



LONDOLOZZI HEALING HOUSE

BEYOND THE SPA...

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“We believe healing and happiness happens naturally when in the right environment. Every offering is carefully curated to illuminate the links that help us remember that we belong to all things... we are all connected”

- Boyd Varty



THE INTENTION

Londolozi, a source of wellness in a wild garden.

At Londolozi, we believe in honouring ancient ways, harmony in flow and the rhythms of nature.

After four decades of delivering a photographic safari immersion to discerning international photographic safari travellers, we believe that the time is now to create a new space which allows the Londolozi wilderness to become our enduring source of wellness.

Our hope is that at our new Londolozi Healing House you will rediscover what it means to be human, and attuned to the natural world.

The Londolozi Healing House is a place of remembering, a shift from the world of doing into the world of being, a chance to re-discover your own nature and access a deep and natural intelligence which lies within the still core of your own wild self.

It is our hope that the Healing House experience will help you to combine the core safari excursions with artful resting, curated bodywork and yoga in the surrounds of the expansive wilderness presence of Londolozi. We have crafted some special activities for true rejuvenation, restoration and transformation.

Working with our trained Wellness Practitioners, Therapists and Wilderness Guides, we invite you to commune with the African wilderness and to find within you a sense of wellbeing.

In the hurried world of today, true luxury is time to oneself in search of self-healing and connection to nature. The Londolozi Healing House is a place where time will allow for intangible magic, stillness and contemplation to stir deep within you.



Grey Tree Frog



THE INVITATION

You are invited to the Londoloji Healing House where we weave ancient wisdom and modern technology in the surrounds of nature... far beyond the conventional spa experience.



A SACRED LOCATION

Earth, sky, air, water, wind and rain embellished with aromatic oils and saps of the plants combine to create a magical mystery in motion. Within the architecture of The Healing House one discovers the alchemistic confluence of human essence, natural elements and energetic frequencies.

The land on which the Healing House stands is ancient. Situated on the steep, sloping banks of the Sand River, this building was once a simple grass-roofed lean-to where the Varty families dined in the heat of the day in a time before Londoloji.

Later, using the great iron railway tracks salvaged from the decommissioned Selati railway line, which once ran across the Southern part of the property, this building with its mud and stick walls became “the first roofed lounge” of the fledgling Londoloji safari camp.

Ninety one years later it has emerged like a butterfly reborn in a beautiful and stylish modern Healing House located on undoubtedly the most picturesque site of the entire property; a place filled with the harmony of nature.

The building lies in perfect alignment with the Nilotic Meridian, which runs north to south along the 31st degree east longitude and is known as ‘the line of first time’

It overlooks the confluence of two rivers; the Sand and the Manyelethi - also known as “the place of stars”.

It is these natural flows of nature that give the building its powerful energy. Nestled under the shade of the draping branches of ancient ebony trees, the rooms and spaces exude a feeling of alchemy in nature.



WILDNESS | WILD-IN-US





A CELEBRATION OF SPACE IN NATURE

The Healing House has been designed to embody the very essence of nature's inter connections, ensuring optimum body re-balancing, restorative rest and relaxation.

Every detail of the Healing House tells its own story. From the originally designed sacred geometry wallpaper, to the steps marked with million-year-old crystals, each element has significance. Each has been carefully chosen and placed to evoke an oasis of calm energy.

The Healing House offers five diverse and secluded treatment rooms and a range of sensory and therapeutic experiences.

The Rose Gold Room has a rose pink hue of Quartz crystals drawn from the ancient Barberton mountain range - the oldest in the world. This pink quartz is recognized as the stone of universal love which restores trust, harmony and emanates unconditional love in relationships, between man, animals and nature. Rose Quartz is known also to purify and open the heart, promoting love and self-love, friendship, peace and deep inner healing.

The Blue Room is imbued with crisp colours and silver accents. Blue is the universal colour of calm, rest and relaxation, and has been specifically selected for it's properties of communication and finding one's voice.

