



## *Singita Pamushana Bush Spa Menu*

We invite you to indulge in a truly unique Bush Spa experience during your stay with us at Singita, Pamushana. We offer a selection of treatments created to restore your body's natural balance and soothe away your stresses.

Skin care treatments are performed in the tranquility of the Spa therapy room, where we use Dermalogica products which are natural, fragrance free and suitable for both men and women.

Body treatments such as massage, polishing scrubs and nourishing masks can be done in the comfort of your suite or out on your deck, or at the spa.

At our Bush Spa we offer a holistic approach which allows us to treat each guest with the uniqueness they deserve. Escape to our spa where you can indulge your body, revitalize your mind and leave with a renewed sense of well-being.

## **FACIAL & SKIN CARE**

Each facial treatment includes a neck, shoulder; face and scalp massage which incorporates lymphatic drainage, pressure point therapy and Swedish massage techniques. Speak to our therapist to customize a treatment specifically to suit your needs.

### **Age Smart Treatment**

The intelligent investment in your future skin.

The revolutionary new powerful treatment from Dermalogica, providing visible results for premature aging, dehydrated, sun damaged and devitalized skin.

Are the signs of ageing becoming more prevalent on your skin? Give it a revitalizing boost with this treatment designed to help firm, smooth, nourish, regenerate and energise while controlling the biochemical triggers that lead to skin ageing! Potent vitamin and hydroxyl acid exfoliation resurfaces and re-texturizes skin with energizing massage techniques which release tension in the facial muscles for the ultimate in skin therapy for prematurely ageing mature or devitalized skin. The Age Smart treatment is the perfect complement to Age Smart care regime and delivers immediate results only available from a professional skin treatment.

One hour thirty minutes

### **The Classic**

A revitalizing treatment that begins with a deep cleansing, followed by a gentle enzyme peel to reveal smooth, glowing skin. This is followed by a replenishing masque and nutrient rich moisturizer to hydrate, protect and help restore the natural balance of your skin.

One hour

### **Environmental Control Facial**

If your skin is feeling uncomfortable or irritated, this is the treatment for you! Our super-soothing cleansing will remove impurities from your skin and a calming Clinical Colloidal Oatmeal Masque will instantly calm redness and reduce inflammation.

One hour thirty minutes

### **Multivitamin Power Exfoliation**

For the latest in vitamin repair and hydroxyl acid exfoliation! This treatment includes a non-irritating vitamin power exfoliation and a vitamin recovery masque to noticeably improve skin elasticity, tone and texture.

One hour thirty minutes

### **Colloidal Oatmeal or Contour Mask**

Additional specialised masks to soothe, firm or hydrate the skin.

## **TINTING**

Brow and Lash  
Brow only

## DERMALOGICA SPA BODY THERAPIES

The Dermalogica concept of skincare goes beyond luxury and pampering, to treat the skin resulting in visible benefits!

### **Nourishing Seamud Therapy**

A treatment that will stimulate and nourish the skin with natural earth clays that will draw out impurities while ginger and white tea stimulate and smooth the skin.

One hour

### **Power Recovery Therapy – Ideal for dry, sensitive irritated skin.**

An intense wrap dedicated to feeding your skin. A unique blend of wheat protein and honey acts as maximum hydrators while wasabi stimulates blood circulation to promote healthier skin. Olive oil, kukui nut and grape seed oil smooth and provide antioxidant protection.

One hour

### **Romantic Luxury Treatment**

Enjoy a full body exfoliation followed by the application of a spa wrap that will provide your skin with luminosity and vitality. Accompanied by a head massage. Complete the treatment by relaxing in our steam room.

One hour fifteen minutes

### **The Ultimate Pamushana Escape**

Escape into a ½ day retreat where you are pampered with a Body Polishing, awaken your senses with a rejuvenating full body massage, followed by a revitalizing facial and end with a refreshing Spa Pedicure.

Three hours thirty minutes

## **MASSAGE**

Massage services are performed in a professional and relaxed spa environment or alternatively can be enjoyed in the comfort of your suite, or on your deck.

### **Stress Relief Full Body Massage**

The treatment starts off with a lime welcome touch to refresh the feet and relax the mind before combining deep-tissue, Swedish and lymph drainage technique massage to the rest of the body. This massage can be adapted to meet your individual needs be it strong and deep, or a lighter and more relaxing massage.

One hour

### **Back Massage**

A relaxing back massage using pre-blended essential oils to help relieve muscular tension in the back, neck and shoulders.

Forty five minutes

### **African Head Massage**

Enjoy a relaxing head massage combined with hair treatment using hair treatment oil to help treat dry hair and scalp. It is Africa's version of the ancient art of head massage, incorporating the head, neck and shoulders – the ultimate in relaxation.

Forty-five minutes

### **Hakuna Matata**

Are you fatigued and stressed? Let this treatment revitalize you so that you can experience Singita Pamushana at its absolute best. The treatment will smooth and soften your skin with a spa exfoliating scrub, followed by the application of a revitalizing body wrap. The treatment ends with an energizing full body massage.

Two hours thirty minutes

### **Body Blitz**

Detoxify and soothe your back with a deep exfoliation and a Power Pack Recovery wrap, while your legs are massaged with revitalizing body cream. Melt away any remaining tension with a scalp and back massage.

One hour thirty minutes

## **MANI'S AND PEDI'S**

Wash away the African dust with a pampering spa experience.

### **Opi Spa Manicure**

A conditioning treatment to care for your hands and nails. We use sugar crystal and fruit-acid based exfoliating scrub, followed by a nourishing rejuvenating serum to soften and replenish your skin accompanied by a deeply relaxing hand massage. The treatment includes nail filing, cuticle work and is completed by polish or buffing.

One hour

### **Opi Spa Pedicure**

Using OPI foot care products your feet will be exfoliated to reduce roughness and dry skin, followed by a moisturizing mask containing ultra-nourishing shea butter, and the refreshing essences of green-tea, cucumber and menthol and completed with a soothing massage. The treatment includes toenail filing, cuticle work and polish or buffing.

One hour

### **Additional**

Re-varnish or French paint