



## BODY EXPERIENCE

**Thornybush Signature Muscle & Joint Magnesium Deep Tissue »»»»** 30 mins R550/60 mins R1000/90 mins R1500

Magnesium's benefits are many. Symptoms and conditions such as chronic pain, fatigue and insomnia, are effectively treated with Magnesium supplementation. Choose either a 30, 60 or 90 min deep tissue Magnesium massage which induces a state of calm, eases muscle pain and cramps and promises a good night's sleep.

**Soul of Africa Journey »»»»** 45 mins R650/90 mins R1300

Using Marula oil blended to soften signs of ageing through its anti-stress action. This treatment starts with the application of warm, soothing detoxifying mud to release negativity stored in the muscles and includes a scalp massage.

**Bespoke Intuitive Herbal Oil Massage® »»»»** 30 mins R500/60 mins R950

You may choose from a range of Africology aromatherapy-infused massage oils: Relaxing, Slimming Detox, Muscle Relaxing and Energising. These are warmly applied working on tight muscles and lymph drainage, combating tension in stiff aching bodies.

**Crystal Healing Journey »»»»** 90 min R1500

Our bespoke body treatments are the ultimate luxury. After a full consultation with your therapist a tailor-made body experience is customized, using a combination of scrubs, wraps, massage techniques to indulge in your every need. Simply choose your length of treatment time and allow us to intuitively work with your body and change your state of mind

**Africology Destress »»»»** 60 mins R950

Targeting areas that carry stress in the body combined with shea balms infused with healing African potato and essential oils to calm the mind. This treatment starts with a deep tissue back massage, and sensory scalp and foot massage.

**Intonga Deep Tissue »»»»** 75 mins R1100

We know that the body has a memory of all emotional experiences that can manifest on the body. This deep tissue and stress-relieving treatment uses skilful movements with the hands, and differently sized wooden sticks to stretch tight muscles and ease toxic overload from daily stress.

**Balancing Scalp and Leg Ritual »»»»** 45 minutes R650

A balancing treatment to target the symptoms of jet lag and long travel on the areas often neglected to relax and restore energy balance.

## FACIAL EXPERICE

**Africology Bespoke Facial »»»»** 60 mins R900

Our Bespoke facial is designed using a variety of serums that will address particular skin issues that skilfully selected and blended to your individual needs.

**Express Facial »»»»** 30 mins R500

For those moments when time is challenged but facial renewal and stability is needed.

**Deep Cleanse Facial »»»»** 60 mins R800

A deep cleanse can leave the skin looking refreshed and more youthful. This facial stimulates and uplifts tired and dull skin, and effectively clears problematic skin.

**African Goddess Facial »»»»** 90 mins R1500

Our de-stressing, anti-aging, cell-renewal facial is rich in natural oils. The back is scrubbed before a balm-infused back massage. Followed by a deeply hydrating facial that restores elasticity and stimulates new cell growth.

**Renewing SOS Facial »»»»** 80 mins R1200

An anti-aging Hyaluronic acid treatment designed to combat the signs of aging. The unique layering process tones, soothes and brightens the skin, revitalising in the long

## HANDS & FEET

Standard Manicure	»»»»	45 mins	R450
Standard Pedicure	»»»»	60 mins	R500
Express File & Paint	»»»»	30 mins	R300

## ADD ON BOOSTERS

Hand Massage	»»»»	15 mins	R200
Foot Massage	»»»»	15 mins	R200
Scalp Massage	»»»»	15 mins	R200

## SPA ETIQUETTE

» **Cancellation Policy** A booking cancellation fee of 100% will be charged on a "no-show". Should a group consisting of 4 persons or more wish to cancel their booking, they are requested to provide at least one days' notice or the full cost of the group booking will be charged.

» **Punctuality** Please arrive at least fifteen minutes before an appointment. Should you arrive after your scheduled time, your treatment time will either be reduced or cancelled. The original price for the treatment will be charged regardless of duration.

» **Safety Regulations** We advise spa guests to lock away any valuables in the room safe at the Lodge.

» **Mobile Phones** Please ensure mobile phones are switched off during treatments.

*Thornybush*