



*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 couple's full body Swedish massage with 2 therapists and 2 separate treatment rooms.

Facial Treatments

All facial treatments include skin consultation

Sun Downer R600

(Anti-Ageing facial)

Fighting free radicals while toning and refining and slowing down the signs of ageing, extractions optional.

Morning Dew R550

(Hydrating facial)

Neutralizing the free radicals helping build collagen and providing antioxidant protection.

Back to Nature R550

(Skin Booster facial)

A fantastic defence against harsh weather and the effects of stressing and aging.

Touch of Africa R550

(Sensitive Facial)

Refine and clear the skin of any acne or reaction associated with inflammation.

Waterhole Plunge R500

(Deep Cleansing Facial)

Restores the elasticity in the skin and makes it feel fresh and younger.

Back Cleanse / Facial R500

(Deep Cleansing Facial)

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

Swedish therapy can be both relaxing and energizing. Using soft long strokes to relieve muscle tension.

Deep Tissue Massage R600

It's the manipulation of the deeper layers of muscle and soft tissues in the body, direct pressure to relax the top layer of muscle in order to reach deeper layers of the muscle tissue. relieve chronic aches and pain.

Hot Stone Massage R600

By using basalt stones to restrain the heat longer and also to penetrate the heat into the muscles. Helps relieve muscle tension and pain.

Back, Neck and shoulder massage R350

Relaxing massage concentrating on the back, neck and shoulder muscles.

Massage add on

20 mins added to massage optional if time available.

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
(incl. body exfoliation)

R550

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

Deluxe Manicure

R450

Having your nails and cuticles groomed following by a hand and arm massage and ending with a warm moisturizing paraffin mask dip including nail varnish.

Deluxe Pedicure

R550

Having your nails and cuticles groomed following by a foot and leg massage and ending with a warm moisturizing paraffin mask dip including nail varnish.

Manicure

R300

Grooming your nails and cuticles and ending with a hand and arm massage with nail varnish.

Pedicure

R400

Leaving tired feet feeling fresh by removing dead skin cells and ending with nail and cuticle work including nail varnish.

Gel Treatments

Evo Oxygenating Gel Range from BioSculpture

Gel Overlay

R250

Gel Add-on

R150

Gel Soak-off

R100

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

Linting & 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

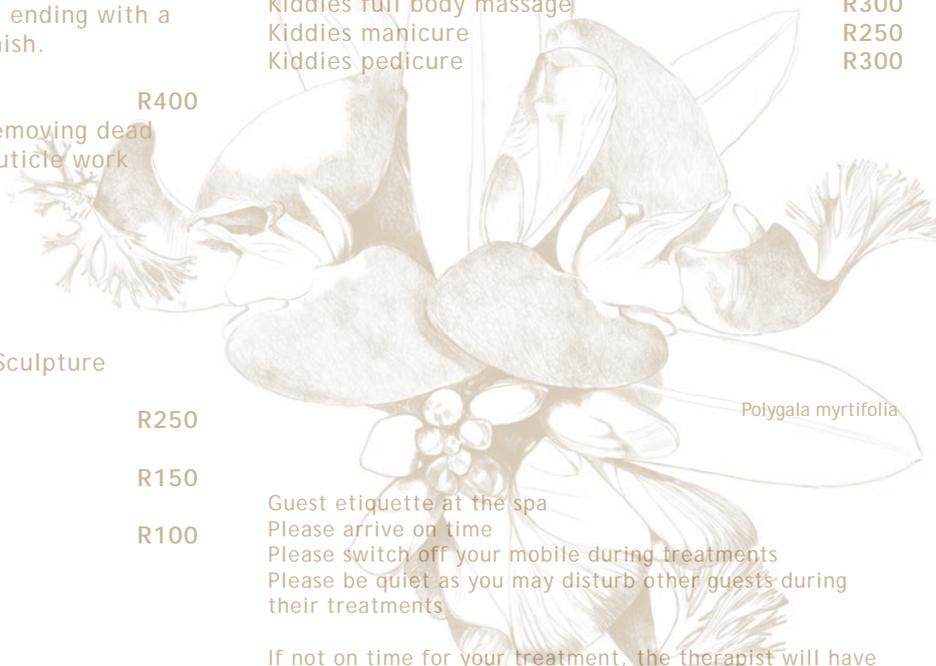
R300

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.

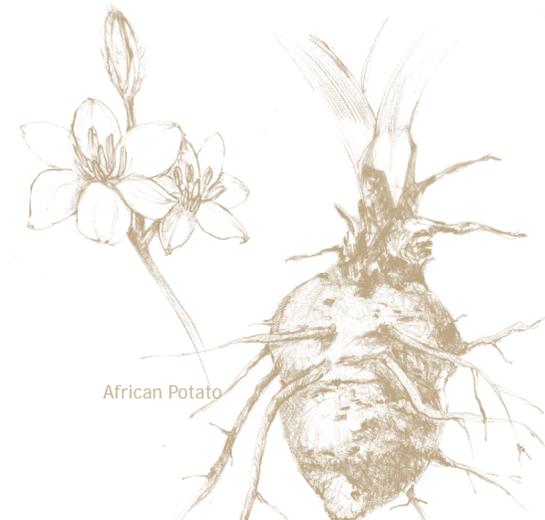
Bringing Ancient Wisdom to Today's World

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