



We use a range of products from **Africology** in our treatment room.

Africology's ethical skin care products capture the rejuvenating and healing essences of Africa, helping to revitalise the skin as well as prevent damage and premature ageing. Africology prides itself on its roots, taking inspiration from home and using natural active ingredients including Rooibos, Aloe, Marula and African Potato. The entire range is suitable for vegans, is not tested on animals and is free from harmful chemicals and perfumes.



The brand's empowerment philosophy is also apparent in its approach to social responsibility. Africology only practices fair trade and is always looking for new ways to help develop individuals and communities in Africa.



GENERAL INFORMATION

Treatments are not included in the published rates and are priced in USD. You can book an appointment before your stay by contacting reservations or by talking to a team member when you arrive. Please note that prices are subject to change without notice. If you are unable to make your appointment, please let a member of the team know the day before. **A 100% cancellation charge will apply for any appointments cancelled on the same day.** The treatment time stated includes a consultation, so please arrive on time for your treatment as in busier periods we will not be able to extend the session. Thank you.

Safety Guidelines

- For the safety of both our spa therapists and guests, our spa therapist will be wearing a face mask during your spa treatment. Whilst this may well hide their smile, they will most certainly still have smiling eyes! We also require guests to wear a face mask during their spa treatment.
- Body treatments will no longer include your arms and chest area.



SIGNATURE TREATMENTS

NASARO MISULI

Indulge in our signature deep tissue massage. A bespoke treatment tailored to work into your tense muscles. This signature treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and recharged. Stresses and strains are dissolved away.

60 mins - \$80 USD

SOUL OF AFRICA

This experience starts with a full body exfoliation to prepare the skin for one of our all active body masks. To complete this body cleanse we nourish the skin with one of our herbal body oils, while the mind drifts to the background sounds of Africa.

75 mins - \$100 USD



MASSAGE

BESPOKE INTUITIVE HERBAL OIL MASSAGE®

Your therapist will help you select one of our Africology massage oils: Relaxing, detox, energising or muscle relaxing. The oil is then applied and massaged deeply into the body focusing on mobilisation of joints, easing areas of tension and relaxation of mind.

30 mins - \$30 USD

60 mins - \$70 USD

REFLEXOLOGY

Reflexology, or zone therapy, is the practice of controlled pressure on 'reflex zones' found in the feet with the goal of encouraging a beneficial effect on other parts of the body and for relieving symptoms of tension and stress.

50 mins - \$50 USD



EXPRESS TREATMENTS

Enjoy a 30 minute express treatment - \$25 USD each

- A full body marula and walnut scrub
- A balancing scalp massage
- Relief back massage