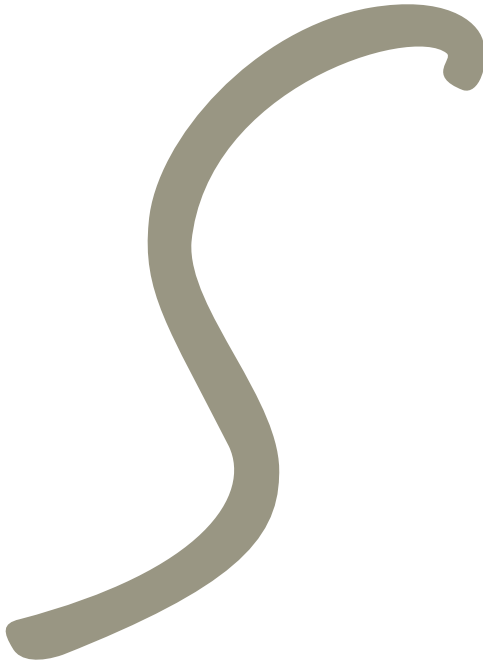


SPA GUIDE  
& *Price list*



SASAKWA & FARU FARU LODGES  
SABORA CAMP  
Serengeti • Tanzania

*The Spas at Singita Grumeti Reserves are havens for you to unwind and feel restored. We invite you to indulge in a unique Spa experience during your stay with us. We offer a selection of treatments designed to restore your body's natural balance and soothe away your stresses.*

# SPA GUIDE

## *& Price list*



### *Introduction*

Skin care treatments are performed in the tranquillity of the Spa therapy rooms, where we use Dermalogica products, which are naturally fragranced and suitable for both men and women.

Body treatments such as massage, polishing scrubs and nourishing masks can be enjoyed in the comfort of your suite, out on your deck or at the spa, using our organic Healing Earth products or the Dermalogica.

At our Spa's we offer a holistic approach, which allows us to treat each guest with the uniqueness they deserve. Escape to our spa where you can indulge your body, revitalize your mind and leave with a renewed sense of well-being.

# FACIALS & SKIN CARE

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Each facial treatment includes a neck, shoulder, face and scalp massage, which incorporates lymphatic drainage, pressure point therapy and Swedish massage techniques. Speak to one of our therapists to customize a treatment to suit your needs.

## **Deluxe Facial**

A powerful skin treatment from Dermalogica's AGE Smart range of products that delivers visible results for premature aging, pigmentation, dehydration, sun damage and devitalized skin concerns. Includes an intensely relaxing neck, shoulder, facial and scalp massage to ease all tension.

*90 min*

## **Environmental Control Facial**

When your skin is feeling stressed, irritated and sensitive. This is an ideal treatment for soothing and repairing skin suffering from redness, itching, stinging and dehydration.

*75 min*

## **Classic Facial Treatment**

Begin with a deep cleansing and gentle exfoliating steam to rid your skin of the African dust, followed by a deeply relaxing neck and shoulder massage, conclude with a moisture replenishing masque.

*60 min*

## **Express Queue**

If you are pressed for time this face-only treatment gets you in and out of the treatment room swiftly.

*30 min*

### **Micro Zone Treatments**

The 20-minute fix to repair problem skin. Ideal for breakouts, tired eyes or dull skin. Choose between:

- Blackhead relief / Rapid spot clearing
- Revitalizing eye rescue
- Flash exfoliation
- Lip renewal
- Men's skin fitness

*20 min*

### **Skin Bar Experience**

Touch, feel, play and be educated. During an interactive 20 minutes a therapist will show you step-by-step how to identify your skin concerns and treat them effectively at home to maintain results.

*20 min*

### **Masculine Edge**

Revitalize, renew and soothe skin aggravated by daily shaving and environmental exposure. Target those shaving concerns of ingrown hairs, razor bumps and burn, irritation and moisture loss. Includes deep cleansing, enzyme peel, mask, and tension releasing neck, shoulder and face massage.

*60 min*

### **Tinting**

- Lash and Brow
- Lash or Brow only

## SIGNATURE TREATMENTS

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Developed over the years at Singita by trained therapists - you will leave with a unique holistic spa experience.

### **Serengeti Stress Relief Ceremony**

With our Signature Treatment, your ceremony commences with the placing of gemstones on your chakras to focus your energies. After this, a unique deep thermal therapy treatment is conducted using a warm poultice stamp infused with herbs, seaweed and essential oils to detoxify, re-mineralize and completely de-stress your body.

Conclude with a express face treatment to nourish, hydrate and relieve your skin, whilst a thermal touch technique revives your hands or feet leaving them brighter, healthier and refreshed.

*150 min*

### **Njozi za Africa "Dreams of Africa"**

Discover the healing miracle of Africa with our indulgent African body ritual. This ritual includes a full body exfoliation, body wrap and is finished off with our unique Uhai balancing full body massage.