The Southern Cross Room is a small cocoon of sound and muted colours delicately patterned with the dappled riverine light. This room houses the biophony sound frequency machine offering a nature-based, unique and extraordinary experience of deep rest.

The River Room is home to the healing powers of changing temperatures. The River Room houses a floor-to-ceiling slab of pink Himalayan sea salt which forms part of the infra-red sauna. This facility is a secluded glass sanctuary and private deck where you have the choice of an equatorial rainforest shower or rapid submerging in an icy immersion pool. See the section on the Body Activation treatment for more.

The Wellness Room is home to our resident Wellness Practitioner.



African Bee



TREATMENTS

The Healing House will help you to tap into the frequency of your own being and create an environment where deep rejuvenation, rest and healing can naturally occur.

All treatments are available based on time, and you may book them directly with your Camp Manager.

Bodywork (Massage)

At Londoloji, bodywork (massage) is offered to you in the spirit of care founded in African Ubuntu (I am because of you).

This modality uses the kneading of muscles and joints of the body with the hands. It stimulates circulation, relieves over-worked muscles and promotes a deep sense of wellness. Londoloji is home to a diverse selection of bodywork therapies. We invite you to read below to discover more. Alternatively, speak to your therapist who will recommend bodywork to fit your personal needs.

Londoloji Signature Massage

Description: Using carefully selected indigenous oils and care, the Londoloji Signature Massage is tailor-made to body type and personal requirements of our guests. This head-to-toe massage will incorporate a reviving foot scrub and an enlivening head massage.

Benefits: Increased circulation; deep relaxation and the healing properties of indigenous essential oils.

Hot Stone Massage

Description: This deeply relaxing treatment, using hot basalt stones as an extension of the therapist's hands, penetrates deep into the body and tissues. It melts away tension, eases muscle stiffness and increases circulation.

Benefits: Expands the lymphatic blood vessels and encourages blood flow throughout the body. The hot stones have a sedative effect that can relieve chronic pain, reduce stress and promote deep relaxation and wellbeing.

Aromatherapy Massage

Description: Aromatherapy is the use of essential oils to promote healing and a feeling of well-being and relaxation. The oils are extracted from specific herbs and plants, and contain all the properties of the plants themselves. Aromatherapy massage uses a slower, lighter touch. This gentle healing massage restores balance in body and mind by stimulating the two primary senses of touch and smell.

Benefits: Relieves stress; acts as an antidepressant; boosts memory; speeds up healing; reduces headaches; regulates sleep; strengthens immune system; relieves pain and improves digestion.

Note: If you would like a deeper, more 'hands-on' pressure, please request an essential oil massage from your therapist as traditional aromatherapy is a light 'hands on' touch.

Reflexology Treatment

Description: Reflexology is a focused pressure technique, usually directed at the feet or hands. It is based on the premise that there are zones and reflexes on different parts of the body. It is also a wonderful therapy for body-balance and the clearing of toxins found throughout the body.

Benefits: Improved nerve function; boosted energy levels; increased circulation; relaxation; elimination of toxins; nervous system stimulation and speed healing.

Deep Tissue Massage

Description: This massage is based on deep, consistent pressure and is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue.

Benefits: Reduces stress, anxiety and muscle tension.



Luna moth

The Alternative Medicine System - Ancient Wisdom, Modern Technology & Nature

The Alternative Medicine System introduces a number of practices beyond the scope of conventional medicine. These come in the form of alternative medicine treatments and are built upon thousands of years of traditional medicine, passed verbally through generations of healers from a wide diversity of tribes and cultures from around the world.

Please enquire with The Wellness Practitioner for further information.

Wellness Practitioner - Private Consultation

A private consultation allows for the resident Wellness Practitioner to gently explore with you the possibilities of alternative wellness treatments.

Our Wellness Practitioner is trained to match treatments specific to your needs, and involves body and mind rejuvenation techniques which can include Sound Therapy, Bodywork (massage), Reiki Healing, Crystal Healing and Shiatsu.

A private consultation session is recommended for first-timers who are wishing to explore this idea further.

