

# Sediko

## BUSH SPA

### PALALA BOUTIQUE GAME LODGE

Hidden away on the banks of the majestic Limpopo river lies the one of a kind Sediko Bush Spa. Here, in the African bush, time stands still and every experience is dedicated to pure bliss, calmness and serenity. Aptly named after the Northern Sotho word "circle", Sediko Bush Spa invites you to immerse in this African oasis offering an idyllic retreat from the demands of city life. Enthused by the soothing backdrops of nature, Sediko Bush Spa offers a haven to unwind, relax and revive the senses.

Recreate the circle of wellbeing with holistic facial and body treatments that will transport you into Sediko Bush Spa's world of reinvigoration and renewal. Our carefully selected African and international facial and body treatments, performed by world-class therapists, will guide you to find your true African wellness Sediko, whilst our signature beauty services will provide you with flawless finishing touches.

Sediko Bush Spa offers a wide variety of hydrotherapy spoils such as Hammam, Vichy and Razul chambers, flotation pools, sensation showers, outdoor natural stone baths, saunas and steam rooms. Put your feet up and be pampered with Sediko Bush Spa's food and beverage services on offer during your spa journey.

Cross the threshold of Sediko Bush Spa and experience every sensation luring you to unwind and relax. Take a journey of discovery and reconnect to your Sediko of mind, body and spirit.



## Sediko Signature THERAPIES

Our signature spa experiences present unique and lavish treatments creating the perfect Sediko of indulgence and well-being.

### **Sediko Merlot Bath for Two**

**R850 | 60min**

The signature outdoor Sediko Merlot bath enjoyed on your own or with the special person in your life, will leave you drifting in pure bliss while enjoying a glass of Merlot, creating a tranquil nurturing environment away from the rest of the world.

### **Sediko Hammam Treatment**

**R1400 | 90min**

While resting on a heated marble formation, the Sediko Hammam treatment takes you on a journey of profound relaxation. This ritual initiate with a black olive soap body wash and exfoliation to polish skin texture and remove dead skin layers. Continue your anti-aging body ritual with a full body massage and self-application of Turkish Delight body butter, nourishing the skin with vitamins and minerals enhancing deep relaxation and rejuvenation.

### **Sediko Rasul Treatment**

**R550 | 30min**

The Sediko signature Rasul cleansing treatment, based on a traditional Arabian bathing ritual that exfoliates the skin, pampers you under the light of a thousand stars. Different therapeutic muds are self-applied to various areas of the body, steamed and washed off with warm tropical rain water falling from the starry sky. This ideal treatment for couples or groups of friends promises a heightened sense of relaxation and well-being.

### **Harnn Vichy Shower Massage Therapy**

**R1400 | 60min**

Experience a relaxing shower, lie down whilst water is pulsed onto the skin through a set of seven shower heads. Relax as the cascading water bathes you and alleviates sore and tired muscles. Experience enhanced blood circulation, body hydration, reduction of stress and improved vitality and suppleness of the skin. Choose your special Harnn Cymbopogan or Harnn Oriental Herb fragrance for this treatment.

### **Sediko Flotation Therapy**

**R350 | 30min**

Absolute sensory deprivation is achieved by floating under the stars in an enclosed dark flotation pool that eliminates all sensory experiences such as sight, smell, touch and sound. Without any effort to stay afloat, continue peacefully afloat while immersed in stillness and tranquility. Experience ultimate stress reduction, relief of anxiety, increased circulation and total relaxation with this exceptional therapy.



## Sediko Facial THERAPIES

We offer a range of facials that have been specially developed to deeply cleanse, exfoliate, moisturise, treat and nourish the skin, promoting a vibrant, well-hydrated complexion with a discernibly youthful glow.

### **SEDIKO FACIAL TREATMENTS**

Sediko Bush Spa Facial treatments are so much more than just an hour of indulgent pampering. Experience enormous benefits to the health and wellness of your skin, both in the short and long term with our Theravine and Esse facial treatments.

