

# Singita

SPA

We invite you to indulge in a truly unique Spa experience during your stay with us at Singita Sabi Sand. We offer a selection of treatments created to restore your body's natural balance and soothe away your stresses.

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 enjoyed in the comfort of your suite or 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. Escape to our spa where you can indulge your body, revitalize your mind and leave with a renewed sense of well-being.

## SKIN CARE

*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 specifically to suit your needs.*

### **AGE SMART TREATMENT**

The intelligent investment in your future skin. 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.

**R1100 - 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.

**R350 - Thirty minutes**

### **THE CLASSIC**

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

**R900 - One hour thirty minutes**

### **ENVIRONMENTAL CONTROL FACIAL**

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.

**R1000 - One hour thirty minutes**

### **MULTIVITAMIN POWER EXFOLIATION**

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.

**R1000 - One hour thirty minutes**

### **COLLOIDAL OATMEAL or CONTOUR MASK**

Specialized masks to soothe, firm or hydrate the skin.

**+ R120**

### **IONTOPHORESIS**

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

**+ R120**

### **TINTING**

Brow and Lash

**+ R160**

Brow only

**+ R60**

## MASSAGE & RELAXATION

### SALT GLOW & 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 muscles.

**R1060 - One hour thirty minutes**

### STRESS RELIEF MASSAGE

The treatment combines 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 MASSAGE R700 - One hour**

**BACK MASSAGE R520 - Forty five minutes**

### AROMATHERAPY FULL BODY MASSAGE

A truly holistic treatment using pure aromatic plant oils to envelop the senses. You have a choice of the following treatment oils: Circula oil to enhance circulation, Betta day for natural coping with daily stress, Betta sleep to encourage natural sleeping patterns, and Neck treat to relieve neck and back tension.

**R850 - 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.

**R1000 - One hour thirty minutes**

**R760 - One hour**

MASSAGE CREAM to nourish  
ENZYMATIC SEA MUD to detoxify

+ R100  
+ R100

## INSPIRE THE SPIRIT

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

### AFRICAN HEAD MASSAGE

Enjoy a relaxing head massage combined with hair treatment using hair treatment oil to help treat dry hair and scalp. It is Africa's version of the ancient art of head massage, incorporating the head, neck and shoulders – the ultimate in relaxation.

**R520 - Forty-five minutes**

### REFLEXOLOGY

Enjoy an energizing foot filing and scrub that will revitalize, stimulate and cleanse your feet in preparation, then treat your whole body through our balancing pressure point foot massage, releasing areas of congestion and tension in the body by working on the reflex points in the feet.

**R580 - One hour**

### HOT STONE MASSAGE

Enjoy the healing power of Mother Nature with various types and sizes of hot 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.

**R900 - One hour**

**R1100 - One hour thirty minutes**

## SPA BODY THERAPY

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

### **SALT GLOW**

Mineral sea salts are used to smooth and polish the body, while natural oils and extracts stimulate the senses. Dry body brushing, friction massage and gentle cloth buffing get you gleaming all over. Ideal before a body massage

**R450 - Thirty minutes**

### **POWER RECOVERY THERAPY** *Ideal for dry, sensitive irritated skin.*

An intense wrap dedicated to feeding your skin. A unique blend of wheat protein and honey acts as maximum hydrators while wasabi stimulates blood circulation to promote healthier skin. Olive oil, kukui nut and grape seed oil soothe and provide antioxidant protection.

**R760 - One hour**

### **ENZYMATIC SEA MUD THERAPY**

Detoxify, exfoliate and nourish your body with a warm, relaxing & purifying seaweed and mineral mud wrap. Infused with aromatic botanical extracts and fruit enzymes, this treatment will leave your skin smooth and supple, while a soothing foot or head massage will float you into oblivion.

**R760 - One hour**

### **HOT REVIVAL THERAPY**

Experience a treatment inspired by Traditional African healers. The treatment consists of a Body polish, followed by the application of a re-mineralizing heated poultice on pressure points and allowing for the deeper manipulation on aching muscle tissue, completed with a revitalizing massage. Due to the nature of this treatment it can only be performed in the spa.

