

Singita

SPA

The Spa at Singita Lebombo & Sweni is a haven for you to unwind and feel restored. We offer a range of massages, skin care and spa body treatments. We have a fully equipped gym, a steam room for relaxation and inhalation therapy and a chill-out area where you can rest between treatments, or after exercising. All of our treatments are performed by highly qualified therapists.

Skin care treatments are performed in the tranquility of the Spa therapy rooms, where we use Dermalogica products which are natural, fragrance free and suitable for both men and women.

Body treatments such as massage, polishing scrubs and nourishing masks can be done in the comfort of your suite, out on your deck or at the spa.

At our Spa we offer a holistic approach which allows us to treat each guest with the uniqueness they deserve.

We invite you to join us at The Spa to rejuvenate your body and mind.

Facials & Skin Care

Each facial treatment includes a neck, shoulder; face and scalp massage which incorporates lymphatic drainage, pressure point therapy and Swedish massage techniques. We use Dermalogica products which are of the highest quality and free from irritating ingredients and fragrance. They are suitable for both men and women. Speak to one of our therapists to customize a treatment specifically to suit your needs.

AGE Smart Treatment

The revolutionary new powerful treatment from Dermalogica providing visible results for premature aging, dehydrated, sun damaged and devitalized skin

Are the signs of ageing becoming more prevalent on your skin? Give it a revitalizing boost with this treatment designed to help firm, smooth, nourish, regenerate and energize while controlling the biochemical triggers that lead to skin ageing! Potent vitamin and hydroxy acid exfoliation resurfaces and retexturizes skin while energizing massage techniques release tension in the facial muscles for the ultimate in skin therapy for prematurely ageing, mature or devitalized skin. The AGE smart treatment is the perfect complement to AGE smart home care regime and delivers the immediate results only available from a professional skin treatment.

R1050 - One hour thirty minutes

Revitalizing Eye Rescue

This eye treatment helps to firm and tone the eye area, diminish fine lines, reduce puffiness and soothe irritated, tired eyes. Can be incorporated into a facial or enjoyed as a separate treatment.

R330 – Thirty minutes

Classic Dermalogica Deep Cleanse

A revitalizing treatment begins with a deep cleansing, followed by a gentle enzyme peel to reveal smooth, glowing skin. This is followed by a relaxing face, neck and shoulder massage whilst a replenishing masque and nutrient rich moisturizer will hydrate, protect and help restore the natural balance of your skin.

R840 - One hour thirty minutes

Environmental Control Skin Treatment

If your skin is feeling uncomfortable or irritated, this is the treatment for you! Our super-soothing cleansing will remove impurities from your skin and a calming Clinical Colloidal Oatmeal Masque will instantly calm redness and reduce inflammation.

R950 - One hour thirty minutes

Multivitamin Power Facial

For the latest in vitamin repair and hydroxy acid exfoliation, this treatment includes a non-irritating vitamin power exfoliation and a vitamin recovery masque to noticeably improve skin elasticity, tone and texture.

R950 - One hour thirty minutes

COLLOIDAL OATMEAL OR CONTOUR MASK

+ R120

Specialized masks to soothe, firm or hydrate the skin.

IONTOPHORESIS

+ R120

Electrical current applied to the skin for deep penetration of active products.

TINTING

Brow and Lash

+ R160

Brow only

+ R60

Massage & Relaxation

Stress Relief Massage

At the Bush spa we are pleased to offer you a combination of deep-tissue, Swedish and lymph drainage technique massage which can be adapted to meet your individual needs be it strong and deep, or a lighter and more relaxing massage.

FULL BODY

R660 - One hour

BACK MASSAGE

R495 - Forty five minutes

Aromatherapy Massage

A truly holistic treatment using pure aromatic plant oils to envelop the senses. Pressure point therapy and lymphatic drainage techniques are incorporated into this gentle massage to promote relaxation and well being.

