

**TERRES  
D'AFRIQUE**<sup>®</sup>  
SUPERFOOD FOR YOUR SKIN. SUPERFOOD FOR YOUR SOUL

## *Superfood for your skin*

Terres d'Afrique is sustainably developed organic skincare that harnesses the potency of Africa's legendary botanical heritage in a collection of laboratory-crafted formulations.

High level of omegas and powerful antioxidants from unique African plants help restructure and regenerate the deep layers of the skin.

## *Superfood for your soul*

This range of products is about a passion for nature, for Africa, for travelling the continent, exploring and discovering new plants, places and people.

Terres d'Afrique is a holistic approach to spa treatments - an awakening of your body's senses, combined with deep relaxation to help you leave the world behind and reconnect your soul with nature.



**BUSHTOPS**

SAFARI CAMPS

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SPA MENU

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BY TERRES D'AFRIQUE<sup>®</sup>



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## AFRIQUE AROMA

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60 minute aromatherapy massage

*Aromatherapy massage combines the natural therapeutic properties of essential oils and the healing power of massage therapy.*

Choose your blend of African essential oils and relax into a gentle massage using nurturing long strokes.

### TROPICAL DUSK

This tropical blend of Madagascan Ylang Ylang, Tropical Basil and Bourbon Geranium is designed to uplift your mood and chase away negative thoughts.

### ISLAND GREENS

This energizing blend of Madagascan Citronella and Zanzamboly combined with hints of Ginger and Lime will boost your energy level.

### FYNBOS CRUSH

Using South Africa most famous indigenous health tonic; Buchu, combined with Madagascan Black and Pink Peppers, this blend will activate circulation and detoxify your body.

### MOROCCAN GARDEN

Inspired by Morocco, this blend of Cedar Wood from the Atlas Mountains, Moroccan Cypress, Peppermint and Wild African Sage has invigorating properties.

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### PRESSURE POINT FOOT MASSAGE

30min

Focusing on tender muscles of the lower legs and feet to alleviate tension build-up and improve circulation to give you a renewed bounce in your step.

### IKETLA BACK MASSAGE

30min OR 60min

A rejuvenating massage concentrating on the common areas associated with stress and tension, such as a stiff neck, painful lower back and tight shoulders.



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## AFRIQUE RELEASED

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60 minute muscle de-stresser

*Ease away the stresses of body and mind with this blend of rare African oils.*

Terre d'Afrique deep tissue massage oil combines Madagascan essential oils with organic Baobab oil to relieve tight muscles, aching joints and to stimulate the immune system. It enhances deep-tissue massage techniques to soothe away the negative effects of stress, fatigue and anxiety, leaving your body soothed and your skin hydrated.

### RELAXING RAVENSARA

Ravensara has been used for centuries in aromatherapy to treat anxiety and stress-induced tension. Because of its spasm-fighting and muscle-relaxation properties, Ravensara has also earned its reputation as an effective insomnia remedy.

### THREE-WAY MUSCLE AND JOINT PAIN RELEASE:

The three essential oils of Katrafay, Ravensara and Ravinstara, unique to Madagascar are used in our Deep Tissue Massage Oil, as in aromatherapy, for their analgesic and anti-inflammatory properties.

### BODY TONIC

Katrafay and Ravensara work synergistically to soothe away fatigue and stress, allowing the body to function optimally.

### THE LEGENDARY BAOBAB: SOFTENING AND MOISTURISING

The oil extracted from the seeds of Africa's "upside down" tree is a powerful emollient with softening and healing properties. Rich with almost equal measures of palmitic, oleic and linoleic fatty acids, Baobab seed oil is ideal for maintaining the integrity of all skin types.