#### **Theravine Classic Facial**

**R850 | 60min**

This facial designed for extreme relaxation with the aromatic scent of essential oils designed to deeply hydrate your skin, leaving you with a radiant complexion. Light facial massage techniques are used which aid in blood circulation and lymphatic drainage. The facial massage also helps to relax facial muscles which can slow the onset of wrinkles on the face.

#### **Ultravine Advance Gold Cellular Facial Treatment**

**R1500 | 90min**

The UltraVine Advance anti-ageing concept promotes the skin's DNA repair system while luxuriously soft and delicately scented creams, serums and balms transport your skin to an advanced state of renewal and serenity. Our anti-ageing jewel, a collagen film mask imbedded with pure, soft 24K gold and sparkling diamond dust coupled with a concentrated serum infused with super-charged actives, will visibly tone, polish and brighten the skin leaving it glowing with illumination.

#### **Melanovine pro-brilliance mattifying facial**

**R1150 | 60min**

Advanced technology combined with the latest skin brightening research advances, results in a unique facial treatment using specialized skin care techniques to provide effective and visible brightening results. This treatment is specifically aimed at diminishing uneven skin tone while also minimizing the appearance of fine lines and wrinkles. Targeting hyperpigmentation at various levels with scientifically advanced actives and natural lightening plant extracts, this treatment will aid in a rehydrated complexion, leaving your skin looking luminous and feeling radiant.

#### **Esse Hydrating Facial**

**R860 | 60 min**

The Sediko Esse hydrating facial is a super hydrating treatment that saturates your skin with moisture, to help diminish fine lines, leaving you with a plump, dewy complexion. This facial treatment and its powerful components work to penetrate deep into the skin and moisturize on a more intense level with nourishing plant actives from Aloe, Moketti and Marula. Indulge in this serene and sensory experience whilst transforming the skin from dry and dull to a silky soft and illuminated complexion.

#### **Esse Men's Skin Energiser**

**R850 | 60min**

Transform your skin with the invigorating Esse Men's Energiser treatment that will leave your skin re-energised and feeling luxurious. With this detoxifying men's facial you will be experiencing the ultimate relaxation while our signature head massage drifts you away in to a heavenly state.



# Sediko Facial

## ELEMIS TOUCH FACIAL TREATMENTS

Defy the hands of time with clinically proven anti-wrinkle, radiance and resurfacing Sediko ELEMIS Touch facials treatments for instant results.

### ELEMIS Superfood Pro-Radiance facial

R1200 | 60min

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energizing, detoxifying actives. Magnesium, Potassium, Zinc, Vitamin A and E form a mineral army to jump-start tired and exhausted skin. An amino active mask restores lost moisture, deeply nourish, detox and pack the skin with powerful, energizing nutrients. Clinically proven to leave skin plumper, radiant and lit up with good health.

### ELEMIS Dynamic Resurfacing Precision Peel

R1400 | 60min

Clinically proven to target the signs of ageing, lacklustre, dull and uneven skin tone, this pioneering precision treatment uses layers of enzymes for powerful exfoliation and renewal. With this deep cleansing facial treatment, experience a reduction in fine lines, stimulation of cell regeneration, reduction in pigmentation, acne scarring and a resurfacing of the skin to reveal a healthy and smooth complexion. A fresh start for smoother, younger-looking skin.

### ELEMIS Pro-Collagen Age Defy Touch Facial

R1600 | 60min

Challenge fine lines, wrinkles and dull skin tone with the clinically proven age-defying benefits of marine charged Padina Pavonica and Red Coral. Experience improved appearance and firmness of the skin, increased skin hydration and moisture levels, a progressing lifting effect, promotion of healthy cell renewal and protection against environmental skin damage. This targeted Pro-Collagen massage prevents ageing and encourages optimum cellular function for nourished, younger looking skin.

