



AFRICOLOGY®

Treatment Menu





Spend an hour with us and we will replenish your energy, resilience and creativity through tailored and holistic treatments

Africology's treatments are designed to assist a stressed muscular system. Our focus is on optimizing blood flow, ensuring more oxygen is passing through the arteries. Massage therapy also assists in unlocking tension in muscles, helping the body to regain its agility and strength. These are vital elements in re-energising the body and supporting a healthy biology.

With our intention to rebalance body and mind, therefore allowing you to regroup and function at optimum levels, we know that outcome-based treatments are beneficial in a therapeutic, prescriptive offering.

With this in mind we take into consideration areas of the body that are under stress, or in need of rejuvenation, so that we can create a better flow of energy and mobility.

FACIAL TREATMENTS

Deep Cleanse

60 mins

A deep cleanse can leave the skin looking refreshed and more youthful. By using our gentle Exfoliating Cream and hot mittens, we purify the skin without the long term damage usually caused by steaming and harsh exfoliators. Enjoy an exfoliation with massage that stimulates and uplifts tired and dull skin, and clears problematic skin.

Oxygen Facial Therapy

90 mins

A lack of pure, fresh oxygen can prevent blood plasma from flowing freely, restricting the transportation of vital elements in your biology. For optimum rejuvenation, add just seven minutes of oxygen breathing to your facial. Sometimes we all need a little clear thinking. Pure liquid oxygen is sprayed onto the skin, and the combination of internal and external oxygen supplementation is most valuable in the anti-ageing process.

African Goddess Facial®

90 mins

The ideal treatment for when you need facial rejuvenation, but the body is also calling for tender loving care. Our treatment starts with a back and neck exfoliation followed by a muscle-releasing massage, melting away tension. We know that a stressed muscular system can place strain the facial muscles; often resulting in tired, overworked skin. This treatment is a wonderful ritual that involves cleansing, massage and sound therapy, making it a sacred and sensory way to celebrate the Goddess within. A woman's breasts are sacred, and with your permission your therapist will also work on rejuvenating the skin around this area with the utmost respect and care.

Africology Standard Facial

45 mins

For those moments when time is short but facial renewal is required. Our 45 minute standard facial is invigorating and harmonising.

Balancing Rose Facial

80 mins

Rosehip oil is steeped in history and has always been associated with the heart and soul. Our beautiful blend of Rose Absolute is designed to restore the skin's natural balance while eliminating feelings of sadness, rejection or fear. Warmed rose quartz stones are massaged upon the face in conjunction with a deep cleansing and hydrating rose-inspired facial. The neck, décolleté and feet are also worked to relax muscle tension, reduce fine lines, fight the signs of photo-aging, and increase hydration and cell renewal.

Bespoke Facial

80 mins

Our facials are bespoke and chemical free, and are performance-driven with visible results. Your therapist will analyse your facial needs, take into consideration your expectations and prescribe the correct treatment approach for you. Our focus is always on deep pore cleansing, never stretching the pores or scarring the skin in doing so. Gentle in our approach, we know that hydration and effective supplementation are vital in preserving the skin's youthfulness. We never neglect the sensitive skin under the eyes, treating dark circles and working on lifting and plumping up the skin. Preserving the skin and preventing premature aging is our goal during your facial.

Revitalise, Rejuvenate, Purify, Balance

THERAPEUTIC MASSAGES

Muscle & Joint Magnesium Therapy

60 mins

Magnesium's benefits are many. Symptoms and conditions such as chronic pain, fatigue and insomnia are effectively treated with magnesium supplementation. Our 60 minute deep-tissue magnesium massage induces a state of calm and promises a good night's sleep.

Bespoke Intuitive Herbal Oil Massage

60 mins

90 mins

Choose from a range of Africology aromatherapy-infused massage oils, which are warmly applied and massaged deeply onto the body. This therapy works on tight muscles and lymph drainage, combating tension in stiff, aching bodies. Massage is combined with herbal bags to improve circulation and absorption of essential oils. Your therapist will assist you in choosing the oil best suited for you from one of the following blends: Relaxing, Slimming Detox, Muscle Relaxing and Energising.

Shea Aromatherapeutics

45/60/90 mins

Easy-melting shea from Ghana, blended with healing African potato, rooibos and natural essential oils, creates a sublime, beautiful body experience. Shea, normally as hard as rock, once applied to the skin melts deeply into the upper layers of the dermis to hydrate, soothe and condition. The shea is combined with your sensory selection of various essential oils such as exotic jasmine, neroli, or chamomile, for a soothing and calming massage or perhaps Black Pepper Balm for a deep tissue experience.

