



WELLNESS EXPERIENCE

Immerse yourself in a sensorial journey whilst in Africa

GREAT PLAINS SIGNATURE TREATMENTS

GREAT PLAINS RENEWAL | 70 min

This treatment consists of dry body brushing, exfoliation, alginate peel-off body mask and massage utilising local African ingredients. Assists with muscle relief, deep relaxation, and a general feeling of well-being.

AWAKEN YOUR SENSES | 60 min

A unique experience incorporating all the senses. Awaken your senses and be indulged with a head and body massage utilizing aromatherapy oils. Deeply relaxing and awakening.

BODY TREATMENTS

MUSCLE TENSION RELIEF | 60 min

Deep tissue muscle relief treatment for aching bodies.

DEEP TISSUE | 60 min

A Swedish massage technique, combining deep pressure and muscle stretching to release tension and lactic acid build up in the muscles. This experience brings comfort and relief from head to toe utilizing energizing massage oils such as lemongrass, orange and ginger.

AFRICAN AROMATHERAPY MASSAGE | 60 min

This experience draws on the ancient healing powers of essential oils, stimulation of the lymphatic system and healing power of touch.

FOOT TREATMENTS

AFRI-PEDI | 45 - 60 minutes

A pedicure utilising energizing foot balms with aromatherapy oils.

HAND TREATMENTS

AFRI-MANI | 45 - 60 minutes

Manicure using Aromatherapy oils.

FACIAL TREATMENTS

MEGA HYDRATE | 60 minutes

A deep cleansing and relaxing facial treatment, with the emphasis on super hydration. Skin is fed, nourished and hydrated with therapeutic Aromatherapy oils, which leaves it silky and soft.

SHORT TREATMENTS

AFRICAN HEAD MASSAGE | 30 minutes

This head and hair treatment indulges you with coconut oil, infused with Aromatherapy oils.

YOUNG EXPLORERS TREATMENT

A wonderful mini foot or hand massage for young explorers.



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THE GREAT PLAINS WELLNESS PHILOSOPHY: AWAKEN YOUR SENSES

You are invited on an African Journey with unique natural products formulated from harvested plant actives, full of powerful nutrients such as phytosterols, vitamins, minerals and anti-oxidants. Our aim is to awaken your senses, take you on a deep relaxing experience, beyond the familiar whilst utilising African plant extracts. At Great Plains Conservation we believe well-being extends through each of us, and beyond us, to the community, conservation, and the planet. Allow us to enhance your journey to total well-being.

Feel free to meet with our dedicated Great Plains Wellness Concierge who will assist and ensure all your wellness needs are met while you are with us. Our wellness concierge will assist you and ensure all your wellness needs are met while you are in camp. Allow us to take you on a journey of relaxation, from daily stress relief treatments, jet lag assistance to our uniquely crafted Great Plains signature treatments. Please speak to your Wellness Concierge so she can design an outstanding program for you whilst on Safari.

OUR PRODUCTS

We have collaborated with Spacology, a leading environmentally aware wellness brand, to offer you our unique wellness range.

GREAT PLAINS PRICE LIST

GREAT PLAINS SIGNATURE TREATMENTS

Great Plains Renewal - \$ 100.00

Awaken Your Senses - \$ 95.00

STANDARD BODY TREATMENTS

Muscle Tension Relief - \$ 90.00

Deep Tissue - \$ 90.00

African Aromatherapy - \$ 90.00

FOOT TREATMENTS

Afri-Pedi - \$ 55.00

HAND TREATMENTS

Afri-Mani - \$ 55.00

FACIAL TREATMENTS

Mega Hydrate Facial - \$ 85.00

SHORT TREATMENTS

African Head Massage - \$ 95.00

Young Explorers Treatment - \$ 40.00

Treatments of 30 minutes will be charged at \$ 55.00

Your Spa treatment can be confirmed with your camp management team - please feel free to chat to them in securing a suitable time during your stay with us.

WWW.GREATPLAINSCONSERVATION.COM