



SANCTUARY
MAKANYANE
SAFARI LODGE



HEALTH
— & —
BEAUTY
TREATMENT GUIDE



BODY EXFOLIATION & BODY MESSAGES



Ikomfi Renewal

(1 HR)

This treatment gently exfoliates lifeless skin cells with a natural walnut and Marula shell grain whilst hydrating living skin. The skin is warmed with warm damp mittens to comfort and prepare the skin.

Soul of Africa Body Conditioning Massage

(1 HR 30 MINS)

Traditionally Marula was used as an ointment in ceremonies to bless and bring abundance. This treatment starts by exfoliating the body removing dead skin followed by warm soothing mud to release negativity stored in the muscle finish up with body conditioning and scalp massage

Africology Shea Aromatherapeutics

(30 MINS)

Easy melting Shea from Ghana blended with healing African Potato, Rooibos and natural essential oils creates a sublime beautiful body experience.

Intuitive Herbal Oil Massage

(1 HR)

This therapy works on tight muscles and lymph drainage combating tension in stiff muscles, improves circulation and absorption of essential oils with herbal pods to de-stress and balance.

AFRICOLOGY SIGNATURE TREATMENTS



Intonga Amasatchi

(45 MINS)

This is a deep tissue and stress relieving treatment. Skilful movement are performed with the hands and different sized wooden sticks are used to stretch tight muscles and ease toxic overloads from daily stress.

Hot Stone Massage

(1 HR)

Mother nature's volcanic basalt rock is used it retains heat which enables its sun charged properties to penetrate deep into stressed muscles, stones are placed on pressure points to soothe nerve endings and balance energy by releasing emotional blockages and physical blockages.

MANICURES AND PEDICURES

Mini Manicure

(30 MINS)

This treatment includes nail shaping, cuticle treatment, moisturizing and application of nail polish.

Ultimate Manicure

(1 HR)

Treatment includes cleanse, exfoliate and trimming of cuticles, followed by relaxing hand massage and finished up with nail polish.

Mini Pedicure

(30 MINS)

This treatment includes the nail shaping cuticle treatment, moisturizing and application of nail polish.

African Foot Ritual

(30 MINS)

Foot soak, exfoliate and relaxing foot massage



FACIALS

African Goddess Anti Ageing Facial

(1 HR 15 MINS)

This relaxing treatment combines body massage exfoliation and cleansing into a powerful treatment designed to combat ageing and create a healthy glow. Treatment starts on the back with a relaxing massage followed by an Anti Oxidant facial.

Vitamin Booster Facial

(1 HR)

This uplifting facial uses a rich vitamins and mineral cocktail to replenish the skin, boost your immune system and energise the skin. Great for tired stressed or rundown skin leaving you revitalized.

Balancing and Refining Facial

(1 HR)

This facial helps to brighten your complexion with a combination of alpha hydroxyl acids and Vitamin B&C complexes.

Deep Cleanse Facial

(1 HR)

This deep cleanse treatment includes a purifying cleanse, exfoliation, a double steam and a detoxifying facial massage.

WAXING

Full leg

(45 MINS)

Half leg

(30 MINS)

Full arm

(30 MINS)

Half arm

(20 MINS)

Lip

(15 MINS)

Chin

(15 MINS)

Eyebrow

(15 MINS)

TINTING



Eyelash tint

(20 MINS)

Eyebrow tint

(20 MINS)

Lash and brow tint

(30 MINS)

Eyebrow shaping

(15 MINS)



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.





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