Intonga Amasatchi

75 mins

Full Body Treatment

Intonga Amasatchi is a deep tissue and stress-relieving treatment designed to work out all tension and stress in the body. Skilful movements are performed with the hands, and differently sized wooden sticks are used to stretch tight muscles and ease toxic overload from daily stress. Symbolically, the stick or staff represented wisdom and direction to the healer. Created from yellow wood, the traditional healer knew that the energy of earth was a valuable tool.

Hot Stone Massage

60 mins

90 mins

While providing additional deep tissue pressure, the stones infuse muscles with warmth while breaking up knots of tension. Our chosen massage medium is marula oil, which creates a hydrating and protective barrier while infusing the skin with powerful anti-oxidants and essential fatty oils.

Soul Of Africa Body Journey

90 mins

Africology admires and emulates this ceremonial process, using Africa's miracle marula oil blended with neroli to soften the signs of ageing through its anti-stress action. This treatment begins with a back exfoliation, followed by an application of warm, soothing mud to release tension stored in the muscles, whilst assisting the elimination of toxins in the body. Marula oil is then applied in preparation for your intuitive full body massage. In Africa, marula is also used to treat sun-damaged skin as it improves skin hydration and helps fight free radicals.

THERAPEUTIC MASSAGES

Majestic Awakening

35 mins

Neck, shoulders and scalp

Your neck, shoulders and scalp are deeply massaged, dissipating tension and stress through touch and aromatherapy.

Shamans Journey

90 mins

A gentle, kind and warm rose quartz crystal massage that releases pent-up energy likely to cause muscular stress. The muscles are gently stretched while heat is applied to soften the muscle, followed by a rhythmic relaxing massage. A beautiful way of balancing the body's energy centres to create optimum health and well-being. Your treatment is based on the traditional healer's approach to healing the body. The Shaman's journey is a move away from superficial, impersonal massages that offer a one-dimensional healing factor.

The Shaman's Journey not only observes the client's obvious aches and pains but looks further into the energy centres of the client to see how constant stress and emotional baggage can actually block the energy centres.

Balancing Scalp And Leg Massage

45 mins

Frequent Flyers

A balancing massage treatment that relaxes the body, relieves tension in the scalp, legs and feet as well as working on calming and relaxing pressure points to help restore balance. This treatment works on the head, legs (including wrap) and feet individually, but as a whole helps to relax and relieve tension in areas that are often neglected.

Once the body has been prepared with our walnut and marula shell exfoliator,

our proven combination of coffee extract combined with spearmint is applied as a mud wrap, which sets on the body to stimulate lymph drainage and blood flow, together with toxin elimination. This wrap is particularly helpful in water retention and cellulite reduction. It is highly recommended as part of a lymph draining treatment after a long flight.

SKIN ADORATION WRAPS

African Potato Body Wrap

90 mins

120 mins

Our pure and natural hypoxis body wrap is formulated with African potato and marula oil, warmly applied to soften, soothe and improve skin hydration while also fighting free radical damage. This herbal blend relaxes you on application, while the rich background sounds of Africa help the mind focus on the holistic experience. Enjoy a traditional foot ritual and deeply relaxing scalp massage while the wrap melts into the skin. Finally, there is a soothing massage with body-conditioning marula oil, which creates a natural barrier to hold in moisture and improve collagen and elastin, to complete the experience.

Slimming Detox Body Wrap

90 mins

120 mins

Not suitable for pregnant clients

We use an African plant combination infused into a natural mud to help with circulation and lymph drainage. This highly effective clay contains l-carnitine and caffeine, which act as fat strippers and mobilisers to stimulate lipolysis. This

SKIN ADORATION WRAPS

invigorating wrap begins with stimulating and exfoliating, working on circulation and lymph drainage before the warm wrap is applied and heated. This wrap works particularly well for bodies in need of a detox owing to acidic conditions, arthritis and oedema. Completed with a circulatory massage and energy balancing.

Immune Body Boosting Wrap

90/120 mins

Not suitable for pregnant clients

Our vitamin and mineral cocktail is enriched with plant extracts to promote a healthy immune system and is applied as a mud wrap and left to set on the body to stimulate lymph drainage, collagen production and toxin elimination.

Rooibos And Lavender Clay

90/120 mins

Great for skin conditions such as eczema, rashes, sunburn, and swelling. Our combination of plant oils and extracts leave the skin feeling smooth and refined, while stimulating blood and lymphatic flow.

Coffee and Mint Body Wrap

90/120 mins

Suitable for pregnant women and clients with high blood pressure

Once the body has been prepared with our walnut and marula shell exfoliator, our proven combination of coffee extract combined with spearmint is applied as a mud wrap, which sets on the body to stimulate lymph drainage and blood flow,

together with toxin elimination. This wrap is particularly helpful in water retention and cellulite reduction. It is highly recommended as part of a lymph-draining treatment.