*150 min*

## HEALING EARTH SPA BODY THERAPY

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Healing Earth was created due to international demand for the purest and most natural organic spa products and therapies sourced from the African continent - taking natural preservation, botanical purity and quality management into account. Free of artificial colourants, fragrances, parabens and preservatives you can relax and be reassured that the goodness and purity of Africa is taking care of your every need.

By turning back to the source and listening to our earth's secrets we can learn to live in serenity, harmony and balance.

With Healing Earth you can design your own unique body treatment by mixing and matching the body polishes and body wraps to your specific needs. This is your opportunity to become one with earth and to embrace African plant and botanical cultures.



### **African Bathing Ritual**

Relax and ease out tension by soaking away in a bathing ritual using one of our aromatic infused bath salts - Joy, Stillness, Forest or Rhythm. These salts also re-mineralize your skin. Follow with one of our African Body Butters to add super nourishment.

*30 min*

### **African Healing Polish**

Discover the essence of Africa with one of our luxurious top to toe body exfoliation therapies destined to leave your skin soft, smooth and moisturized.

*30 min*

### **African Restorative Therapy**

These highly active and effective body wraps will treat any concern including dryness, psoriasis, eczema, fluid retention and cellulite. This ritual will start with dry body brushing and a body polish. To stimulate circulation we will then envelop you in a wrap catered to your individual and specified concerns. We bring the ritual to a close with the application of an enriching body butter of your choice, to provide your skin with all the nutrients it craves.

*60 min*

### **Polishes & Wraps**

- Kalahari Melon - Hydrating
- African Ginger - Muscle revive and healing
- Mongongo Nut - Detoxifying
- Coffee, Cinnamon and Orange - Energizing
- African Potato - Nourishing and healing
- Grape Pinotage - Anti-oxidant boost

### **Body Embalming Body Butter Applications**

- Joy - Energising
- Forest - Relaxing
- Stillness - Sleep enhancer
- Rhythm - Nourishing

# DERMALOGICA SPA

## BODY THERAPY

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Treat your mind, body and soul with one of our holistic treatments to melt away the stresses of the real world.

### **EXFOLIATION TREATMENTS**

A rejuvenating body experience which commences with dry body brushing and a Body Mapping skin analysis, followed by your choice of a customized body exfoliation to either energize or reduce tension. Your renewed skin is then nourished, hydrated and protected with a layer of body moisturizer.

- Enzymatic salt scrub
- Body foliation therapy

*30 min*

### **Purifying Back Treatment**

De-stress your muscles and cleanse the skin of impurities with this purifying, relaxing back treatment.

*60 min*

### **Body Wraps and Speciality Treatments**

Our wraps awaken your senses with body buffing and exfoliation. On completion, your experience continues to an intense wrap customized to suit your skin needs whilst indulging in a scalp massage treatment. To end, a layer of body moisturizer is applied.

*60 min*

- **Power Recovery Wrap**

Intensely feed and heal skin while stimulating circulation to promote a healthier hydrated skin.

- **Seaweed Mud Wrap**

Deep cleanse, detoxify, increase circulation, re-mineralize and smooth sun-touched skin.

### **Rejuvenating Body Delight**

Inspired by the practices of Thai Therapy of the 14<sup>th</sup> Century, this therapy utilizes a unique fabric stamp filled with skin-benefiting ingredients and the power of heat to detoxify, re-mineralize, de-stress, exfoliate and relax. Deep manipulations along pressure points and the meridians of the body relieve aching muscles and help to rebalance the body. This treatment includes dry body brushing, exfoliation, body analysis and unique stamp massage.

*90 min*





# MASSAGE & RELAXATION

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You may enjoy most of the relaxation treatments in the privacy of your suite. If you would like to experience Pure Aromatherapy or Healing Stones, we welcome you to the spa.

We encourage you to schedule your spa experience and on meeting your therapist select one or more of the following techniques for a unique indulgent massage:

## **Uhai Body Balance Massage**

This signature massage draws its inspiration from the Swahili word 'Uhai' representing "Life - new born in soul, mind, body and spirit". The massage incorporates massage techniques from all over the world to ensure you are treated from head to toe. This is enhanced by utilizing our exclusive African oils:

- Kalahari Melon - Hydrating
- African Ginger - Muscle revive and healing
- Marula and Neroli - Relaxing
- Coffee, Cinnamon and Orange - Energizing
- Mongongo Nut - Detoxifying

90 mins

## **Massage**

Our spas offer a choice of the following massage experiences.

*We recommend a 90 minute session in order to fully enjoy the maximum benefit of the treatment.*

- Traditional Swedish
- Pure Aromatherapy
- Healing Hot Stones
- Deep Tissue
- Detoxifying Mud Massage

### **Body Revive**

Revitalize your senses with a customized full body exfoliation coupled with a relaxing full body traditional Swedish massage.

*90 mins*

### **Massage Butter - To nourish**

Add the use of one of our African body butters to your treatment for super nourishment. Speak to your therapist for your choice of energizing, relaxing, sleep enhancing or nourishing.



# INSPIRE THE SPIRIT

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## **Sedating Scalp Massage**

Enjoy a blissful face and scalp pressure point massage with an aromatherapy blend of oils whilst your hair is conditioned with a revitalizing and hydrating masque - the ultimate in relaxation.

