



SANCTUARY
CHOBÉ CHILWERO



HEALTH — & — BEAUTY

TREATMENT GUIDE



BODY THERAPIES

Ikomfi Sloughing Process

(30 MINS)

This Africology sloughing process uses fine Walnut and Marula shell in an Aloe Ferox and Marula base, leaving your skin soft and smooth.

Full Body Sweet and Savoury Body Scrub

(30 MINS)

A Thalgo full body exfoliation using a sweet and savoury body scrub containing brown sugar, sea salt and citrus essential oils. Pure luxury!

Soul of Africa Conditioning Body Massage

(1 HR OR 30 MINS)

An Africology ceremonial process using Africa's 'miracle oil' Marula, to soften the signs of ageing and relax. Traditionally it brings abundance; it is also used to heal sun-damaged skin and fight free radicals.

Africology Aromatic Deep Herbal Massage

(1 HR OR 30 MINS)

Choose from a range of Africology herbal infused massage oils which are warmly applied and massaged intuitively into the body, relieving deep tension and stimulating the lymphatic system.

BODY THERAPIES



African Heated Stone Massage

(1 HR 15 MINS OR 45 MINS)

Using mother nature's volcanic basalt rock which retains heat and enables the sun-charged properties to penetrate deep into stressed muscles. Used with Shea butter, it balances emotional pressure points.

Intonga Amasatchi

(1 HR OR 30 MINS)

A welcoming Africology ritual starts this wonderfully deep and therapeutic massage, using an African wooden stick to work the muscles and tight areas, whilst using stretching and mobility movements to help you unwind and relax.

Four Hands Balm Massage

(1 HR)

This indulgent massage uses Africology Shea Body balm, which is massaged using synchronized flowing movements using four hands in harmony to restore. The aromatic essential oils help to either uplift your spirit or calm and balance.

BODY RITUALS



Signature Salutation

(2 HRS)

The ultimate sensory experience treating the face and body from scalp to toe. This signature salutation replenishes and revives tired muscles and mind using anti-oxidant soothing and refining rooibos and lavender mud. This is completed with a deeply relaxing massage.

African Potato Anti-Ageing Body Experience

(1 HR 30 MINS)

This body experience eliminates toxins and refreshes lifeless skin. A warm African potato and Marula wrap is applied to restore hydration and fight free radicals, then your whole body is massaged using pressure and a natural skin serum to hold in moisture.

Tropical Immune Boosting Mud Body Wrap

(1 HR)

Once the body is brushed, this Africology vitamin and mineral enriched mud wrap sets on the body to stimulate lymph and toxin elimination, whilst assisting with boosting your immune system.

BODY RITUALS



Marine Algae Envelopment

(1 HR)

Rich in minerals, vitamins and micro-nutrients, this pure algae body wrap activates the body's functions, relieves aches and pains, purifies, detoxifies and assists the natural metabolic balance within the body.

Indoceane Treatment Journey

(2 HRS)

Indoceane takes you on a journey over four continents. Start in the Mediterranean with a sweet and savoury body scrub, then visit the Egyptian port of call for your milk bath; receive a body massage based on yuverdric principles and finish your journey in China with a sublime body wrap for total well-being.

Essence of Africa Hydrotherapy

(30 MINS)

Detox

Muscle relaxant and

Energising

African Milk Bath Ritual

(30 MINS)

Soak in a bath enriched with essential oils to aromatisé, completing the ritual with a cleansing and refreshing Rooibos iced tea.

HEAD, HANDS AND FEET



Royal Hand & Foot Ceremony

(30 MINS)

A traditional sacred action honouring the spirit of another, the Africology foot soak captures the essence of Africa. A relaxing Shea butter is massaged into hands and feet to honour the spirit.

Manicure

(45 MINS)

Use of Africology products nourish the nails and skin leaving them both repaired and restored. Great for men and women as a relaxing hand treatment, with nail polish as an option for perfect grooming.

Hot Stone & Copper Pedicure

(1 HR)

A luxurious African pedicure using Africology products to wrap and soak the feet in a copper bath, balancing energy and reducing water retention. Hot stones are used to massage the soles of the feet and calves, using heat to penetrate and relax the muscles.