The Biophony Machine

The Biophony Machine uses a neuroscience technology which stimulates a pre-sleep state of the body into deep relaxation. This is necessary for the regeneration and rejuvenation processes in our physical and mental bodies. The machine uses sounds and frequencies that originate in nature to balance and harmonise the electromagnetic frequency patterns of the body and the parasympathetic nervous system in the brain.

Benefits: Lowers stress levels; repairs the nervous system; heightens levels of peace, clarity and flow. This therapy also promotes deep cellular rejuvenation and relief from jet lag.

Sound Therapy

Since the dawn of time, human beings have used sound to receive information from their environment, to communicate with each other and to heal and transform. Almost all ancient cultures and indigenous people believed that sound is one of the most creative and generative forces which surrounds us.

Humans are in constant vibration. Every molecule, cell, tissue, organ, gland, bone and liquid in our bodies has its own specific frequency. Sound therapy is based on the theory that when a person's healthy resonant frequency is out of balance, physical and emotional health is affected. By directing the correct sounds we are able to return to an optimal, healthy vibration.

Sound Therapy is a hands-on, guided therapy performed by a qualified sound therapy practitioner. The therapist uses rhythm and frequency to entrain the resonance of the brain and body, supporting a state where deep healing and rejuvenation can occur. The sound therapy practitioner uses a combination of tuning forks, Tibetan singing bowls and gongs to create a sound bath of healing.

Benefits: Positive effects on all cells in the body; balances both hemispheres of the brain; cleanses negative energy and emotions; deep relaxation; relief from stress and anxiety; aids recovery after illness, traumas and invasive medical treatments; improves sleep patterns; increases vital energy flow, creativity, intuition and motivation; removes blockages and toxins; stimulates endocrine glands and regulates hormonal functioning; strengthens immune system.



INTIMACY | INTO-ME-I-SEE

The Londoloji Body Activation Session

The Londoloji body activation session is designed to create an intense reconnection to the ultimate human body guidance system. The activation combines heat from the Himalayan Infrared heat sauna and an immersion in a freeze plunge pool.

The heat treatment, followed by intense cold, reduces inflammation while significantly increasing circulation. This treatment leaves you feeling intensely energised and connected to the body.

Benefits: Detoxification, body activation and stimulation, inflammation reduction and metabolism boost.

This treatment can be for one or two people sharing (maximum 2 people).

More about the Himalayan Infrared Heat Sauna (Halotherapy)

The Infrared Heat Sauna combined with Himalayan Salt bricks is an efficient and effective way to gradually detoxify and cleanse the body. This Halotherapy, derived from the Greek alas meaning “salt”, is a form of alternative medicine which makes use of its namesake. Numerous forms of Halotherapy have been used for millennia.

The Himalayan Salt Sauna is a heated environment with incredible river views and is a perfect passive therapy with multiple benefits. The Himalayan salt contains 84 of the 92 elements and trace minerals present in the human body.

More about the Freeze Pool

The Freeze Pool is based on a 3 minute plunge into a cold immersion pool set at a very low temperature. The brain enters into a state of alertness as a result of this intensive treatment and the effect is the accelerated production of ‘hormones of happiness’ (serotonin) and the triggering of anti-inflammatory analgesics which stimulate the immune system.

Reiki Healing

Reiki is an ancient Japanese healing technique using 'hands-on' healing to balance and activate the 'universal life force energy' that flows within the physical body, through pathways called chakras, meridians and nadis. The 'life force' is responsive to thoughts and feelings and becomes disrupted when we accept negative thoughts, stress and anxiety.

Benefits: Reiki raises the vibratory level of the energy field in and around the body. It clears, straightens and heals the pathways to the mind and body - allowing the 'life force' to flow in a healthy and natural way.



YOGA, MEDITATION AND BREATH WORK

Daily Yoga

Yoga means 'union' in Sanskrit and is the bringing together of mind, body and spirit. Asanas is also a Sanskrit word meaning pose and posture.