R800 - One hour fifteen minutes

Deep Tissue Massage

This is a firmer massage than traditional Swedish or Aromatherapy with deeper muscle and soft tissue involvement. This highly specialized massage is ideal for the relief of stiff aching muscles, detoxification and stimulation of circulation. Pressure point therapy and minor stretching is incorporated.

R990 - One hour thirty minutes

R720 - One hour

Salt Glow and Massage

Your skin will be polished to a glow before enjoying a relaxing full body massage using ultra-rich body cream to smooth and hydrate the skin while melting tension from stiff, tired muscles.

R1 000 - One hour thirty minutes

Holistic Therapy

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

African Head Massage

Africa's version of the ancient art of head massage, incorporating the head, neck and shoulders – the ultimate in relaxation. **R495 - Forty five minutes**

Reflexology

Treat your whole body through our balancing pressure point foot massage, releasing areas of congestion and tension in the body by working reflexes in the feet, including a foot buff and exfoliation. **R550 - One hour**

African Hot Rock Therapy

Enjoy the healing energy of Mother Nature through warm basalt stones, combined with traditional massage which helps to melt away tension. **Due to the nature of this treatment it can only be performed in the spa.**

R850 - One hour

R1 050 - One hour thirty minutes

'Power of Heat and Touch'

Relax and enjoy a truly balancing, calming and nourishing treatment. Your body is polished to a glow, followed by the Dermalogica power recovery wrap. Your body gains nourishment while your mind is balanced through your choice of reflexology or African head massage. Complete the treatment with an energizing hot stone massage on the back of your body. **R1 400 – Two hours**

Spa Body Therapy

All of our Spa body therapy treatments are performed in the professional yet relaxing environment of The Village Spa or in your own suite. Indulge yourself in our cleansing, exfoliating and hydrating treatments.

Mineral Salt Glow

This therapy polishes skin to a soft glow while providing critical hydration and nourishment skin needs. Mineral sea salts and seaweed exfoliate while skin-smoothing enzymes help dissolve dead skin cells for a naturally smooth finish. Natural oils and extracts stimulate the senses while cleansing and conditioning. Ideal before a body massage.

R440 - Thirty minutes

Body Wrapping

After a stimulating body exfoliation, relax in the luxury of being enveloped in your choice of a revitalizing coffee wrap to relieve fluid retention and stimulate detoxification or a creamy chocolate wrap to melt away stress and induce endorphins, and enjoy a head massage. Add a back or body massage for added relaxation.

R750 – One hour

Deluxe Grape Luxury Bath

A dry body buffing, back massage and grape wrap combine to alleviate stress and restore youthful luminosity and vitality to the skin. Complete the treatment by relaxing in a romantic red wine bath.

R950 - One hour fifteen minutes

Back Treatment

De-stress your muscles and cleanse the skin of impurities with the purifying and relaxing back treatment. A deeply-cleansing scrub sloughs off dead skin cells, readying skin for the removal of toxins. A mask follows the relaxing massage.

R660 - One hour

Dermalogica Thermal Body Therapy

The Dermalogica concept of skincare goes beyond luxury and pampering, to treat the skin resulting in visible benefits!

Power Recovery Therapy

An intense wrap dedicated to feeding your skin with the nourishment it craves. A unique blend of wheat protein and honey act to hydrate the skin, while wasabi, ginger and white tea stimulate blood circulation to promote healthier skin. Customized essential oils smooth and provide antioxidant protection. Ideal for those suffering with the signs of premature ageing, or dry, irritated skin.

R720 - One hour

Nourishing Sea Mud Therapy

Stimulate circulation while smoothing skin with the body wrap that promotes skin nourishment. Natural earth clays draw out impurities while ginger and white tea stimulate blood circulation and smooth skin. Customized essential oils provide aromatherapeutic benefits while caffeine provides all-over toning. Rest in a warming wrap that induces blood circulation while encouraging absorption of nourishing botanicals.

R720 - One hour

Mud Massage Therapy

A unique and exotic treatment that combines the detoxifying and cleansing capabilities of earth clays with the intensely moisturizing power of natural oils. This full body massage leaves you feeling invigorated!

