

# SPA TREATMENT MENU

Valid from 01st of July 2015 – 01st of July 2016

Take advantage of our exclusive & luxurious spa treatments, inspired by the pure and natural richness of Mother Earth, that will refresh and revitalise your mind, body and soul. We choose Healing Earth because it identifies with our philosophy of eco-friendliness & sustainability. All our products are chemical-free, the packaging is biodegradable and recyclable, and have not been tested on animals. 100% healthy and natural - these treatments will protect your skin as much as they protect the environment.

## FACIAL CEREMONIES

"Reveal your inner beauty and achieve optimal results through the use of our customised skin care ceremonies and advanced treatment procedures"

### Organic Ceremony - (60 minutes)

*Jasmine and Baobab with Stimulating Herbal Poultices or Jade Rollers*

Natural organic herbal poultices are a traditional age-old technique used to renew and refresh even the most lifeless skin. Jade Rollers are used soothe and revitalise tired, dehydrated skin, leaving the skin nourished, replenished and radiant.

**R750**

## MASSAGE RITUALS

"Go back to the source with our tailor-made aromatherapy oil blends that leave you with a distinct sense of Africa"

### Traditional Back, Neck and Shoulder Ritual - (45 minutes)

Allow the techniques of ancient therapy to ease muscle tension while encouraging it to return to its normal relaxed state and alleviate any built-up stress.

**R550**

### African Hydrating Head Ritual - (30 minutes)

A deep style massage using traditional techniques that focus on the head, neck and shoulders. Through a variety of techniques, the massage works to release any blocked energy in the body, enhance relaxation and also allow for hydration of the hair.

**R430**

### African Revitalising Foot Ritual - (45 minutes)

Reflexology is an ancient healing art dating back many centuries that works on the feet to assist in restoring balance to the mind, body and soul. It relieves aches and pains by helping the body reach equilibrium with the use of Eucalyptus and Peppermint detoxing circular gel.

**R560**

### Signature Earth Soul Ritual – (90 minutes)

Our Signature Massage Ritual is a rich blend of natural ingredients using African tools such as Calabash and Bamboo that transports you into the true essence of an indulgent African massage ritual – the ultimate source of relaxation for the body, mind and soul.

**R790**

### Grape Pinotage Aromatherapy Ritual - (60 minutes)

Focusing on relieving stress and muscle tension, this high in antioxidant treatment will help boost circulation and the immune system. By using an active blend of natural botanicals and Pinotage grape seed, it will truly unwind and de-stress you.

**R660**

<p><b>Afro Shea Butter Hot Stone Ritual - (60 minutes)</b> Stone therapy is an ancient healing art that has been around for thousands of years. This exotic treatment involves placing heated volcanic/ basalt stones on the body to rebalance the body, mind and soul. This African ritual uses specially blended Shea Butter leaving you in a state of bliss.</p>	<b>R850</b>
<p><b>BODY ENVELOPMENTS</b> "Re-awaken your senses and envelop your body with inspirational blends of natural essential oils and home-grown ingredients. Included in this treatment is a body polish, body wrap and a moisturising massage"</p>	
<p><b>Earth Soul Envelopments - (90 minutes)</b> • Coffee, cinnamon and orange cellulite &amp; detox soul • Kalahari melon hydrating soul</p>	<b>R850</b>
<p><b>Afro Pinotage Envelopment - (90 minutes)</b> • De-stress Afro Pinotage embalm</p>	<b>R720</b>
<p><b>Exfoliation Only - (45 minutes)</b> • Earth Soul • Afro Pinotage</p>	<b>R350</b>
<p><b>CELEBRATIONS</b> "Decadent hand and foot celebrations will leave the skin on your hands and feet softened, nourished and conditioned"</p>	
<p><b>Footprint Celebration - (60 minutes)</b> Melt your stress away with this special pedicure which will leave your feet feeling not only relaxed but also silky smooth and beautifully moisturised using relaxing oils and moisturising Shea butters.</p>	<b>R420</b>
<p><b>Handprint Celebration - (60 minutes)</b> Give your hands a more youthful looking skin that is hydrated, replenished and protected with our unique manicure.</p>	<b>R420</b>
<p><b>ULTIMATE LUXURY JOURNEYS</b> "By turning back to the source and listening to our Earth's secrets we can learn to live in serenity, harmony and balance"</p>	
<p><b>Serenity Journey - (120 minutes)</b> Receive a luxurious facial ceremony and an African footprint pedicure.</p>	<b>R1050</b>
<p><b>Harmony Journey - (150 minutes)</b> Pamper yourself with our body envelopment and a luxurious facial ceremony.</p>	<b>R1400</b>
<p><b>Couples Journey – (150 minutes)</b> Indulge yourself in a Signature Earth Soul full body journey and a luxurious Facial ceremony with your partner.</p>	<b>R2350</b>

\*Pregnancy safe treatments are available. One of our professionally trained spa staff will gladly customise the ultimate mother-to-be spa package for you.

#### RESERVATIONS AND MARKETING

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inspired by africa

*Nambiti Hills*

PRIVATE GAME EXPERIENCE