These two philosophies come together during the yoga classes to train the body and mind, bringing us into perfect balance whilst regulating body functions.

The Londoloji yoga deck is suspended high in an ancient ebony tree and is located close to Founders Camp. The pristine wilderness that surrounds the yoga class allows for deep connection with nature and an opportunity to learn the importance of breath whilst accepting the invitation to slow down and remember.

Complimentary daily classes are suitable for both beginners and intermediates and serve to enhance the game drive excursions, as yet another occasion to commune and deepen your connection with nature.

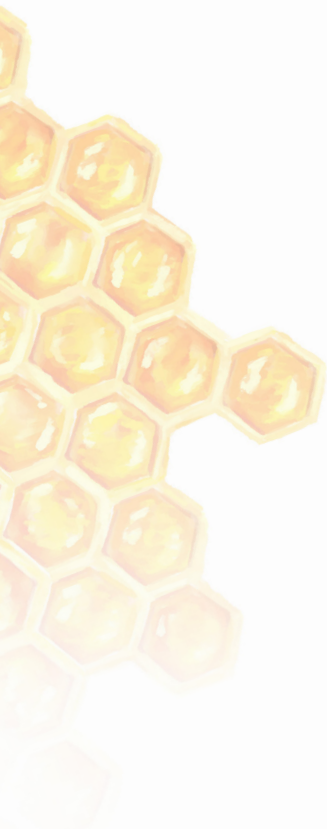
Classes are run daily - Enquire about times with your Camp Manager

Private Yoga Classes – for the beginner or practicing 'yogi'

This personalized yoga session is for those either already on their own yoga journey, or for those who have just begun and would like a little more hands-on guidance. The level of difficulty and length of class is paced to suit your preference and can be discussed with the Yoga teacher prior to the start of the class. Private yoga can be arranged at any time during the day, either on the central yoga deck or privately at your room. Please ask your Camp Manager for more information.



Pangolin



Private Meditation and Breath Work

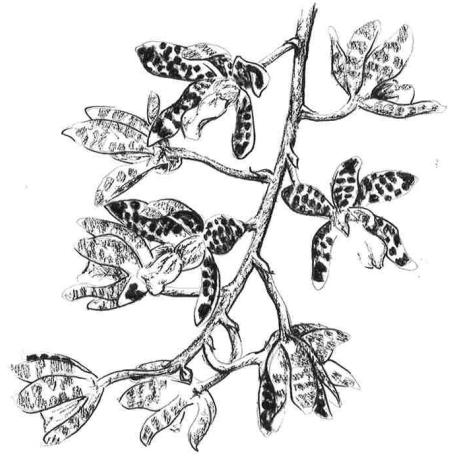
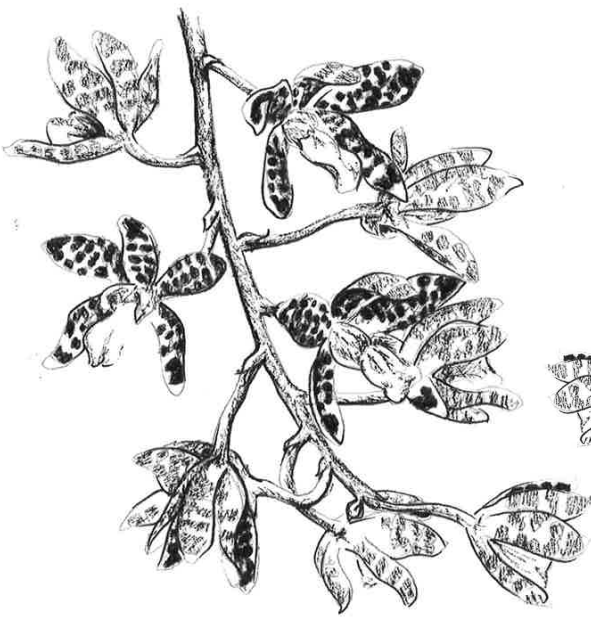
Meditation and breath work practice can transform your personal quality of life and are subtle ways of educating the body to stay calm, recharge, and become energized with enhanced clarity, allowing for a focused state of mind.

