

## THE GREAT PLAINS WELLNESS PHILOSOPHY: WELLNESS IN THE WILD

You are invited on an African journey where our focus is to help you connect with nature and recharge your mind and body. Our spa treatments are designed to complement the outdoor experiences available in our beautiful surroundings. Immerse yourself in a journey of relaxation and repair. Our dedicated spa therapists will assist you and ensure that your wellness needs are met while you are with us.

## OUR PRODUCTS

At our spa, we have made a conscious effort to ensure that all products are organic. We only use skin care and massage products that are made from natural and plant-based ingredients. Using organic products is also a way for us to support small independent businesses who are committed to sustainable and ethical practices.

To further enhance the guest experience, we may add herbs harvested from our garden, to the foot soaks. These can provide both aromatic and therapeutic benefits.

We are proud to offer our clients a spa experience that not only leaves them feeling rejuvenated and relaxed but also contributes to a healthier more sustainable world.

## GREAT PLAINS PRICE LIST

### GREAT PLAINS SIGNATURE TREATMENTS

Great Plains Renewal - \$ 120

Out Of Africa Treatment - \$ 120

Uzima - \$ 150

### STANDARD BODY TREATMENTS

Muscle Tension Relief - \$ 100 | \$ 120

Pumzika - \$ 120

African Aromatherapy - \$ 100 | \$ 120

### FACIAL

Healing Earth Bush Rescue Facial - \$ 100

Miracle Repair Express Facial - \$ 60

### SHORT TREATMENTS

Tuliza - \$ 60

Radiance - \$ 60

Jet Lag - \$ 60

Afri-Pedi - \$ 75

Afri-Mani - \$ 70

Please speak to our Wellness Concierge who will help recommend the perfect experience for you during your stay. We wish you an incredible stay with us, one of relaxation, fun, adventure and reawakening,

[WWW.GREATPLAINSCONSERVATION.COM](http://WWW.GREATPLAINSCONSERVATION.COM)



*Immerse yourself in a sensorial  
journey whilst in Africa*

WELLNESS EXPERIENCE

## GREAT PLAINS SIGNATURE TREATMENTS

### GREAT PLAINS RENEWAL | 90 min

This treatment consists of dry body brushing, exfoliation and a deeply relaxing back massage utilizing local ingredients. It assists with muscle relief and a general feeling of wellbeing.

### OUT OF AFRICA TREATMENT | 90 min

This therapeutic treatment involves the use of special oil blends which are used to massage tired muscles and create a deeply relaxing experience. In addition, a scalp and foot massage using gentle pressure and soothing techniques will leave you feeling refreshed and rejuvenated.

### UZIMA | 120 min

Exfoliation | Hydrate | Body Wrap

Indulge in a blend of wellness treatments that includes exfoliation, skin hydration and massage to provide a range of benefits for the skin and body. The exfoliation helps to prepare the skin for the massage, allowing for better absorption of the massage oils and balms. Next, the rose water and glycerin will detoxify and repair the skin, leaving it refreshed and hydrated. Finally, using jojoba body balm, the massage therapy is designed to reduce muscle tension and relieve stress.



## BODY TREATMENTS

### MUSCLE TENSION RELIEF | 60 min | 90 min

A Swedish massage technique, combining deep pressure and muscle stretching to release tension and lactic acid build up in the muscles. This experience brings comfort and relief from head to toe utilizing energizing massage oils such as lemon-grass, orange and ginger.

### PUMZIKA | 90 min

This massage uses techniques such as kneading, deep tissue and shiatsu to target specific areas of tension and help release tight muscles. Hot stones are used to soothe and relax the muscles particularly in areas of tension.

### AFRICAN AROMATHERAPY | 60 min | 90 min

This is a type of aromatherapy that uses aromatic oil blends derived from herbs that are native to Africa. These oils are used for their therapeutic and healing properties, as well as for their unique and exotic fragrances.

Kindly ask your therapist for oil selection

## FACIALS

### HEALING EARTH BUSH RESCUE FACIAL | 60 min

Harnessing the power of ancient traditional plants and herbs to create the ultimate bush rescue for your face. Your therapist will consult with you to create a bespoke facial for your specific skin concern. We use powerful botanical oils such as Marula, Boabab, Rosehip, Moroccan Rose, Neroli and Jasmin combined with organic Aloe, African potato and Hyaluron to repair the skin barrier, repair and heal skin leaving it plump, healthy and glowing.

### MIRACLE REPAIR EXPRESS FACIAL | 30 min

Let us pamper and repair environmental damage to the skin with a cocktail of vitamins, minerals and omegas in this express SOS skin treatment.

## SHORT TREATMENTS

### TULIZA | 30 min

Combining the neck and shoulder massage with a foot ritual, helps to release tension and stress from both ends of your body promoting overall balance and relaxation.

### RADIANCE | 30 min

This organic body polish gently removes dead skin cells from your body's surfaces and helps to unclog pores, improve circulation, and leave your skin feeling smooth and soft.

### JET LAG | 30 min

Long flight? Jet lag can cause symptoms such as fatigue, insomnia, and headaches. Using a blend of oils infused with mint and eucalyptus, this massage is focused on relaxing tight shoulders and neck muscles.

### AFRI – PEDI | 45 – 60 min

A pedicure utilizing energizing foot balms with aromatherapy oils.

### AFRI – MANI | 45 – 60 min

A manicure utilizing energizing body balm with aromatherapy oils.

A wonderful mini foot or hand massage for young explorers.