

A hand is shown holding a wooden mallet, poised to strike a brass singing bowl. The background is a blurred outdoor setting, possibly a poolside. The text 'AFRICOLOGY® SPA' is centered over the image, with a decorative floral emblem behind it. The word 'Thornybush' is written in a cursive font on the bowl, and 'TREATMENT MENU' is written in a sans-serif font below it.

AFRICOLOGY®  
SPA

*Thornybush*

TREATMENT MENU



# SPA PACKAGES

Please note some packages can be split over the length of your stay

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## CELLULAR REJUVENATION

3 Hours and 30min  
R3 500 per person | R6 200 per couple

- Body Exfoliation & Shower
- Choice of body wrap
- Scalp & Foot Massage
- 60 min massage of choice
- Bespoke Facial
- Relaxation on the deck and detox juice

## ARRIVAL

2 Hours and 15 min  
R1 700 per person | R3300 per couple

- 45 min Facial
- 45 minute bespoke massage
- 15 min Infra-red Sauna & shower
- Add relaxation on the deck and refreshments

## CIRCLE OF SELFCARE CELEBRATION

3 Hours - R1 750 per person

- Standard pedicure
- Standard manicure
- Express Facial
- Relaxation by pool and detox juice

## THORNYBUSH WELLNESS JOURNEY

3 Hours and 30 min  
R3 600 Per person | R6 800 per couple

- Full body exfoliation
- Body Clay of choice Wrap with shower
- Add on any booster
- Shamans Healing journey
- Express Facial
- Relaxation by the pool and Detox juice
- Add in Infra-red sauna session

## COUPLES DEVOTION

2 Hour 30 min - R3 500 per couple

- Romantic room set up in the couples suite
- Infra-red Sauna
- 90 minute soul of Africa Massage with back scrub
- Relaxation detox juice by the pool

## DETOX & DESTRESS

2 Hours - R2 600 per person

- Body exfoliation
- Detox Body Wrap with Shower
- Scalp and foot massage
- Cellulite Detox Massage with cupping
- Infra-red Sauna
- Detox juice and relaxation by the pool



## SALUTATION

2 Hours 30 min - R3 200 per couple

- Full body massages 60 min each
- Joint Yoga class 60 min session
- Infrared Sauna session for two
- Health Juice and relaxation by pool

## CURCADIAN BALANCE

2 Hours 30 min  
R1 650 per person | R3 300 per couple

- Jetlag revival 45 min
- Hand massage booster
- Yoga session 60 min
- Infra-red Sauna for two
- Detox juice of choice

## YOGA SPA PACKAGES

Daily Group Classes: R350 per person  
Private one-on-one or two-on-one Sessions: R650 per person  
Contact the spa for any additional events hosted or curated for you.



## FACIALS

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## **AFRICOLOGY BESPOKE FACIAL**

**60 mins - R1 000**

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

## **AFRICAN RETREAT FACIAL**

**90 mins - R1 500**

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.

## **EXPRESS FACIAL**

**30 mins - R600**

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

## **RENEWING SOS FACIAL**

**75 mins - R1 250**

An anti-aging Hyaluronic acid treatment designed to combat the signs of aging. The unique layering process tones, soothes and brightens the skin, revitalizing it in the long term while providing an immediate healthy glow and using our uplifting massage technique to release tension in the neck and shoulders.

## **DEEP CLEANSE FACIAL**

**60 mins - R1 000**

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

## **FACIAL BOOSTER**

Steam R200  
Hand massage R300  
Foot Massage R300  
Scalp massage R300



# THERAPEUTIC BODY

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## **SOUL OF AFRICA JOURNEY**

**45 mins - Back of Body & Scalp - R750**

**90 mins - Full Body & Scalp - R1 500**

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.

## **AFRICOLOGY DESTRESS**

**60 mins - R1 000**

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.

