



# GREAT PLAINS

CONSERVING AND EXPANDING NATURAL HABITATS



*Immerse yourself in our world of wild  
beauty, a journey of the spirit where time  
is suspended in nature.*

WELLNESS EXPERIENCE

## **TEMBO PLAINS SIGNATURE TREATMENT**

### **PERFECT BALANCE ESCAPE | 90 MIN**

Find your perfect balance with this sensory escape inspired by the 5 Earth Elements to leave your body relaxed, your soul lighter and your mind at peace. Start your journey with a remineralising Himalayan salt crystal foot bath infused with lavender and rosemary. This is followed by a back exfoliation using hot compresses. Continue your journey with a hot oil full body massage combined with ice cold muscle ease gel to relieve aches and combat inflammation, completing your escape by lighting a candle and reflecting inwards with a personal affirmation card.

## **CLASSIC TREATMENTS**

### **EARTH GLOW BESPOKE FACIAL**

Our facials are designed for skin that has been damaged by the elements, environmental toxins and modern-living. It harnesses the natural nourishing powers of superfoods, vitamins, minerals and amino acids to heal skin using powerful botanicals and herbs sourced for their healing properties in our award winning Healing Earth Skincare.

CHOOSE FROM:

LUMIGLOW FACIAL | 60 MIN

SAFARI SKIN RESCUE | 30 MIN



## **YOUNG EXPLORERS**

### **BEAUTIES & BUDDIES YOUNG EXPLORERS DELIGHT | 45 MIN**

Hand, foot and back scrub, followed by a back massage and traditional face paint using our earth friendly Beauties & Buddies kiddies range to leave our budding explorers ready for their next adventure.

## **MASSAGE THERAPY**

**CLASSIC - SWEDISH MASSAGE | 60/90 MIN**

**AROMA SOUL - AROMATHERAPY MASSAGE | 60/90 MIN**

**MUSCLE EASE - DEEP TISSUE MASSAGE | 60/90 MIN**

**BACK NECK & SHOULDER MASSAGE | 30 MIN**

**JET LAG - LEG RELIEF MASSAGE | 30 MIN**

**HOT STONE MASSAGE | 60 MIN**





## **HANDS & FEET**

### **AFRICAN HANDPRINT MANICURE**

This heavenly manicure utilises powerful African aromatherapy balms and oils to create a pampered experience. Healing Earth Manicure with an African Potato Miracle Balm restorative mask for hands followed by a scalp and shoulder massage to relieve tension.

WITH NAIL POLISH | 60 MIN

NO NAIL POLISH | 45 MIN

### **AFRICAN FOOTPRINT PEDICURE**

This heavenly pedicure utilises powerful African aromatherapy balms and oils to create a pampered experience. Healing Earth Pedicure with an African Potato Miracle Balm restorative mask for feet followed by a scalp and shoulder massage to relieve tension.

WITH NAIL POLISH | 60 MIN

NO NAIL POLISH | 50 MIN

### **GEL NAIL POLISH**

GEL OVERLAY | 60 MIN

SOAK OFF/ BUFF OFF | 15 MIN

RUBBER BASE (NO COLOUR) | 15 MIN

## **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.

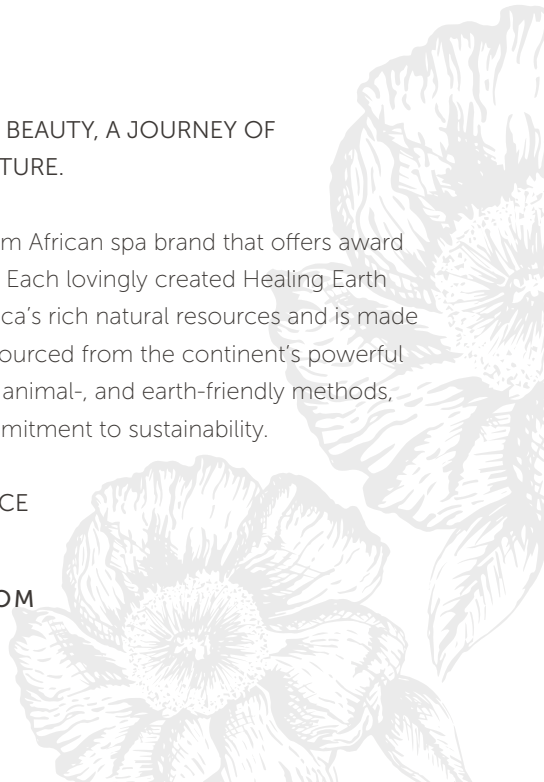
## **OUR PRODUCTS**

IMMERSE YOURSELF IN OUR WORLD OF WILD BEAUTY, A JOURNEY OF THE SPIRIT WHERE TIME IS SUSPENDED IN NATURE.

We have partnered with Healing Earth, a premium African spa brand that offers award winning natural organic products and therapies. Each lovingly created Healing Earth product harnesses the restorative powers of Africa's rich natural resources and is made from only the purest natural active ingredients sourced from the continent's powerful minerals, botanicals, and oceans using people-, animal-, and earth-friendly methods, ingredients, and packaging to honour their commitment to sustainability.

CREATED BY NATURE – PERFECTED BY SCIENCE

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



# GREAT PLAINS PRICE LIST

## TEMBO PLAINS SIGNATURE TREATMENT

Perfect Balance Escape - \$ 135

## CLASSIC TREATMENTS

LumiGlow Facial - \$ 95

Safari Skin Rescue - \$ 55

## YOUNG EXPLORERS

Beauties & Buddies Young Explorers Delight - \$ 50

## MASSAGE THERAPY

Classic - Swedish Massage - \$ 95 | \$ 120

Aroma Soul - Aromatherapy Massage - \$ 95 | \$ 120

Muscle Ease - Deep Tissue Massage - \$ 100 | \$ 125

Back Neck & Shoulder Massage - \$ 85

Jet Lag - Leg Relief Massage - \$ 85

Hot Stone Massage - \$ 125

## HANDS & FEET

African Handprint Manicure - \$ 45 | \$ 40

African Footprint Pedicure - \$ 75 | \$ 60

Gel Overlay - \$ 30

Soak Off/ Buff Off - \$ 10

Rubber Base (no colour) - \$ 15

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.