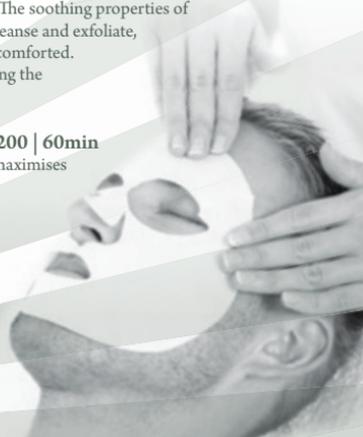
### ELEMIS Sensitive Skin Soother Facial

R1150 | 60min

Reduce the appearance of redness and protect against daily stresses with a treatment that incorporates soothing massage techniques, leaving the skin feeling comfortable and calm. The soothing properties of Moroccan Rose, Chamomile and Apricot are combined to gently cleanse and exfoliate, whilst the deeply nourishing Neroli mask leaves skin nurtured and comforted. Texture and tone are restored and moisture levels are boosted, leaving the skin feeling plumped and revitalized.

### ELEMIS High Performance Men's Skin Energiser R1200 | 60min

The hard-working facial for ageing, dehydrated skin and tired eyes maximises cell regeneration, as steam and extraction decongests. This ELEMIS Multi-dynamic facial massage sequences boost circulation, reduces the signs of ageing, oxygenate skin cells, restores vital moisture and nutrient levels and leaves your skin feeling energised. Relax deeply with a scalp and foot massage.



## ELEMIS BIOTEC FACIAL TREATMENTS

Elemis Bio Tech Facial treatments use a specialized combination of concentrated serums with a 5-in-1 Biotech facial device that offers a combination of ultrasonic, micro-current, oxygen and light therapy to lift, smooth, brighten or purify your skin, for instant results.

### ELEMIS BIOTEC Radiance Renew Facial

**R1650 | 60min**

A powerful antidote for dull and tired skin. This cellular-boosting treatment targets sluggish complexions for a radiant and visibly brighter skin. The ultrasonic peel, pumps vibrational energy into the skin to exfoliate and stimulate the removal of impurities and dead skin cells, whilst the galvanic rejuvenating current harnesses the power of Elderberry and Orange flower extracts to restore moisture and vitality. Experience brighter skin, even skin tone, minimization of discoloration, reduction of dark circles under the eyes and an increased protection against environmental damage.

### ELEMIS BIOTEC Line Eraser Facial

**R1700 | 60min**

A powerfully rejuvenating clinically proven facial treatment that effectively irons out wrinkles and fills out lines caused by aging. The BIOTEC Line Eraser facial treatment targets wrinkles and energize the skin towards optimum performance with microcurrent pulses and red and blue light therapy. Experience a smooth complexion, improved circulation, a distressed skin as well as vigorous rejuvenation.

### ELEMIS BIOTEC Skin Resurface Facial

**R1200 | 60min**

For a refined, even skin tone, this revolutionary facial treatment uses an ultrasonic peel, massage, and light therapy resulting in the smoothest skin imaginable. The ultrasonic peel reveals a noticeably smoother complexion using a combination of Lactic and Hyaluronic acids, Sandalwood, Thyme and Lemon oils. Experience increased skin smoothness, reduction in fine lines and wrinkles, and a healthier looking skin.

### ELEMIS BIOTEC Sensitive Skin Soother Facial

**R1500 | 60min**

Calmness is restored and skin is soothed through Oxygen infusion and red-light therapy improving the skin's ability to repair itself. Using an activator rich in Frankincense and natural anti-inflammatory Willow herb, the skin is infused with oxygen to encourage cellular restoration and perfect balance and structural strength. The red-light therapy operates in harmony with calming anti-oxidants to improve cell communication and the skin's natural ability to repair itself. Experience a serene, smooth and sensational feeling skin.

### ELEMIS BIOTEC Super-Charger for Men Facial

**R1480 | 60min**

The facial to destress, renew and energize the male complexion while activating ultimate skin vitality. Skin is completely recharged with the powerful Men's Activator, an anti-ageing complex formulation rich in Kalpariane and Salicornia to help firm and hydrate. A powerful trio of ultrasonic peeling, steam, and galvanic current deeply clean, exfoliate and invigorate the high potency plant actives to help reduce all visible signs of stress, tiredness and ageing. Experience a re-energized skin, reduction in redness, reduced signs of ageing and restored moisture levels.