## **INFRA-RED SAUNA**

**2 person - 250 per person**

30 minutes session includes 20 mins sauna and a shower. Add onto any treatment or gym or yoga session. Our infrared sauna offers the latest technology with many benefits such as help with cell repair and regeneration, detoxification allowing guests to relax and rehabilitate their muscles after a workout, spa treatment or yoga session.

## **JET LAG REVIVAL**

**45 mins - R750**

A balancing treatment to target the symptoms of jet lag and long term travel on the areas often neglected, to relax and restore energy balance. A coffee and mint wrap is applied to the legs to reduce swelling and aching, with a pressure point neck, shoulder and scalp massage for overall renewal.

## **THE SHAMAN'S CRYSTAL HEALING JOURNEY SIGNATURE TREATMENT**

**90 mins - Full Body - R1 500**

A meditative, kind and warm rose quartz crystal massage that releases pent-up energy likely to cause stress. We use Tibetan bowl sound therapy and crystal placement as a beautiful way of balancing the body's energy centres to create optimum health and well-being.

## **LYMPHATIC CUPPING MASSAGE**

**60 mins - R1 000**

This highly beneficial lymphatic technique decompresses and creates negative pressure which lifts and releases muscle adhesions and stimulates lymph flow. Fascia is released reducing pain and increasing range of motion. Using light hands on lymphatic massage and deep cupping.



## **BESPOKE INTUITIVE HERBAL OIL MASSAGE®**

30 mins - Back & Neck - R550

60 mins - Full Body - R1 000

Choose your depth of pressure and your choice of our Africology aromatherapy infused massage oils. These are warmly applied working on tight muscles and lymph drainage, combating tension in stiff and aching bodies.

## **INTONGA MASSAGE**

75 mins - Full Body - R1 250

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.

## **HOT STONE MASSAGE**

30 mins - Full Body - R550

60 mins - Full Body - R1 000

90 mins - Full Body - R1 500

Our warm basalt stones, retain heat that can be transferred to soft tissues of the body to warm, soothe and ease aches and pains, in a kind and gentle massage.

## **UPGRADE YOUR MASSAGE**

Hand, Foot or Scalp Booters - 15min R300

Body Exfoliation - 30min R550

Express Facial - 30min R600

Infrared Sauna with Hylaronic S.OS.

## **WRAP / EXFOLIATION / MASSAGE**

120 mins - R2 200

Our body wraps start with a 15 minute infrared sauna, followed by a full body exfoliation with the warm wrap applied on top. A foot or scalp massage is included to aid relaxation. After the wrap is showered off, and your full body massaged.

## **EXFOLIATION ONLY**

30 min - R550

## **EXFOLIATION AND WRAP AND INFRARED SAUNA**

90min R1500

Choose From:

## **DETOX WRAP**

A natural clay to help with circulation and lymph drainage. Infused with essential oils, l-carnitine and caffeine. NOT SUITABLE FOR PREGNANCY

## **COFFEE & MINT WRAP**

Ideal for treating clients with low energy levels, high stress and water retention. Safe for use on pregnant clients.



# MANICURE & PEDICURE

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## STANDARD MANICURE

60 mins - R500

Plus Gelish - R150

## STANDARD PEDICURE

60 mins - R650

Plus Gelish - R150

## EXPRESS FILE & PAINT

30 mins - R350

*No cuticle work*

## GEL SOAK OFF

20 mins - R150

## WAXING

**Available on request**

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## CUBS ONLY

Our kiddies spa menu is for under 12 years only and our products are especially formulated for young sensitive skins

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## **CUBS FACIAL CLEANSE**

30 mins - R350

## **CUBS HAND AND FOOT MASSAGE**

30 mins - R350

## **CUBS MANICURE**

45 mins - R400

## **CUBS PEDICURE**

45 min - R400

## **CUBS ROSE QUARTZ MASSAGE**

45 min - R500

Warm rose quartz gently warms tired muscle to relax the whole body.

## **CUBS ESSENCE FREE MASSAGE**

60 mins - R550

Our gentle shea balm hydrates the skin, working to destress busy minds, and weary bodies, working on the back scalp and feet.

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