



*Revitalize yourself  
with nature's touch,  
tone and tempo*



*Protea eximia*

## *Packages*

- Happy Hippo Mud Wrap** R1000  
Body exfoliation  
Body wrap  
Body massage
- Love bird's nest** (*Subject to availability*) R1000  
Enjoy a relaxing and romantic full body couple's massage with 2 therapists. Couple's treatment is done simultaneously in adjacent treatment rooms.

## *Facial Treatments*

*All facial treatments include skin consultation*

- Sun Downer** R600  
(Anti-Ageing facial)  
Enjoy a relaxing youth boosting facial. The anti oxidant serum plumps up fine lines and wrinkles and helps with the treatment of skin pigmentation.
- Morning Dew** R550  
(Hydrating facial)  
Using essential oils and plant extracts this facial will leave your skin hydrated and glowing.
- Back to Nature** R550  
(Skin Booster facial)  
Africology's vitamin and mineral cocktail is the perfect way to revitalize your skin. Excellent before-and-after travelling.
- Touch of Africa** R550  
(Sensitive Facial)  
This facial is very uplifting and pampering. Recommended for dry, sensitive skin types.
- Waterhole Plunge** R500  
(Deep Cleansing Facial)  
This treatment eliminates impurities in the skin by using a deep cleansing clay mask that will leave your skin feeling toned and vibrant.
- Back Cleanse/Facial** R500  
This purifying back treatment includes a deep cleanse, exfoliation and extraction, if necessary. A mask will be applied to your back for a 20+ minute massage to end your back bliss.

## *Massage Treatments*

*Are you game?*

- Swedish Massage** R550  
Relaxing massage using Swedish technique.
- Deep Tissue Massage** R600  
By using a muscle relaxant oil this massage technique will help to soothe tension in sore stiff muscles.
- Hot Stone Massage** R600  
Using heated river stones this massage is great for relaxation and muscle tension. It's been said that one stroke with a hot stone equals 6 strokes of a therapist's hands.
- Back, Neck and shoulder massage** R350  
Relaxing massage concentrating on the back, neck and shoulder muscles.

## *Body Treatments*

*Wallow like a hippo . . .*

- Serengeti Scrub** R300  
A blend of walnut and marula shell powder are used to exfoliate the skin, getting rid of dead skin cells, leaving your skin smooth with a soft finish.
- African Bliss Body Wrap** R550  
(incl. body exfoliation)  
This African Potato wrap, infused with fynbos, honey and rooibos will leave your skin hydrated and toned. It is great for after sunburn.
- The Bees Knees Wrap** R550  
(incl. body exfoliation)  
This mud wrap is a deep cleansing, detoxifying body treatment. It will help to eliminate excess oils in the skin and will assist with conditions like eczema, rashes and sunburn. It also stimulates blood circulation improving water retention and cellulite.

## Hands and Feet

### 4x4 to heaven and back Pedicure R350

A luxurious pedicure, leaving tired feet feeling fresh and energized.

### Delux Pedicure R500

A luxurious pedicure with paraffin

### Hakuna Matata Manicure R250

A full manicure treatment including hand and arm massage.

### Delux Manicure R400

A luxurious pedicure with paraffin

## Waxing

*For the bush monkeys . . .*

Half leg wax	R200
Lip wax	R60
Chin wax	R60
Sides wax	R80
Eyebrow wax	R60
Facial wax (full)	R200
Underarm wax	R80
Bikini wax	R100
Full leg wax	R350