# Sediko Massage

## Sediko Body THERAPIES

### CLASSICAL MASSAGE THERAPIES

Sediko Spa massage therapies revitalise your body and refresh your mind. Our specialised massage therapists will effectively ease your tension, improve blood and lymph circulation, release toxins and enhance your overall sense of emotional and physical well-being.

#### Swedish massage

R700 | 60min

R1000 | 90min

R1300 | 120min

Achieve an overall sense of relaxation and wellbeing with this traditional massage. The world famous Swedish massage follows medium-pressure massage techniques with long gliding strokes to stimulate blood circulation, increase oxygen in the blood, diminish muscle toxins and recover circulation. This body treatment will dissolve away areas of tension and leave you feeling rejuvenated.

#### Deep tissue massage

R700 | 60min

R1000 | 90min

R1300 | 120min

This classic Sediko massage focuses on realigning deeper layers of muscles and connective tissue leaving you feeling distressed, rejuvenated and relaxed. The Deep Tissue Massage uses firm and soothing pressure with slow strokes that releases toxin build up from within the muscle and relieves muscle tension.

#### Hot stone massage

R700 | 60min

R1000 | 90min

R1300 | 120min

A Sediko Hot stone massage therapy melts away tension, eases muscle stiffness and increases circulation and metabolism. This therapy session promotes deeper muscle relaxation through the placement of smooth, water-heated stones at key points on the body combined with deep tissue manipulation and pressure.

#### Four hands massage

R1100 | 60min

Spoil with a massage performed by two synchronized therapists using rich oils that lull the body into a deep state of relaxation. With harmonized action, this is simply Sediko Spa's most extravagant and effective relaxation massage.

#### Back, neck and shoulder massage

R600 | 45min

This massage entirely focusses on the back and shoulder areas to relieve tension of these commonly overstressed muscles. Experience a quick release from stress, tension, discomfort and pain in these muscle groups.



# Sediko Massages

## SEDIKO MASSAGE THERAPIES

Sediko Bush Spa offers a range of specialized massage treatments for total relaxation. Enjoy the benefits of increased circulation of blood and lymph fluids of the body, relief from generalized tension, acute stress relief, enhanced immunity, regulation of blood pressure and a marked decrease in muscular tension and pain.

### African Rungu Massage

R1000 | 90 mins

Experience Sediko's deepest form of massage using an African wooden baton called the Rungu. Smooth, vigorous and stimulating massage movements are used to ease muscle tension, discharge toxins and enhance circulation. This massage treatment targets tired and painful muscles leading to lymph drainage and the release of endorphins. The gentle stretching movement alternated with light touches brings about a heightened sense of relaxation.

### Lemon Zest Candle Massage

R1400 | 90min

A synergistic blend of plant waxes and butters, infused with plant botanicals of lime, sweet orange and lemon grass, are used in this massage therapy treatment to relax and offer great moisturizing and protective skin care benefits. The candle envelops the massage area with refreshing citrus aromas which rejuvenate, uplift, smooth and promises a complete body and wellbeing massage experience. The remaining candle is gifted to you to try this treatment at home.

### African Awakening Massage

R1100 | 90min

Drawing inspiration from the Marula tree and the African traditional healing beliefs, an ultra-relaxing indulgent full body massage using a bean bag, was created. The skilful combination of contracting and oxygenating enhancing breathing techniques will awaken your senses and revive your body and mind. Enjoy the freedom of choosing your favourite scent from our selection of Marula-herb infused Fusion body oils to address your every need.

### African wood Massage

R1100 | 90min

Mimicking the rhythmical patterns of an African dance, the TheraNaka signature massage blends light stretching techniques and specially designed body and facial wooden implements to heal and restore your weary body. Being drizzled with a warm Olive and Shea butter ointment will nourish and heal dry skin whilst experiencing blissful relaxation and rejuvenation.

### Tri Scented Shea Body Massage

R1100 | 90min

Inspired by the people of Africa's use of the circular form, this unique ritual was created to encompass our connection with nature and celebrating the circle of life. Small blocks of citrus infused Shea butter are placed on different areas of your body which will aid circulation and relaxation of the body. Experience the soothing warmth as the butter melts under your therapist's hands, leaving you utterly relaxed and your skin nourished and hydrated.



