



A WARM WELCOME TO THE PLAINS OF AFRICA

WELLNESS @
SAFARI PLAINS

FACIALS

Africology Bespoke Facial®

Our facials are bespoke & chemical free, yet performance driven with visible results. Your therapist will analyse your facial needs, take into consideration your expectation and prescribe the correct treatment approach for you. Our focus is always on deep pore cleansing, never stretching the pores or scarring the skin in doing so. Gentle in our approach, we know that hydration and effective supplementation are vital in preserving the skin's youthfulness. Never neglecting the sensitive skin under the eyes, dark circles and the importance of working on lifting and plumping up the skin. Preserving the skin and preventing pre-mature aging is our goal during your facial.

Facial	60 mins	700.00
Facial Includes Neck & Décolleté Massage	80 mins	870.00

THERAPEUTIC MASSAGES

Africology Herbal Oil 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.

Back, neck & shoulder	60 mins	720.00
Full body	90 mins	885.00

Africology Majestic Awakening®

Neck, shoulders and scalp.

The treatment begins where your neck, shoulders and scalp are deeply massaged, dissipating tension and stress through touch and aromatherapy.

Back, neck & shoulder	35 mins	550.00
-----------------------	---------	--------

Africology Hot Stone Massage®

While providing additional deep tissue pressure, the stones infuse muscles with warmth while breaking up knots of tension. Our chosen massage medium is Marula oil, which creates a hydrating and protective barrier while infusing the skin with powerful anti-oxidants and essential fatty oils.

Hot stone massage	60 mins	765.00
Hot stone massage	90 mins	940.00

Africology Balancing Scalp and Leg Massage®

Frequent Flyers

A balancing massage treatment helping to relax, relieve tension in the scalp, legs and feet as well as working on calming and relaxing pressure points to help restore energy balance. This treatment works on the head, legs (including wrap) and feet individually, but as a whole helps to relax and relieve tension in areas that are often neglected.

Scalp & leg massage	45 mins	550.00
---------------------	---------	--------

SKIN ADORATION WRAPS

Africology African Potato Body Wrap®

Our pure and natural Hypoxis Body Wrap is formulated with African potato and Marula oil, warmly applied to soften, soothe and improve skin hydration while also fighting free radical damage. This herbal blend relaxes you on application, while the rich background sounds of Africa help the mind focus on the holistic experience. Enjoy a traditional foot ritual and deeply relaxing scalp massage while the wrap is melted into the skin. Finally, there is a soothing massage with body-conditioning Marula oil, which creates a natural barrier to hold in moisture and improve collagen and elastin, to complete the experience.

Pregnancy Wrap	60 mins	990.00
Full body	120 mins	1,750.00

MANICURE & PEDICURE

Africology Standard

For a beautiful respite from the high-energy nature of everyday life, join us for an experience with a difference. Your hands or feet will be massaged, your nails shaped and your skin richly hydrated with our all-natural products designed to undo environmental damage to your skin.

Manicure	45 mins	370.00
Pedicure	60 mins	420.00

SIGNATURE TREATMENTS

Africology Shamans Healing Journey®

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 centres.

Shamans Journey	90 mins	1,100.00
-----------------	---------	----------

In order to enjoy your time at Wellness @ Safari Plains,
please arrive 10 minutes prior to your appointment.

A late arrival may mean that your treatment
time is reduced.

Guests who want to change or cancel an appointment
are kindly requested to provide 24 hours notice or the
full cost of the appointment will be charged.

Bookings by appointment
Email: reception@safariplains.co.za

WWW.SAFARIPLAINS.CO.ZA