Meditation in Londolzi's wild gardens is, in itself, an inspiration and source of wellness.

Private meditation sessions can be arranged throughout the day, either on the central yoga deck or in the privacy of your room.

Please enquire for more details from your Camp Manager.

Note: We recommend a three-day intensive meditation which will reinforce this practice to become part of your daily life.



Leopard Orchid

“Wildness is raw, unrefined and magnificent in its simplicity. We are healed simply by experiencing connection to wildness. We find our senses refreshed to new sounds as we slow our heartbeat, allowing breath and peace to take hold.”

- Christina Fox

WELLNESS PRACTITIONERS, THERAPISTS AND WILDERNESS GUIDES

"In truth we are our own best guides to wellness and reconnection with self"

The Londoloji Healing House is a place and a space which provides a powerful natural setting for deep curative therapies. Our experienced Practitioners, Therapists and Wilderness Guides are skilled in the simple art of allowing you to achieve- for yourself- a restful, rejuvenating and restorative experience. The therapists act as supplementary guides, allowing you to work in a place of equilibrium, harmony and silence in the embrace of wildness towards your own wellbeing.

The role of the therapist is to assist you to shake loose any stiffness you may experience, quieten the noise in your mind and replace tension with relaxation, and anxiety with calm.

LONDOLZI GYM

The Londoloji Gym is located on the path behind rooms 1 and 2 Varty Camp (see map and sign).

This facility has a range of cardio machines and free-weights, and will allow you to enjoy your own fitness time in the gym.

Note: We are not medical practitioners and all treatments, including use of the gym and the Healing House, should be done at your own risk.



PRODUCTS — THE 1926 RANGE

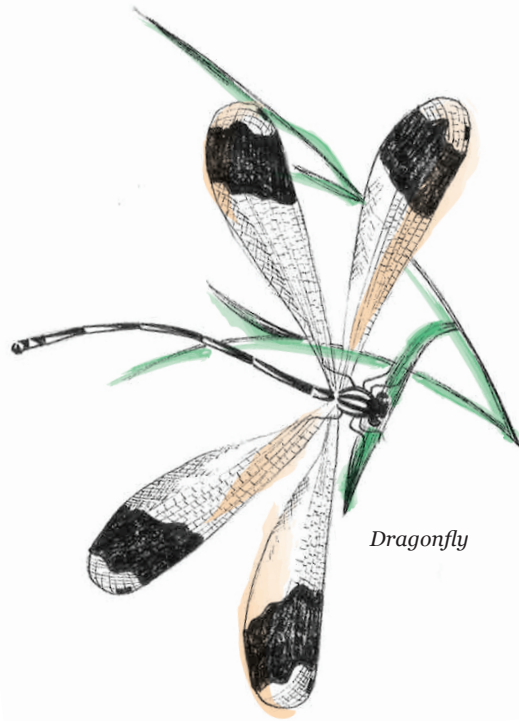
The primary wellness products used at Londolozzi are from the signature 1926 body range. This unique blend was crafted by Shan Varty after 45 years of bushveld living.

Working with natural healing properties of plants and specific fragrances inspired a unique, heady combination of the essential oils of Grapefruit, Wild Basil, Bergamot and Geranium, with strong earthy undertones that are both calming and uplifting.

The local herb, Wild Basil (*Ocimum canum*) gives an attractive aromatic quality, while avocado oil as a main ingredient is high in vitamins A, D and E with wonderful emollient and collagen producing properties. Pure essential oil and herbal extract formulations have been designed to detoxify, refresh and balance the body. In harmony with the principles of working with nature and capturing the evocative scents of the African savannah and the flowing freedom of the grasslands, natural biodegradable ingredients and fragrances were sourced locally. Shan's intention behind the product was that each of our guests should have a sense of what it is like to be in deep connection with nature.



BEAUTIFUL | BE-YOU-TILL-YOU'RE-FULL



WANTING TO EXPLORE DEEPER...