# Sediko Massages

## SEDIKO SCRUB AND WRAP THERAPIES

A Sediko Bush Spa scrub treatment exfoliates the skin on your body leaving it feeling fresh, smooth, moisturised and soft. An abrasive product is rubbed vigorously, and massaged across and into your skin, and is then rinsed away to reveal a moisturised layer of fresh, clean and smooth skin. The pampering experience of a body wrap can provide multiple benefits. Enjoy the cozy feeling to be wrapped up and left to relax in a dimly lit room. Experience a feeling of relaxation and an overall soft smoother skin.

### ELEMIS Lime and Ginger Scrub and Wrap

R1150 | 60min

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced Lime and Ginger salt will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin.

The velvety texture of the Lime and Ginger scrub offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm enjoying an Indian head massage, while the mood-balancing aromatics and skin conditioning oils do their work.

Wash the salt off with a relaxing milk bath leaving a smooth and responsive canvas, ready to absorb the deeply nourishing body oil and deliver velvety soft, invigorated skin.

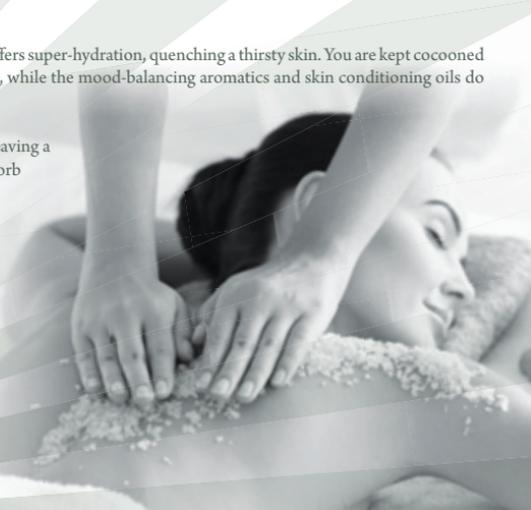
### ELEMIS Frangipani Scrub and Wrap

R1150 | 60min

The extraordinary cleansing power of salt goes to work releasing toxins in this body polishing treatment. The fragranced Frangipani salt will gently slough away dead skin cells, encouraging the regeneration of new cells and perfect prepping of the skin.

The velvety texture of the Frangipani wrap offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm enjoying an Indian head massage, while the mood-balancing aromatics and skin conditioning oils do their work.

Wash the salt off with a relaxing milk bath leaving a smooth and responsive canvas, ready to absorb the deeply nourishing body oil and delivers velvety soft, invigorated skin.



# *Hand and Foot* THERAPIES

Sediko Bush Spa offers a full range of manicure and pedicure treatments for your beautiful hands and pampered feet.

## HAND THERAPIES

### **Sediko Classic Manicure**

Choose your classic manicure treatment and enjoy this feel good and relaxing pressure point hand treatment.

### **Morgan Taylor Manicure** R180 | 30 min

A very natural-looking manicure which shapes the nails to your finger tip, painted with a Morgan Taylor polish of your choice.

### **French Manicure** R180 | 30 min

A classic manicure, with a square nail cut, using clear or ivory-colored polish on the body of the nail, with white at the tip.

### **Hot Stone Manicure** R150 | 15 min

This add on manicure features a hand massage using hot stone therapy to soothe and relax your hand.

### **Intensive Paraffin Wax** R150 | 15 min

Add this treatment to your choice of manicure. Warm wax rubbed into your nails, hands and wrists to moisturize and soften.



### Sediko Luxury Manicure

R730 | 60min

Indulge your hands to a spa therapy treatment. Spoil your hands to a hand mask, gentle exfoliation treatment and a moisturizing hot stone hand massage with pressure points. Followed with a softening paraffin wax and heated wrap. The combination of heat and moisturizing unguents warms and soothes your hands, and softens and hydrates your nails. A moisturizing cream mask is applied to soften and smooth the epidermis. This treatment includes nail and cuticle attention, followed by a Morgan Taylor nail color of your choice for your rejuvenated younger-looking hands.

