



KATEKA

bath menu

KATEKA WELLNESS EXPERIENCE

BATH MENU

Choose from different essential oils and let us create a magical bath heaven for you while you're at dinner - R200 per bath

EARTH BATH RITUAL - GROUNDING

To be connected to the earth is to be safe & secure enveloped in mother nature, this special bath combines mineral salts to ground the body, essential oils of Sandalwood, Patchouli, Cedarwood and Vetiver to ground and relax you.

WATER BATH RITUAL - BALANCING

Water is life, for this special bath ritual we enhance water to create a beautiful bath that will bring balance back to your body, mind & spirit, using essential oils of Bergamot, Clary Sage and Geranium.

FIRE BATH RITUAL - INVIGORATING

Fatigued, tired and needing a boost of energy, enhanced with magnesium salts to detox and improve sleep, infused with essential oils of Rosemary, Sweet Orange, Eucalyptus and Cinnamon.

AIR BATH RITUAL - CALMING

Essential oils of Lavender, Chamomile, Ylang Ylang and Bergamot combine in this powerful apothecary to ease tense, stress and lower cortisol levels aiding in better sleep and allowing the body to be at peace.

ETHER BATH RITUAL - ENLIGHTENMENT

Opening the third eye, instills balance to the mind, is restorative and cleansing, and brightens an emotional state of being. Essential oils of Marjoram, Frankincense, Jasmine and Rose do exactly that... take ones soul to a place of pure enlightenment.