TREATMENT BOOSTERS

Oxygen Therapy

5 mins

Being the driving force for all life, Oxygen is slowly becoming a scarce commodity and we are constantly engulfed in pollution. Oxygen therapy allows for short term relief from headaches, fatigue, cramps, jet lag, heat exhaustion, minor aches and pains and is a powerful anti-ageing medium. Enjoy this add on with all treatments and benefit from pure Oxygen filtration.

Body Exfoliaton

45 mins

Your body has an innate natural rhythm which we often forget. At Africology we work with this natural rhythm in assisting the body to renew itself. Our carefully selected Marula and Walnut micro particles, enveloped by hydrating Shea butter from Ghana, ensures that your skin cells are evenly exfoliated whilst receiving maximum nutrition for new beginnings.

MANICURE & PEDICURE

Africology Standard

For a beautiful respite from the high-energy nature of everyday life, join us for an experience with a difference. Your hands or feet will be massaged, your nails shaped and your skin richly hydrated with our all-natural products designed to undo environmental damage to your skin

Manicure: 45 mins

Pedicure: 60 mins

Copper and Hot Stone Treatment®

This luxurious African ritual begins by soaking the feet in an energy-balancing copper bath, followed by a warm massage of the arms or legs, reducing water retention and improving circulation. Hot stones are used to massage, which helps penetrate stiff muscles and relax. An African potato masque is applied to the skin to soften rough areas and lock in moisture. The treatment includes a shoulder massage.

Manicure: 60 mins

Pedicure: 80 mins

African Potato Experience®

This relaxing remedy is about treating the skin and nails naturally to keep them hydrated and therefore flexible and strong. An intensely hydrating African potato wrap, blended with natural antioxidants is applied to ensure continued skin health and to rejuvenate the hands and feet. While the wrap sinks into the skin, the shoulders are also massaged.

Manicure: 60 mins

Pedicure: 80 mins

Detoxifying Intonga Treatment®

In order to diminish the possibility of toxic effect on the immune system, we use detoxifying mud in our treatments. While the wrap sinks into the skin, the shoulders are massaged. The treatment includes a muscle-relaxing Intonga Stick massage, which comprises of our yellow-wood sticks to assist lymph drainage and to massage muscles to their core. For our pregnant clients, we substitute the Slimming Detox Mud with the Coffee and Mint wrap to safely assist with water retention and swelling.

Manicure: 60 mins

Pedicure: 80 mins

GROOMING

Half leg wax	30 minutes
3/4 leg wax	45 minutes
Full leg wax	45 minutes
Half arm wax	20 minutes
Full arm wax	30 minutes
Underarm wax	15 minutes
Chest wax	30 minutes
Lip wax	10 minutes
Chin wax	15 minutes
Face wax	30 minutes
Back wax	30 minutes
Bikini wax	30 minutes
G string wax	30 minutes
Brazilian wax	45 minutes
Full Bikini wax	45 minutes
Full Bikini Front and Back	55 minutes
Brow shape	20 minutes
Eye lash tint	25 minutes
Brow tint	15 minutes
Brow & lash tint	25 minutes
Stomach - Female	35 minutes
Lip, Chin & Brow	35 minutes

SPA ETIQUETTE

Africology Spa warmly welcomes you to our spa, and we trust that you will enjoy your experience with us. Please take note of the following:

Prices

All our prices are subject to change without notice. Payments can be made in either cash or credit cards. No cheques will be accepted.

Children

Please do not bring children to appointments, as they cannot be left unattended.

Contra-indications

Please inform your therapist if any of the following conditions apply to you:

- High blood pressure or heart conditions
- Recent surgery
- Muscle or joint injuries
- Any product or nut allergies
- Pregnancy
- Epilepsy or diabetes

Mobile Phones

Please ensure mobile phones are switched off during treatments.

Punctuality

Please arrive at least fifteen minutes before an appointment. Should you arrive after your scheduled time, your treatment time will either be reduced or cancelled. The original price for the treatment will be charged regardless of duration.

Cancellation Policy

If you need to cancel an appointment, please provide us with at least six hours notice, or the full cost of the appointment will be charged.

Indemnity

Africology, the spa and its therapists cannot accept responsibility for injuries, adverse reactions or complications before, during or after treatments, or for theft, damage, loss or accident that occurs on the premises.

Contact 049 892 2161
info@drostdy.co.za
30 Church Street, Graaf-Reinet, 6280
www.africologyspa.com