### GELISH Nail Treatment

Gelish is a combination of both a polish and a gel and applies like a polish but wears like a gel, making it particularly favourable for those who suffer from weaker nails and last up to three weeks.

Gel overlay	R400
Tips with overlay	R450
Acrylic overlay	R400
Tips with overlay	R450
Acrylic fill	R280
Soak off	R 60



*Sediko hand and foot*

# Sediko hand and foot

## FOOT THERAPIES

A Sediko Bush Spa pedicure is a relaxing treatment for your feet that eradicates dead skin, softens hard skin and shapes and treats your toenails. Indulge with this heavenly and relaxing treatment.

### Sediko Classic Pedicure

Choose your classic pedicure treatment and enjoy this feel good and relaxing feet treatment.

### Morgan Taylor Pedicure

**R150 | 30 min**

A classic pedicure, with a square nail cut, using your choice of color from our selection of Morgan Taylor long lasting nail varnish

### French Pedicure

**R180 | 30 min**

A classic pedicure, with a square nail cut, using clear or ivory-colored polish on the body of the nail, with white at the tip.

### Intensive Paraffin Wax

**R150 | 15 min**

Add this treatment to your choice of manicure. Warm wax rubbed into your nails, feet and lower legs to moisturize and soften.



## **African Ginger Luxury Pedicure**

**R750 | 60min**

Indulge your feet to a luxurious spa therapy treatment. Spoil with an African Ginger fizz soak followed by a gentle exfoliation treatment with African Ginger foot scrub. Experience the black magic of an activated charcoal mask leaving your feet detoxified and smooth. This magic mixture stimulates your lymphatic flow and circulation, and absorbs odors leaving your feet clean and fresh.

Slow touch and mini hot stone massage movements is applied with moisturizing cream butter to soften and smooth the epidermis. This treatment includes nail and cuticle attention, followed by a Morgan Taylor nail color of your choice for your rejuvenated younger-looking feet.

## **Gelish Toe Nail Treatment**

Gelish is a combination of both a polish and a gel and applies like a polish but wears like a gel, making it particularly favourable for those who suffer from weaker nails and last up to three weeks. Gelish is a Superior nail product making nails beautiful, flexible and durable. Clear or colored gel is bonded to your nails with UV light for a long-lasting glossy finish.

Gel overlay **R400**

Soak off **R 60**



# *Hair and Beauty* THERAPIES

## HAIR THERAPIES

Allow Moriri's professional hair stylists to take care of your hair's wellbeing with highly specialised Goldwell treatments to suit your specific needs and condition.

### Keratin Treatment

Goldwell's smoothing Keratin treatments aids to de-frizz hair and add shine. This smoothing treatment are formaldehyde-free and deeply permeate the cortex of your hair.

Short | R 950

Medium | R1400

Long | R1750

### Indian Head Massage

R500 | 45 min

The Sediko Spa Indian head massage is a relaxing holistic treatment that uses acupressure massage on the head, face, neck and shoulders aiming to rebalance your body energies. This treatment will leave you feeling detached and serene, sighing and wordless, but also alert and clear-headed, alleviating brain-fog and stress. Your Indian head massage will leave your hair softer, shinier and in much better condition.

### Hair Serums and Masks

Moriri at Sediko Bush Spa carefully chose a range of Goldwell hair masks as nourishing treatments for your hair, containing oils, butters and other hydrating ingredients to supercharge hair conditioning efforts. These high-powered hair conditioning treatments are the perfect therapy to reduce hair breakage and rejuvenate your hair.

Hair serums work wonders with providing the nourishment your locks deserve. The serums on offer by Moriri will ensure healthy, shiny appearance, as well as calming down the frizz factor and repairing any breakages.

60 Second Mask | R 80  
Serum | R 200



## SALON TREATMENTS

Moriri, the hair salon at Sediko Spa, offers a range of hair care services including cutting and styling to keep you groomed and glamorous for every occasion.

