERY TREATMENT... A UNIQUE EXPERIENCE

## MANTIS COLLECTION SPA & GYM

Situated on the edge of Groenvlei Lake, Mantis Collection Spa & Gym offers the quintessential in body & beauty treatments. Experience professional, yet personalized care in a tranquil environment where nature is invited in.

Take time out to restore the synergy between body, mind and soul or get energized with a full body workout in our gym overlooking the lake. Sauna, steam and heated pool included with all treatments.

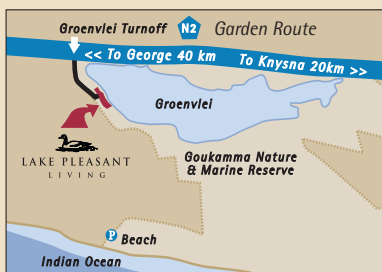
- Individual or Couple treatment rooms
- Gift Vouchers available
- Open Daily, by appointment

### SIGNATURE TREATMENTS:

- Flamingo water massage
- Sugar Bird Retreat
- Sun Bird Retreat
- Flufftail Retreat
- Marsh Owl Retreat
- Pour Homme
- Pour Femme



*Quality - Excellence - Distinction*



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