



AFRICOLOGY

Skin care

The Africology skin care treatments focus on de-stressing, anti-aging care and cell renewal. Velvet textured treatments rich in natural oils, vitamins and minerals nourish your skin to restore its elasticity, softness and to naturally stimulate cell growth. Our treatments will promote your skin's healthy glow establishing the 'Africology radiance'.

Our therapeutic skin care treatments will entice your senses with the calming aromas from the cleanest, purest essential oils. Healing compresses gently warm your skin to encourage circulation through our deeply relaxing holistic and lymph massage techniques.

- **African goddess anti-ageing ritual facial**
90 minutes R790
- **African balancing rose facial**
75 minutes R650
- **African vitamin boosting ritual facial**
75 minutes R650
- **African rebalancing and refining ritual facial**
75 minutes R650
- **African aloe ferox firming ritual facial**
75 minutes R650
- **African anti-oxidant rejuvenating ritual facial**
75 minutes R650

Hands and feet

- **Essie manicure**
45 minutes R300
- **Essie pedicure**
60 minutes R350

Body treatments

- **Aromatherapy**
(Blend of ylang-ylang, vanilla and cedarwood essential oils)
 - 1) Full body massage: 60min R420
 - 2) Back, neck and shoulders: 30min R310
- **Swedish massage**
 - 1) Full body massage: 60min R400
 - 2) Back, neck and shoulders: 30min R290
- **Indian head massage**
30 min R270
- **Foot massage**
30min

Physiotherm

Benefits include: Weight loss (burns an enormous amount of calories per session) • Detox • Lowering of blood pressure and cholesterol • Speeding up the healing of injuries • Reducing pain and inflammation • Reducing stress • Improving sleep • Sunlight therapy provides vitamin D which lifts mood and helps with depression • Better circulation. It is safe for anyone to use, except if pregnant, breastfeeding, epileptic or people with pacemakers.

- **Physiotherm session**
30 minutes followed by a shower R120
- **Physiotherm session incorporated with massage for an additional R100**
For example: Full body aromatherapy massage R420 with the use of the physiotherm treatment will be R520.
Sequence: Physiotherm for 30 minutes, massage, followed by a shower. (Benefit of incorporating Physiotherm with massage - muscles are relaxed, warm and easier to massage, opens the lymphatic circulation for more effective drainage.)

PLEASE NOTE: Neither the lodge, therapist nor co-ordinator shall be liable for any injury sustained to the individual before, during or after a treatment has been given.



MASSAGE TREATMENTS