### Shampoo, cut & style

Short	R350
Medium	R450
Long	R550
Men's	R200

### Shampoo & style

Short	R250
Medium	R300
Long	R400

### Goldwell color services

Short	R450
Medium	R600
Long	R900
Extra long	R1300
Roots	R500

### High lites

Half short	R510
Full short	R600
Half medium	R620
Full Medium	R700
Half Long	R720
Full Long	R900
Toner Cost	R500

### Updo

Up Style trial	R400
Up Style	R550
Curls	R550
Plait only	R195



## BEAUTY TREATMENTS

Beauty may only be skin deep, but when you look good on the outside, you can't help but feel content and confident from the inside. Sediko Bush Spa Beauty treatments include waxing and tinting treatments for your effortless beauty.

### Waxing

A temporary hair removal using diverse types of wax for different areas of the body.

Half leg	R200
Full leg	R260
Bikini	R150
Brazilian	R250
Hollywood	R300
Under arm	R130
Full arm	R200
Stomach	R140
Chest	R250
Back	R250
Eyebrow	R 90
Chin	R 90
Lip	R 90
Full Face	R245

### Tinting

Brow tint	R 70
Lash tint	R100



## Sediko Spa PACKAGES

We offer a choice of spa packages that have been carefully designed, over and above the standard spa treatments, to allow you to get the most out of pamper time at Sediko Bush Spa.

### SEDIKO SPA PACKAGES

Sediko Spa packages relieve stress, detoxify, purify and cleanse leaving you refreshed and rejuvenated.

#### Sediko Escape

**R2100 | 3,5 hours**

Realign your body's natural balance, and experience the ultimate escape with Sediko Spa's healing touch. Start your relaxation journey with a water massage in our indoor Tonga bath. Enjoy millions of soothing warm bubbles rushing all over your body while sipping a glass of bubbly, preparing your inner soul for a supreme escape. Relish the leisure afforded to you through a hot stone massage easing mental stress and tension, allowing for total muscle relaxation. Continue your journey of escape with a mood lifting TheraVine classic facial leaving your skin feeling fresh and radiant. Conclude the pamper passage with a luxury Sediko pedicure. Package includes a Tonga and a Glass of Bubbly for 20 min, Classic Esse facial for 60 min, Hot stone massage for 60 min and Luxury pedicure for 60 min.

#### Sediko Me Time

**R 3000 | 4 hours**

Give priority to taking care of yourself with the Sediko Me time package. Cut off from the world and float away in space under the starlight sky, and experience total relaxation. Continue with the therapeutic Hammam treatment indulging your body with a luxury foam wash followed by a relaxing massage whilst laying on a hot marble slab. Continue your journey of self-indulgence with a mood lifting TheraVine classic facial leaving your skin feeling fresh and glowing. Finish the pamper passage with a luxury Sediko pedicure. This package includes a Flotation Therapy for 20 min, Hammam Treatment for 90min; Classic facial for 60 min; Luxury pedicure for 60 min and a glass of bubbly.

#### African King Package

**R 2100 | 3 hours**

A Male grooming spa package fit for a king created specifically for men who appreciate that personal grooming enhances overall well-being. Start off your Sediko ultimate man spruce up experience by unwinding in the salt water flotation pool under a night of a thousand stars. The journey continues with a tension-relieving Rungu full body massage treatment that allows for excellent reaching of tired or painful muscles, thus, ensuring lymph drainage and release of feel good endorphins. Enjoy a relaxing and deep cleansing Esse Men's Skin Energizing facial leaving you looking and feeling like royalty. This package includes a Flotation pool for 20 min; a Rungu massage for 90min; a Esse Men's skin Energizing Facial for 60 min.

#### Billionaire's Bath for Two

**R 2100 | 2 hours**

It is all about the wine... If you love wine and you love baths, and better yet, you love drinking wine while bathing, the Billionaire's Bath will surely be your most relaxing and luxurious treatment yet. Experience this unique spool bathing treatment with the special person in your life, surrounded by nature. Immerse yourself in a natural stone bath filled with Merlot milk, grapey remnants of Merlot wine production, while sipping a glass of Merlot and enjoying a creamy cheese platter. End your journey by enjoying the full benefits of wine with a grape seed oil deep tissue massage. Package includes a deep tissue massage with grape seed oil for 60min; a Merlot bath for 60min; a Cheese Platter and Merlot Wine.

