



SAFARI PLAINS

Wellness @ Safari Plains

Japanese Head Ritual

A TRANQUIL WATER JOURNEY FOR SCALP, MIND AND SOUL

Set against the stillness of the bushveld, our Japanese Head Spa Ritual is a deeply immersive treatment that blends ancient Japanese scalp therapy with the calming rhythm of water and touch. Designed to restore balance and elevate relaxation, this experience draws on the same principles found in nature — flow, renewal, and harmony. As warm water cascades gently over the scalp, tension begins to melt away. Carefully curated cleansing and exfoliation rituals purify and reset the scalp, while slow, rhythmic massage techniques stimulate circulation and release deeply held stress in the head, neck, and shoulders. The experience is both grounding and weightless — echoing the quiet serenity of Safari Plains.

More than a treatment, it is a sensory escape — where the sounds of water, the stillness of your surroundings, and expert touch come together to restore both inner calm and outer radiance.

Why you need it:

Exposure to the elements, travel, stress, and daily product build-up can compromise scalp health and overall wellbeing. This ritual offers a complete reset — detoxifying the scalp, nourishing the hair, and calming the nervous system. It is ideal for guests seeking both visible results and deep relaxation.

Key Benefits:

- Detoxifies and rebalances the scalp
- Encourages healthy, stronger hair growth
- Stimulates circulation and oxygen flow
- Relieves tension, stress, and mental fatigue
- Deeply hydrates scalp and hair
- Promotes restorative relaxation and improved sleep

What makes it unique:

The Japanese Head Spa Ritual is a rare offering — a fusion of advanced scalp therapy and a water-based relaxation experience. Unlike traditional treatments, it engages the senses through flowing water and intentional touch, creating a meditative state that feels both grounding and profoundly calming. At Safari Plains, this experience is elevated by the natural surroundings, allowing guests to reconnect with themselves while immersed in the tranquility of the bush.

Choose Your Experience

Bushveld Flow Ritual

A calming and restorative scalp-to-soul ritual designed to cleanse, condition, and revitalise. This immersive experience combines a gentle hair cleanse, nourishing scalp massage, and a soothing Japanese water cascade to stimulate circulation and release tension.

While warm water flows rhythmically over the scalp, a reflexology-inspired foot massage enhances relaxation and promotes overall balance. The treatment leaves the hair soft and replenished, the scalp refreshed, and the body deeply relaxed.

60 mins	R650.00
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Safari Plains Signature Ritual

A deeply restorative head-to-toe journey designed to rebalance body and mind through the gentle power of water and touch.

This immersive ritual begins with a purifying scalp cleanse and conditioning treatment, followed by a soothing Japanese water cascade that relaxes the senses and stimulates circulation.

A slow, tension-releasing scalp massage flows into a reflexology-inspired foot ritual, activating key meridian pathways to restore harmony throughout the body. The experience concludes with a curated Africology facial and acupressure finish, leaving both scalp and skin nourished, revitalised, and deeply restored.

90 mins	R950.00
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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	R 1,010.00
Facial Includes Neck & Décolleté Massage	80 mins	R 1,265.00

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	R 1,050.00
Full Body	90 mins	R 1,295.00

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	R 810.00
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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	R 1,125.00
	90 mins	R 1,345.00

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	R 810.00
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Africology African Grounding Ritual®

Inspired by the earth and rhythms of Africa, this deeply calming ritual reconnects body and mind through slow, intentional touch. Warm wooden massage tools are used alongside expert hand techniques to release tension, improve circulation, and ground the nervous system.

Aromatic, earthy essential oils enhance the experience, promoting a sense of balance and deep relaxation. The treatment focuses on restoring inner calm while easing physical stress, creating a feeling of complete stillness and connection.

This is a sensory journey designed to echo the tranquillity of the surrounding bushveld.

Full Body	90 mins	R 1,350.00
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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	R 1,415.00
Full Body	120 mins	R 2,540.00

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	R 540.00
Pedicure	60 mins	R 625.00

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	R 1,615.00
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Joyaux Atlantique - Energising Ritual

A revitalising journey inspired by 'marine lithotherapy', this spa ritual uses the power of semi-precious stones to restore the body's vital energy stores. A scrub with grains of pink sand and delicate white quartz crystals leaves the skin beautifully soft and smooth whilst the energising massage with rock crystals and traditional African techniques intensely stimulates and invigorates the body.

Energising Ritual	120 mins	R 2,280.00
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Family Treatments

Mother & Daughter Connection Ritual

A gentle and nurturing shared experience designed to deepen connection while promoting relaxation and wellbeing. Enjoyed side by side, this calming massage uses warm Africology aromatherapy oils and slow, flowing techniques to ease light tension and restore a sense of balance.

Set within the tranquility of the bushveld, the experience allows both mother and daughter to unwind together, creating a meaningful moment of stillness and care.

A beautifully restorative ritual that celebrates connection, presence, and time together.

For two	60 mins	R 1,250.00
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Father & Son Grounding Massage

A calming and restorative massage experience designed for shared relaxation and quiet connection. This treatment focuses on the back, neck, and shoulders, using gentle to moderate pressure to release everyday tension and encourage a sense of ease.

Warm Africology oils are applied to nourish the skin while rhythmic massage techniques promote circulation and relaxation. Ideal after a day spent exploring the bush, this experience offers a moment of calm and grounding for both father and son.

A simple yet meaningful ritual that encourages rest, recovery, and connection.

For two	45 mins	R 1,050.00
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Little Explorers Wellness Massage

A soothing, age-appropriate massage designed to gently relax the body and calm the mind. Using light pressure and carefully selected Africology oils, this treatment helps to ease minor tension while promoting a sense of comfort and wellbeing.

Inspired by the stillness of the surrounding landscape, the experience encourages young guests to unwind and reset after a day of adventure. The result is a feeling of calm, improved rest, and gentle restoration.

A nurturing introduction to the world of wellness, tailored for younger guests.

	30 mins	R 420.00
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Junior Wellness Policy

Junior treatments are designed for guests aged 6–16 years and are performed using gentle, age-appropriate techniques. A parent or guardian is required to be present in the treatment room for the duration of the experience or to provide written consent prior to the appointment. All treatments are adapted to ensure comfort, safety, and a nurturing introduction to wellness.



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

✉ **reception@safariplains.co.za**

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safariplains.co.za