**R1160 - One hour thirty minutes**

### **ROMANTIC LUXURY BATH**

A romantic treat for two which can be enjoyed in the privacy of your room after your evening game drive. Be buffed and polished with a dry body brushing, followed by a full body massage. You and your partner will then be enveloped in a luxurious grape wrap that will gently exfoliate your skin providing luminosity and vitality. While warmly wrapped enjoy either a head or foot massage or reflexology. Complete this treatment with a soak in a relaxing red grape bath.

**Two therapists: R2350 - One hour fifteen minutes**

### **DYAMBU TOUCH 'Sun Touched'**

Hawaiian kahuna lomi-lomi massage combined with the uplifting effects of Mimosa, Jasmine, rosewood and Cedarwood in the form of a soy candle. Lomi-lomi is a unique healing massage derived from Ancient spiritual healers who used the massage to affirm one's belief and purpose in life. The massage will work gently yet deeply into muscles nurturing the body and enabling relaxation. The massage seeks to restore body's harmony. It will help relieve tension, blood and lymph flow assisting in elimination of wastes and toxins. Due to the nature of this treatment it can only be performed in the spa.

**One therapist: R1200 - One hour thirty minutes**

**Two therapists: R1450 - One hour**

### **N'WETI TOUCH 'Touch of moonlight'**

Relax and enjoy a traditional full body massage, with new soya-based therapy candles. Choose from different fragrances to enjoy different effects... Uplifting, relaxing, calming or stimulating.. Speak to the therapist before the treatment who can help you choose the candle suitable for your needs. The candles are formulated to soothe damaged & dry skin, relieve inflammation from eczema or insect bites and soothe aching joints

**R1160 - One hour thirty minutes**

**R780 - One hour**

## SINGITA SIGNATURE TREATMENTS

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

### **HAKUNA MATHATHA**

Are you fatigued and stressed? Let this treatment revitalize you so that you can experience Singita at its absolute best. The treatment will smooth and soften your skin with a spa exfoliating salts, followed by the application of a revitalizing roasted coffee wrap to relieve fluid retention. The treatment ends with an energizing lymphatic drainage massage.

**R1500 - Two hours**

### **BODY BLITZ**

Detoxify and soothe your body with a crystal exfoliation and Dynamic self heating marine pack, while your legs are massaged with revitalizing body cream. Melt away any remaining tension with a scalp and back massage.

**R1000 - One hour fifteen minutes**

### **SWIHARHI 'Big Five'**

They say the bush has the Big 5 animals so why not enjoy the Big 5 of the spa – exfoliation, body wrap, African head massage, reflexology and full body massage. A treatment for any “chocoholic”, this treatment is performed by two therapists and begins with a dry body brushing followed by a choco scrub to remove dry skin. You will then be engulfed in a decadent chocolate wrap that will provide your skin with energy and vitality; during which time you will be treated to an African head massage and reflexology simultaneously. You can choose to experience the treatment in the privacy of your suite where a milk mousse bath will be incorporated or should you opt for the comfort of the spa; an inhalation steam is an alternative. Unwind with a relaxing 4 hand massage.

**Two therapists: R2800 - Two hours**

## GROOMING & BEAUTY

*Wash away the African dust with a pampering spa experience.*

### **OPI 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.

**R380 – One hour**

### **OPI SPA PEDICURE**

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

**R460 - One hour**

### **WARM WAX FOOT TREATMENT**

Comfort dry, cracked skin on feet with a soothing massage followed by the application of warm paraffin wax. (This treatment can be incorporated during a pedicure treatment, or added to a facial for the ultimate indulgence)

**R220 - Thirty minutes**

### **ADDITIONAL**

Re-varnish

R100

French paint

+ 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. Please arrange with the Lodge Manager should you wish to make use of the steam room.

**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.**