#### Sediko Romantic Bliss for 2

**R3800 | 2 hours**

Start your romantic journey with a water massage in our indoor Tonga bath. Enjoy millions of soothing warm bubbles rushing all over your body while sipping a glass of bubbly, setting the scene for ultimate togetherness. Retreat to the beautiful candle lit Razul chamber where different therapeutic muds are self-applied to various areas of the body, steamed and washed off with warm tropical rain water falling from the starry sky. End your journey of romance with a couple's candle wax massage treatment. This package includes a Indoor Tonga experience for 30 min; Luxury Self-treatment Rasul Experience for 30 min and a Candle Wax massage for 60 min.

## SEDIKO WEDDING PACKAGES

Sediko Bush Spa offers personalised bridal spa packages for a photo-ready bridal party. Packages are designed to relax and rejuvenate the bride and groom and their parties for the special day.

### Bridesmaids Package

2 hours

R1400

Sediko Bush Spa created a relaxing and rejuvenating spa experience for your bridal party with a tailored spa package. Prepare for the big day with a 45-minute Classic Esse Facial, 30-minute back, neck and shoulder massage and a Gelish file and application on hands and feet. Package includes a Classic Esse Facial for 30min; a back, neck and shoulder massage for 30min and a Gelish application on hands and feet for 60min

### Grooms Package

2 hours

R 1500

A special package for the man of the hour. Feel refreshed, handsome and relaxed on your wedding day with the Sediko Groom's package. Prepare for the big day with a 20-minute relaxing flotation therapy, 30-minute rejuvenating back, neck and shoulder massage and a 60-minute Esse Men's Energizer Facial leaving you ready for the all-important "I do's". This package includes a Flotation pool therapie for 20 min; a back, neck and shoulder massage for 30min and a Esse Men's Energizer Facial for 60 min.

### Bridal Package

4.5 hours

R4000

Sediko has prepared the ultimate package to prepare you for the big day looking radiant and fresh. Start this beautiful journey with a full body Swedish massage. Experience the Elemis Biotec Radiance Renew facial to leave you glowing on your wedding day. Your pamper path is not done until hands and feet are polished and perfectly prepped. Enjoy Sediko Spa's luxurious manicure and pedicure with a glass of bubbly to end your journey and choose your special Gelish colour for nails and feet to ensure picture perfect photo moments. Package includes a Swedish massage for 60 min; a ELEMIS BIOTEC Radiance Renew Facial for 60min; a Luxury Manicure for 60 min; a Luxury Pedicure for 60 min; a Gelish file and application on hands and feet and a Glass of bubbly.

Sediko Spa Packages



## SEDIKO CORPORATE PACKAGES

### Corporate Packages

Sediko Spa's principal undertaking is to spoil with an ultimate luxurious relaxation and rejuvenation and therefore we encourage corporate companies to invest in the physical and mental wellness of their employees, executives and clients.

We offer an array of tailor made spa packages designed to facilitate each Corporate client's specific spa requirements.

For any enquiries, we would be delighted to assist you directly:

T: +27 (0)14 495 0050

E: [reservations@sediko.co.za](mailto:reservations@sediko.co.za)

*Sediko Spa Packages*



## SEDIKO FITNESS CENTRE

Our complimentary state-of-the-art, full-service fitness center, featuring stunning views of the African bush, is available to all adult lodge guests. The Sediko Fitness Centre's selection includes the following:

- Bench press
- Free weights
- Rowing equipment
- Exercise bike
- Stairmaster
- Treadmills

Our outdoor lap swimming pool is available all year-round to all adult guests. Unwind with a relaxing session in the complimentary heated Jacuzzi, steam rooms or saunas.

Sediko Fitness Centre is an adult sanctuary. Fitness Centre Guests must be 18 years or older. The center is open from 6h00 to 20h00. Please contact the front desk for more information.