R720 – One hour

Hot Revival Therapy

Inspired by Ancient Thai therapy, this treatment consists of a body polish, followed by an invigorating massage. The application of a re-mineralizing heated poultice on pressure points and the body meridian relieves aching muscle tissue and works to rebalance the body.

R1 100 - One hour thirty minutes

Signature Treatments

Inspired by the African Bush, and developed by our therapists, these treatments relax the body and refresh the spirit!

Monkey Orange Massage

This treatment is not only unique to Singita, but also captures the essence of the Kruger National Park – a true ‘Bush Spa’ experience.

Monkey oranges are part of the calabash family – a round fruit that hardens when dried. These fruits are used as tools to create pressure and pounding for easing tension and removing trigger points, as well as gliding over the body for relaxation and stress relief.

We chose to combine these indigenous fruits with Marula oil. The small, yellow Marula fruit – a favourite delicacy to elephants – is well-known as being typically South African. Marula Oil is rich in Oleic acid, an essential component for the maintenance of healthy skin, with alpha-hydroxy properties and natural sunscreens.

R1 050 – One hour thirty minutes

Nkondzo wa Ndlopfu – ‘Elephant foot prints’

Tired, aching feet after a long flight or drive?

Enjoy a crystal foot exfoliation and dynamic self heating marine pack which is applied to your feet, while your legs are massaged with revitalizing body cream. A reflexology treatment then balances body energy, and releases the aches and pains of tired or swollen feet.

R950 - One hour fifteen minutes

N’weti Touch ‘Touch of Moonlight’

Your body is buffed and polished with sea salt exfoliation followed by the application of self-heating marine mud along the spine. Relax while your legs are massaged with a revitalizing body cream. Melt away any tension with a back and scalp massage.

R950 - One hour fifteen minutes

Grooming & Beauty

Wash away the African dust with a pampering spa experience.

Spa Manicure

A conditioning treatment to care for your hands and nails. We use sugar crystal and fruit-acid based exfoliating scrub, followed by a nourishing rejuvenating serum to soften and replenish your skin accompanied by a deeply relaxing hand massage. The treatment includes nail filing, cuticle work and is completed by polish or buffing.

R360 – One hour

Spa Pedicure

Using OPI foot care products your feet will be exfoliated to reduce roughness and dry skin, followed by a luxury caviar foot soak. Enjoy a moisturizing mask containing ultra-nourishing shea butter, and the refreshing essences of green-tea, cucumber and menthol and relax with a soothing massage. The treatment includes toenail filing, cuticle work and polish or buffing.

R440 - One hour

ADDITIONAL

**RE-VARNISH
FRENCH PAINT**

**R100
+ R50**

Additional Information

Attire

Your comfort and privacy is of the utmost importance to us. Underwear or bathers are worn for Spa Body Therapy treatments and certain Signature treatments. For certain treatments we provide you with disposable underwear. Male visitors please bring extra underwear or Speedos with you. 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 change rooms and treatment rooms.

Appointments

Bookings can be made with your Amukeri or Lodge Manager.

Gymnasium & Fitness Centre

Gymnasium

We have a gym fully equipped with **Technogym** equipment. The gym is open between 06h00-20h00 every day. We will happily arrange to open the gym outside of those hours – please speak to your lodge Amukeri.

Please note: Children under 16 years must be accompanied by an adult.

Inhalation Room

Feel free to relax in our steam room and inhale aromatherapy oils to calm your mind and relieve congestion. Enjoy an invigorating nature shower in the adjacent cubicle thereafter. Please arrange with one of our therapists should you like this to be set up for you.

PLEASE NOTE: IT IS NOT ADVISABLE TO CONSUME ALCOHOL WITHIN 3 HOURS OF SPA AND BODY TREATMENTS AS THE ALCOHOL CAN REACT WITH ACTIVE INGREDIENTS IN THE BODY PRODUCTS AND MASSAGE OILS.