

Body Treatments

Massages

Majestic Awakening® 35 mins **R 400**
Neck, shoulders and scalp massage

Easy-melting Shea from Ghana creates a sublime, beautiful body experience. Once applied to the skin, it melts deeply into the upper layers of the dermis to hydrate, soothe and condition. The treatment begins where your neck, shoulders and scalp are deeply massaged, dissipating tension and stress through touch and aromatherapy. A special shea sensory selection of either Exotic jasmine, neroli and geranium, Black pepper and rosemary for a deep tissue treatment or Calming chamomile to relax, is selected based on your needs during the experience.

Intonga Amasatchi 75 mins **R 680**
Full body deep tissue and stress relieving massage

We know that the body has a memory of all emotional experiences. An inability to let go often expresses itself in the body that can be blamed for low immunity. Intonga Amasatchi, is a deep tissue and stress-relieving treatment. Skillful movements are performed with the hands, and differently sized wooden sticks are used to stretch tight muscles and ease toxic overload from daily stress. Symbolically, the stick or staff represented wisdom and direction to the healer. Created from yellow wood, the traditional healer knew that the energy of earth was a valuable tool.

Soul of Africa Body Conditioning Massage® 90 mins **R 800**
Full body anti-stress experience

Africology admires and emulates this ceremonial process, using Africa's miracle marula oil blended with Neroli to soften signs of ageing through its anti-stress action. In Africa, marula is also used to treat sun-damaged skin as it improves skin hydration and helps fight free radicals. This treatment starts with the application of warm, soothing mud to release negativity stored in the muscles. Then marula oil is applied in preparation for your intuitive body and scalp massage.

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Bespoke Intuitive Herbal Oil Massage® 90 mins **R 750**
Full body massage

You may choose from a range of Africology aromatherapy-infused massage oils, which are warmly applied and massaged deeply onto the body. This therapy works on tight muscles and lymph drainage, combating tension in stiff aching bodies. Massage is combined with herbal bags to improve circulation and absorption of essential oils. Your therapist will assist you in choosing the oil best suited for you from one of the following blends: Relaxing, Slimming Detox, Muscle Relaxing and Energising.

Shamans Journey 90 mins **R 770**
Full body massage

A gentle, kind and warm rose quartz crystal massage that releases pent-up energy likely to cause muscular stress. The muscles are gently stretched while heat is applied to soften the muscle, followed by a rhythmic relaxing massage. A beautiful way of balancing the body's energy centres to create optimum health and well-being. Your treatment is based on the traditional healer's approach to healing the body. The Shaman's journey is a move away from superficial, impersonal massages that offer a one-dimensional healing factor. The Shaman's journey not only observes the client's obvious aches and pains, but looks further into the energy centres of the client to see how constant stress and emotional baggage can actually block his or her energy centers.

Africology Shea Aromatherapeutics
Full body massage 75mins **R 600**
Back massage 45mins **R 450**

Easy-melting Shea from Ghana blended with healing African potato, rooibos and natural essential oils creates a sublime, beautiful body experience. Shea, normally as hard as rock, once applied to the skin melts deeply into the upper layers of the dermis to hydrate, soothe and condition. The Shea is combined with your sensory selection of various essential oils such as exotic jasmine, neroli, or chamomile for a soothing and calming massage or perhaps Black Pepper Balm for a deep tissue experience.