5 Day Intensive Wilderness Healing House Retreat

This 5 day retreat is a very personal curated experience drawn from the ethos of the Londolozzi Healing House.

The experience encompasses time in the wilderness, vision-questing on game drive, guided meditation, intensive bodywork (using all the Healing House facilities), and customized meal planning, yoga and private immersions in silence in nature.

The benefits of this retreat are threefold: Rejuvenation; Restoration and Transformation toward personal awakening.

This retreat is definitely for seekers.

For more detail please contact your Camp Manager.
Limited Availability.

Track Your Life - By Boyd Varty

“Working with two of Africa’s finest trackers, Alex Van den Heever and Renias Mhlongo, who are also among the world’s finest trackers, we will combine on-foot tracking of lion, leopard and rhino with intense personal coaching. As trackers, we go where the tracks take us; to places most visitors will never see. As you track your way into hidden parts of this landscape you begin to learn about aspects of animal behaviour; you’ll notice unexpectedly that something is beginning to shift in you and you discover that you are part of this wild story.”

- Boyd Varty

You will do deep personal work on the retreat whilst you adventure together on a shared endeavour in the wild.

Even before the coaching begins, you will prompt the beginnings of your transformation and may even feel a new aliveness as you track these magnificent wild creatures.

This retreat is designed to meet needs that are going unmet in the modern world: the need for visioning, charting a course, and immersion in wild places. You will discover that tracking your life’s purpose is very much like tracking a lion.

By bringing together the finest trackers in the world with the finest wilderness coaching, the Track Your Life Retreat offers an utterly unique experience that will encourage a new perspective as you follow the tracks to your wildest self and as you create your wildest dreams.

To find out more, please visit www.boydvarty.com

Think fre
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Be Alive

Return to the Heart retreat by Koelle Simpson (only when in residence at Londoloji)

Return to Your Original Language—the Language of Universal Energy.

By special arrangement Koelle Simpson will lead a 4-day/night wilderness retreat aimed at restoring the mind, body and heart.

Set in the wild landscapes of Londoloji, Koelle will help us to expand our understanding of the original language of energy.

Using the game drive platform private and group coaching can take place, allowing guests to uncover the self-adopted patterns from our cultural, social and familial systems that are no longer serving us.

This journey into ‘the new’ enables reconnection with our essential nature so that we can once again create a life that serves the heart.

To find out more, please visit www.koelleinstitute.com or enquire with your Camp Manager as to when the next course might be available.



**African STAR retreat by Martha Beck,
Boyd Varty and Bronwyn Varty-Laburn**

Wilderness Dreaming - The S.T.A.R (Self Transformation Adventure Retreat) is a five-day exclusive immersion in nature and self-discovery.

It is led by Martha Beck and Boyd Varty and combines Boyd's bush tracking skills with Martha's passion for helping people realise their dreams. It was developed in response to guests increasingly identifying the power of wilderness as something that they would like to have the opportunity to explore more deeply.

The retreat is hosted at selected camps and uses the full safari excursion facilities - from tracking, to trailing, to game drives as tools for personal transformation.

Incorporated in the retreat is individual and group coaching.

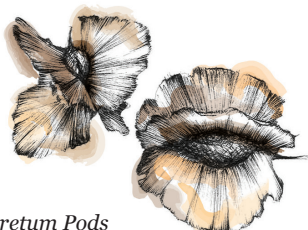
The course emphasises that the need for our relationship to change between people and the planet is paramount. The S.T.A.R retreat addresses this imperative by changing people's relationships with themselves in the understanding that you can only heal the world once you have healed yourself. This emersion promises to be life-changing. You are invited to this unique transformative African bush experience.

To find out more, please visit www.marthabeck.com or enquire with your Camp Manager.



“We believe that the Healing House represents a frequency of a new consciousness founded in light-heartedness, play and adventure. Healing takes place when one connects to nature, learns about self and ultimately remembers what’s important about life.”

- Bronwyn Varty-Laburn



Combretum Pods



ESTABLISHED 1926

LONDOLZI