## tinting & Shaping

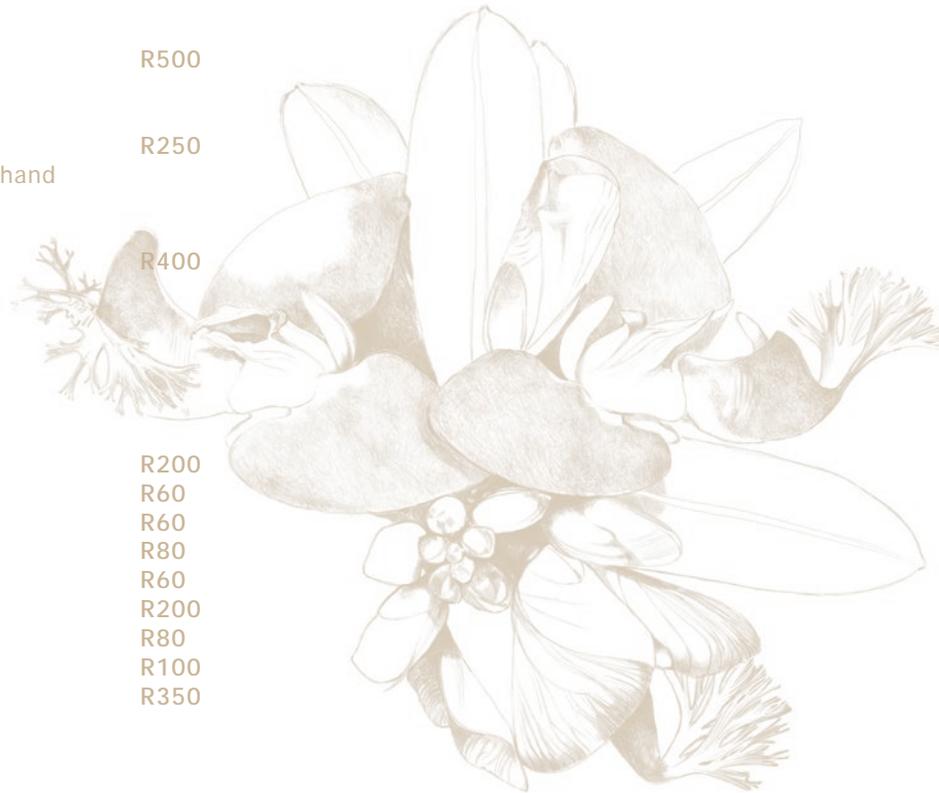
*Put on your African mask!*

Brow tint	R60
Lash tint	R80

## Kiddie's Treatments

*For the lion cubs...*

Kiddies/Junior facial	R340
Kiddies full body massage	R300
Kiddies manicure	R250
Kiddies pedicure	R300



Polygala myrtifolia

Guest etiquette at the spa  
Please arrive on time  
Please switch off your mobile during treatments  
Please be quiet as you may disturb other guests during their treatments

If not on time for your treatment, the therapist will have to stay on the scheduled time if she is booked after your session. This will result in a shorter treatment and the fee will stay unchanged.

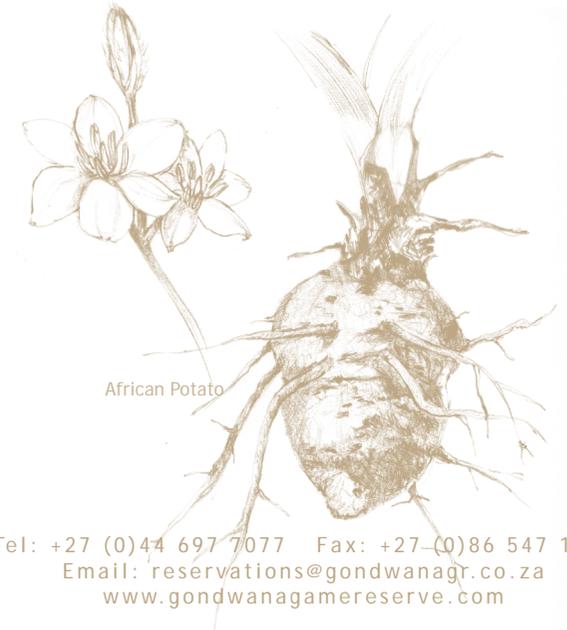
Bringing Ancient Wisdom to Today's World

Africology makes use of the healing essences of some of South Africa's indigenous plants, Rooibos, Aloe Ferox, Marula and African Potato. The active ingredients in our skin care products are valuable in the repair process and assist with the restoration of damaged skin tissue. We select actives that bring balance and harmony to the skin.

To maintain skin health & balance, we preserve the living essence of the plants naturally. We allow nature to fragrance our products naturally, lulling the senses and creating a relaxed state of mind. By formulating holistically we are able to assist the body and skin on a continuing basis without any of the harmful or aging effects of chemicals.

We acknowledge that all repair and preventative processes start with the self. Our skin is an expression of our hearts and minds. What we put on the outside can be seen as a process of assistance, while we take care of our inner world.

It is also recognized that a relaxed state of mind engenders a positive disposition, clearer thought and greater physical energy.



African Potato