Balancing Scalp & Foot Massage

(30 MINS)

A traditionally relaxing and healing massage working on reflexology points of the feet to restore balance with pressures on the scalp sending you into a sedative state of relaxation.



FACIALS

Africology African Goddess Anti Ageing Facial

(1 HR 30 MINS)

This velvety-textured anti-oxidant treatment stimulates cell growth to keep skin healthy whilst deeply moisturising. It begins with an African blended Marula oil back and neck massage, which leaves you relaxed and radiant.

Vitamin Booster Facial

(1 HR)

An Africology nourishing facial using a rich vitamin and mineral cocktail to replenish the skin and boost your immune system. Great for tired, stressed or well travelled skin.

Balancing Rose Facial

(1 HR)

Rosehip oil is always associated with heart and soul, and it is known to balance the skin and emotions. This Africology facial has a high Vitamin C content, which leaves you physically and emotionally balanced.

Rebalancing Facial

(1 HR 30 MINS)

An intensive Thalga treatment for oily/combination skin. The seaweed mask ensures deep cleansing, which purifies the skin, promoting a clearer, lighter surface and less visible pores.

FACIALS



Aquarelle Facial

(1 HR 30 MINS)

An effective Thalgo boosting facial, incorporating a natural Marine Algae Mask, to revitalise, re-mineralise and hydrate your skin. Suitable for all skin types.

Pure Collagen Velvet Mask

(1 HR 30 MINS)

This luxurious Thalgo facial incorporates a raspberry extract ampoule and is an intensive hydrating facial for sun-damaged skin, fine lines and wrinkles, with instant results leaving your skin radiant.

Ocean Men's Facial Treatment

(1 HR)

This hi-tech professional facial is based on relaxing massage movements and the application of a purifying mask, diffusing all the goodness of the highly energising Algae Blue Vitale™ directly to the heart of the skin.

WAXING



Full leg

(45 MINS)

Half leg

(30 MINS)

Under arm

(20 MINS)

Bikini

(20 MINS)

Facial

(15 MINS)

Eyebrow shape

(15 MINS)

Eyebrow or eyelash tint

(20 MINS)



SPA GUIDE

Opening Hours

6am up until dinner.

Facilities

Hydrotherapy bath, arch shower, plunge pool, relaxation area, male and female changing rooms with lockers, two treatment rooms

How to Book

- Treatments may be booked at the Treatment Room Reception, with the Camp Manager or with the Therapist.
- A full consultation will be held before every treatment.
- Guests are requested to arrive 15 minutes prior to their appointment.
- Late arrivals may have their treatment time reduced if the spa is busy.
- Please leave your cellular phone in your room - it's time to relax!



Africology makes use of the healing essences from some of South Africa's indigenous plants, including Rooibos, Aloe Ferox, Marula and African Potato.

The active ingredients in Africology's skin care products are valuable in the repair process and assist with the restoration of damaged skin tissue. To maintain skin health & balance, they preserve the living essence of the plants naturally. They don't use parabens, propylene glycol, mineral oil, petrolatum, chemicals, or synthetically produced perfumes, which can harm the living essence of the skin. They allow nature to fragrance their products naturally and select active ingredients that bring balance and harmony to the skin.

Africology practises fair trade and shows great social responsibility, empowering the people of Africa through a variety of projects. They honour all living things and pledge to replace what is taken from the earth, thus showing gratitude to nature.

These beautifully formulated products have all been dermatologically tested to EU standards, are not tested on animals and do not use any animal products. Their wonderful aromas and therapeutic effects leave your skin and senses indulged.

THALGO

Thalgo is a prestigious French marine-based spa health and wellness product range and boasts full comprehensive, state-of-the-art ranges of professional spa treatments for face and body, as well as aroma-physiology, hydrotherapy, sun-care and nutritional products and a comprehensive men's range.

By drawing on the remarkable potential of algae, and focusing on natural ingredients that are most adaptable to the human body, Thalgo is able to offer effective and safe products with exceptional results.

Today, through the world, the finest spas offer Thalgo Thalassotherapy and Spa therapies.





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