



SANCTUARY  
SUSSI & CHUMA

HEALTH  
— & —  
BEAUTY  
TREATMENT GUIDE





*“Let us bestow upon you the  
healing hands of Mother Nature,  
let the tension dissipate with the  
setting of the sun, be absorbed  
in the elegantly charming  
surroundings allowing yourself  
time to indulge in the ultimate  
luxury of spa”*



# BODY THERAPIES



## *Ikomfi Sloughing Process*

**(30 MINS)**

Africology sloughing gently removes lifeless skin cells, using fine Walnut and Marula shell, in an Aloe Verox and Marula base leaving your skin soft and smooth.

## *Soul of Africa Conditioning Body Massage*

**(1 HR 30 MINS OR 45 MINS)**

An Africology ceremonial process using Africa's 'miracle oil' Marula, to soften the signs of ageing and relax. Traditionally it brings a glorious feeling of well-being, also used to heal sun-damaged skin and fight free radicals.

## *Africology Aromatic Deep Herbal Massage*

**(1 HR OR 30 MINS)**

You can choose from a range of Africology herbal infused massage oils which are warmly applied and massaged intuitively into the body, relieving deep tension and stimulating Lymph activity.

# BODY THERAPIES



## *Africology Aroma Therapeutics Shea Massage*

**(1 HR OR 30 MINS)**

A welcoming African ritual begins this wonderfully comforting massage, using natural Shea butter blended with therapeutic essential oils to soften and hydrate the skin. Relaxing, stretching and mobility movements are used to help you unwind, de-stress and balance the body while selected essential oils uplift the mood.

## *Ukuchina Zambian Massage*

**(1 HR OR 30 MINS)**

One of Africa's oldest Traditional massages, it is the Zambian equivalent of a hot stone massage. Combining a deep tissue massage with warmth in order to improve circulation and reduce stress. Renowned for its detoxifying properties.

## *Ukuchina Zambian 4 Hands Massage*

**(1 HR OR 30 MINS)**

One of Africa's oldest Traditional massages, it is the Zambian equivalent of a hot stone massage. Combining a deep tissue massage with warmth in order to improve circulation and reduce stress. This version uses two therapists. Renowned for its detoxifying properties.

# BODY RITUALS



## *Signature Salutation*

**(2 HRS)**

The ultimate sensory experience, treating the body from scalp to toe, replenishing, reviving tired muscles and minds, using anti-oxidant and immune boosting indigenous products.

## *African Potato Anti-Ageing Body Experience*

**(1 HR 20 MINS)**

This body experience eliminates toxins and refreshes lifeless skin. A warm African potato and Marula wrap is applied to restore hydration and fight free-radicals, after which your whole body is massaged using varying pressure and a natural skin serum to retain moisture.

## *Tropical Immune Boosting Mud Body Wrap*

**(45 MINS)**

A welcoming African ritual begins this wonderfully comforting treatment. Once the body is sloughed this Africology vitamin and mineral enriched mud wrap sets on the body to stimulate lymph and toxin elimination, whilst assists with boosting your immune system.

# HEAD, HANDS AND FEET



## *Africology Royal Hand & Foot Ceremony*

**(30 MINS)**

A traditional sacred action honouring the spirit of another, the Africology foot soak captures the essence of Africa. A relaxing Shea butter is massaged into hands and feet to honour the spirit.

## *Africology African Potato Manicure*

**(45 MINS)**

Africology products which especially nourish the nails and the skin leaving them repaired and restored. Great for men and women as relaxing hand treatment or add a nail polish for perfect grooming.

## *Africology & Copper Pedicure*

**(1 HR)**

A luxurious African pedicure using Africology products to soak and wrap the feet. Energy is balanced in a copper foot bath to help reduce water retention. The feet and legs are massaged increasing circulation and aiding relaxation.

## *Africology Balancing Scalp & Foot Massage*

**(30 MINS)**

A traditionally relaxing and healing massage working on reflexology points of the feet to restore balance with pressures on the scalp sending you into a sedative state of relaxation.





# FACIALS

---

## *Africology Anti-Oxidant Rejuvenating Facial - Anti-Ageing* (1 HR)

This wonderfully hydrating anti-ageing facial uses a layering process for a more youthful radiant complexion. Combating free-radicals and boosting collagen it has an immediate toning and smoothing effect on the skin, by plumping fine lines and reducing pigmentation and inflammation with Vitamin C. This effective skincare routine helps combat ageing naturally with a revitalizing cocktail delivered into the skin with a therapeutic massage.

## *Africology Aloe Ferox Firming Facial - Anti-Ageing* (1 HR 15 MINS)

For youthful resilient and buoyant skin Aloe Ferox helps to calm, lift and firm naturally by encouraging fibroblast growth and repair. Blended with a potent combination of healing honey, tripeptides, and retinal palmitate (vitamin A) to stimulate collagen and elastin growth, creating a rejuvenating, youthful appearance.

# FACIALS



## *Africology Vitamin Boost Facial*

**(1 HR)**

This uplifting facial uses a rich vitamin and mineral cocktail to replenish the skin and boost your immune system and energise the skin. Vitamin C stimulates collagen production, while vitamin A, E, and B complexes restore and strengthen your skin naturally. Great for tired, stressed or run down skin, leaving you revitalised.

## *Africology Rebalancing & Refining Facial*

**(1 HR 15 MINS)**

This facial helps to brighten your complexion with a combination of Alpha Hydroxy acids, vitamin C and B complex; you will recognise fresh lemon and rosemary with their promise of a clearer, brighter result. Working in concert to clear clogged pores, and encourage the production of Elastin to refine and retexture uneven skin. By not stripping the skin of excessive oil we treat it to allow time for the skin to balance itself naturally making this facial safe for the most sensitive skin.

# WAXING



*Under arm*

(20 MINS)

*Bikini*

(20 MINS)

*Eyebrow shape*

(15 MINS)



# SPA GUIDE

---

## *Opening Hours*

07:30am til 19:30pm

## *Facilities*

Shower, changing room and one treatment room

## *How to Book*

- Treatments may be booked at the Treatment Room Reception, with the Lodge Manager or with the Therapist.
- A full consultation will be held before every treatment.
- Guests are requested to arrive 15 minutes prior to their appointment.
- Late arrivals may have their treatment time reduced if the spa is busy.
- Bookings carry a 6 hour advance cancellation policy after which 50% will be charged.
- Please leave your cellular phone in your room - it's time to relax!



Africology makes use of the healing essences from some of South Africa's indigenous plants, including Rooibos, Aloe Ferox, Marula and African Potato.

The active ingredients in Africology's skin care products are valuable in the repair process and assist with the restoration of damaged skin tissue. To maintain skin health & balance, they preserve the living essence of the plants naturally. They don't use parabens, propylene glycol, mineral oil, petrolatum, chemicals, or synthetically produced perfumes, which can harm the living essence of the skin. They allow nature to fragrance their products naturally and select active ingredients that bring balance and harmony to the skin.

Africology practises fair trade and shows great social responsibility, empowering the people of Africa through a variety of projects. They honour all living things and pledge to replace what is taken from the earth, thus showing gratitude to nature.

These beautifully formulated products have all been dermatologically tested to EU standards, are not tested on animals and do not use any animal products. Their wonderful aromas and therapeutic effects leave your skin and senses indulged.





SANCTUARY  
SUSSI & CHUMA