*60 min*

## **Rebalancing Reflexology**

Kneading of specific reflex pressure points followed by a comforting foot massage is an incredible way to release tension. Massaging these points helps the body's self healing mechanisms and allows the body's energies to be rebalanced.

*60 min*

## **Hot Stone Massage**

Enjoy the healing energy of Mother Nature with the deep penetrating heat of Basalt stones, combined with traditional full body massage to intensely release muscular tension and induce relaxation. Due to the nature of this treatment, it can only be performed in the Spa.

*90 min*



# GROOMING & BEAUTY

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## **Deluxe Hand Ritual**

This is the ultimate conditioning hand ritual. Using a unique African scrub, your hands are polished and cuticles restored with indigenous healing oils. Your hands are then massaged with African Shea butter and covered with warm compresses. Feel totally relaxed as you receive a scalp massage while warm oils penetrate into your skin. The treatment includes nail filing, cuticle work and is completed with polish or buffing.

*60 min*

## **Deluxe Foot Ritual**

Celebrate your feet with this luxurious pedicure treatment. The ritual will commence with a foot soak using African salts. Following this soak, your feet will be exfoliated to reduce roughness, after which we will embalm your feet with African Shea butter. Relax as you receive a foot and ankle massage. The treatment includes toenail filing, cuticle work and polish or buffing.

*60 min*

## **Spa Manicure** (Exclusive of painting)

*45 min*

## **Spa Pedicure** (Exclusive of painting)

*45 min*

## **Basic Painting**

*15 min*

Only the highest quality OPI products are used in our Spa Manicure and Pedicure treatments to provide nourishing care for rough dry skin, grooming for nails and calming massage for the mind.

## **ADDITIONAL**

### **Paraffin Treatment**

*15 min*

Dip into warm paraffin wax to soften, smooth and nourish rough dry skin while soothing away the pain of tendonitis, arthritis and swollen hands or feet.

## ADDITIONAL INFORMATION

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### **Attire**

Your comfort and privacy is of the utmost importance to us. Underwear or bathers may be worn for spa body therapy treatments or we can provide you with disposable underwear on request. Please feel free to ask your therapist which articles of clothing can be left on if you are not sure. Robes and slippers are provided in the spa facility and change rooms.

### **Appointments**

Bookings can be made with your Lodge Manager or directly at the Spa. We encourage you to arrive 15 minutes prior to the commencement of your treatment in order to complete a consultation card to assist our therapists with providing a unique customized spa experience.

### **Cancellations**

Please be advised cancellations received less than 24 hours will be charged at a 50% rate of your full treatment rate.

### **Gratuities**

Should you wish to show appreciation to your therapist, please feel free to add a gratuity onto your treatment docket which will be charged to your account upon your departure.

# GYMNASIUM & FITNESS CENTRE

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## **Gymnasium**

Our fully equipped gyms are open between 06h30 - 20h00 for your use. We will happily arrange to open the gym outside of those hours - please speak to your Lodge Manager.

**Please Note:** An adult must accompany children under 16 years.

**Inhalation Room** - *Only available at Sasakwa Lodge.*

Feel free to relax in our steam room and inhale aromatherapy oils to calm your mind and relieve congestion. Please arrange with a spa therapist should you like this to be set up for you.

## **PLEASE NOTE**

It is not advisable to consume alcohol within three hours of spa and body treatments as the alcohol can react with active ingredients in the body products and massage oils. This can cause unpleasant side effects which may decrease the result of your treatment.



# SPA

## *Price list*

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### **FACIALS & SKIN CARE**

Deluxe Facial	\$180
Environmental Control Facial	\$120
Classic Facial Treatment	\$105
Express Queue	\$55
Micro Zone Treatments	\$40
Skin Bar Experience	No Charge
Masculine Edge	\$105
Tinting - Lash and Brow	\$40
Tinting - Lash or Brow only	\$20

### **SIGNATURE TREATMENTS**

Serengeti Stress Relief Ceremony	\$290
Njozi za Africa "Dreams of Africa"	\$250

### **HEALING EARTH SPA BODY THERAPY**

African Bathing Ritual	\$50
African Healing Polish	\$60
African Restorative Therapy	\$120

### **DERMALOGICA SPA BODY THERAPY**

Exfoliation Treatments	\$60
Purifying Back Treatment	\$120
Body Wraps & Speciality Treatments	\$120
Rejuvenating Body Delight	\$180

### **MASSAGE & RELAXATION**

Uhai Body Balance Massage	\$180
Massage (per hour)	\$120
Body Revive	\$150
Massage Butter	+ \$20

### **INSPIRE THE SPIRIT**

Sedating Scalp Massage	\$90
Rebalancing Reflexology	\$90
Hot Stone Massage	\$180

### **GROOMING & BEAUTY**

Deluxe Hand Print Ritual	\$90
Deluxe Foot Print Ritual	\$100
Spa Manicure	\$60
Spa Pedicure	\$70
Basic Painting	\$20
Paraffin Treatment	+ \$20