



monwana  
COMING HOME

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**TERRES  
D'AFRIQUE®**

All our botanical ingredients are uniquely African; many being ancient tribal remedies. Using these in potent formulations, underpinned by scientific rigor, we've maximised their skincare benefits.

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# Opening Ritual

Each one of our treatments begins with a foot and scent ritual, followed by a short meditative exercise.

African foot ritual is an invigorating yet relaxing foot ritual to activate tired legs after a long travel or a full day out in nature – the perfect way to start your treatment. After soaking your feet in a foot bath scented with a blend of Cedar, Cypress, Peppermint and Artemisia essential oils, a brisk exfoliation followed by an application of cooling gel will not only slough away dead skin, but activate blood flow while hydrating the skin too.

## Massages

### TENSION RELEASE (DEEP TISSUE)

60 min R900 | 90 min R1200

This treatment aims to release the lactic acid in the muscles, reduce inflammation and loosen up tension which causes pain and discomfort. A combination of stretching and pulling techniques, trigger point therapy, and cross fibre techniques are used alongside heat, arnica gel, and cooling spray to help release the tension in the muscles. This massage uses hand techniques combined with wooden balls. Essential oils of Katrafay, Ravensara and Ravinstara are used in our Deep Tissue Massage Oil for their analgesic and anti-inflammatory properties.

### AFRIQUE AROMA (AROMATHERAPY)

60 min R900 | 90 min R1200

Aromatherapy massage combines the natural therapeutic properties of essential oils and the healing power of massage therapy. Choose from one of our pre-blended African essential oils and relax into a gentle massage of nurturing long strokes.

- **Savannah Dew (grounding)** – this grounding blend of Madagascan Katrafay, Vetiver and Cardamon will calm and soothe the mind.
- **Tropical Dusk (uplifting)** – this tropical blend of Madagascan Ylang Ylang, Tropical Basil, and Bourbon Geranium Is designed to uplift your mood and chase away negative thoughts.
- **Fynbos Crush (detoxing)** – using Buchu (South Africa's famous indigenous health tonic) combined with Madagascan Black and Pink Peppers, this blend will activate your circulation and detoxify your body.

### BAOBAB & SPICES PINDA MASSAGE

60 min R900 | 90 min R1200

This treatment aims to eliminate toxins accumulated in the body.

A detoxing massage using Terres d’Afrique detoxing oil (Buchu, black pepper & pink pepper) is conducted with heated pindas made of baobab seeds and local aromatic plants. The combination of heat, deep pressure, micro-massaging by the seeds, and lymphatic drainage movements increase blood flow and drain lymph to the lymph nodes, helping eliminate toxins accumulated in the body.

### BALANCE & HARMONY MASSAGE

60 min R900 | 90 min R1200

This treatment aims to restore energy flow in the body. The soothing hands and hand-carved wooden TriTouch drain the lymph into the lymph nodes. Stimulation to pressure points along the body's meridians unblocks energy pathways and activates the body's natural curvature abilities. Balance is your mantra.

# Body

## MYRRH BODY SCRUB AND MASSAGE

90 min R1200 (full body) | 30 min R500 (back, neck & shoulder)

A full body exfoliation using Terres d'Afrique body scrub. While coco beads, sugar and rooibos leaves polish away dead skin cells, baobab oil softens and heals your skin. After a gentle exfoliation, your skin is ready for the moisturising and healing properties of the rich Terres d'Afrique Omumbiri Body Butter. Rediscover skin that is smooth and soft to the touch.

## ADD ON A SOOTHING BODY MASK (TERRE NOIRE)

30 min R400

A soothing and healing body mask with powerful anti-inflammatory and antioxidant properties from Kigelia and Baobab extracts. Add our soothing body mask to your full body scrub and massage for the ultimate body experience.

# Facials

## HYDRATING BAOBAB FACIAL

90 min R1500

This facial is designed to counter the negative impact of excessive sun exposure by repairing or preventing sun damage. The treatment is based around powerful African photo-protective botanicals such as Aloe Ferox, Baobab and Kigelia

## DETOXING MARULA FACIAL

60 min R1200

This detoxing facial aims to eliminate toxins accumulated in the skin. A combination of lymphatic drainage techniques, shiatsu pressure points and volcanic ash clay reduce congestion, extract pollutants and brighten the skin to a radiant glow.

## ANTI-AGEING KIGELIA FACIAL

90 min R1500

This treatment focuses on repairing and preventing damage caused by free radicals. It is designed around powerful antioxidants and omegas, as well as collagen boosting botanicals.

# Bath Ritual

30 min R400

The bath ritual is a perfect add-on to any of our treatments.

Enjoy our luxurious bathtub ritual with your choice of botanical bath infusions, while soaking in the magnificence of the wilderness around you.

# Treatment Boosters

15 min R300

- Back scrub
- Head massage with warm coconut oil
- Foot massage