



SPA GUIDE & *Price list*



Introduction

Skin care treatments are performed in the tranquility 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.

At our Bush 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 to suit your needs.

AGE Smart Treatment

The intelligent investment in your future skin. The revolutionary 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 the 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.

90 min

The Classic

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

90 min

Environmental 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.

90 min

Multivitamin Power Exfoliation

The latest in vitamin repair and hydroxy acid exfoliation! This treatment includes a potent multivitamin power exfoliation and a vitamin recovery masque to noticeably improve skin elasticity, tone and texture.

90 min

Revitalizing Eye Rescue

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

30 min

Tinting, Iontophoresis and additional treatment masks are also available.



SINGITA SIGNATURE TREATMENTS

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

Ndzi Lorhe Africa “I Dreamed of Africa”

Discover the 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 Inkaba balancing full body massage. Float away into an African Dream.

120 min

Monkey Orange

This treatment is exclusive to Singita. Monkey oranges are part of the calabash family - a round fruit that hardens when dried. These fruits are used as massage “tools” to create pressure and pounding for easing tension and releasing pressure points, as well as gliding over the body for relaxation and stress relief. Using our African formulated Marula and Neroli oil blend this will be a unique Singita experience.

90 min

African Self-Enlightenment Ritual

This amazing journey is based on ancient African healing remedies using nature’s medicinal ingredients and heat. It commences with a cleansing, full body exfoliation followed by a holistic heat therapy with African basalt rocks and specialized African oil blends to relieve your body of fatigue. Due to the nature of this treatment, it can only be performed in the Spa.

120 min

Riendzo Ra Ntiyiso “A true journey for two”

A romantic treat for two which can be enjoyed in the privacy of your suite after game drives. Be buffed and polished with a dry body brush, followed by an Inkaba balance full body massage. You and your partner will then be enveloped in a luxurious anti-oxidant grape wrap that will feed your skin with all the goodness and vitality for which it thirsts. While warmly wrapped, enjoy either a head or foot massage. Complete this treatment by soaking in a relaxing African bath.

75 min

Swiharhi “Big Five”

They say the bush has the Big Five animals so why not indulge in the Big Five of the spa - Exfoliation, Body wrap, African head massage, Reflexology and an Inkaba balance full body massage.

Using only the finest and purest ingredients from Mother Nature, this treatment is performed by two therapists and begins with dry body brushing followed by an African exfoliation of your choice - whether your concern is dehydration, loss of elasticity, fluid retention or stress. You will then be engulfed in a decadent African wrap that will feed your skin with all the goodness you deserve, during which you will be treated to an African head massage and reflexology simultaneously. After you enjoy a refreshing shower we will return you to a state of holistic harmony by performing a relaxing four hand massage. You can choose to experience the treatment in the privacy of your suite where an African bath will be incorporated leaving you feeling serene, tranquil and filled with peace, or should you opt for the comfort of the spa, a steam inhalation is an alternative.

Two therapists : 120 min

HEALING EARTH SPA BODY THERAPY

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 ensured 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 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 for which it craves.

60 min

Polishes & Wraps

- Kalahari Melon - Hydrating
- African Ginger - Firming and healing
- Mongongo Nut - Detoxifying
- Coffee, Cinnamon and Orange - Cellulite therapy
- African Potato wrap - Nourishing and repairing
- Grape clay mask - Anti-oxidant rich

Body Embalming Body Butter Applications

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

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.

90 mins

N'weti Touch "Touch of moonlight"

Relax and enjoy a traditional full body massage, with new soya-based therapy candles - an alternative to traditional aromatherapy. Choose from several aromatic fragrances to enjoy different effects - uplifting, relaxing, calming or stimulating. The candles are formulated to salve dry, damaged skin; relieve inflammation from eczema or insect bites and soothe aching joints.

60 or 90 mins

Dyambu Touch "Sun touched"

Hawaiian Kahuna lomi-lomi combined with the uplifting effects of the African 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 while seeking to restore the body's harmony. It will help relieve tension and increase blood and lymphatic flow, assisting in elimination of wastes and toxins in the body. Due to the nature of this treatment, it can only be performed in the Spa.

Choose either a single therapist or the indulgent four hands massage:

One therapist

90 min

Two therapists

60 min

Inkaba Body Balance Massage

This signature massage draws its inspiration from the Xhosa word 'Inkaba' representing interconnectivity. 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 - Hydrate
- African Ginger - Firm and slim
- Marula & Neroli - Relaxing
- Coffee, Cinnamon and Orange - Cellu low
- Mongongo Nut - Detoxifying

60 or 90 mins

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. Trigger point therapy and minor stretching is also incorporated.

60 or 90 mins

Back Massage

Select from any of our massage techniques for an indulgent back massage.

45 mins

Butters - 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

African Head Massage

Enjoy a relaxing head massage combined with hair treatment using nourishing oils to 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.

45 min

Reflexology

Enjoy an energizing filing and foot scrub to revitalize and cleanse your feet in preparation for the treatment of 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.

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 deeply penetrate muscular tension. Due to the nature of this treatment, it can only be performed in the Spa.

60 or 90 min

GROOMING & BEAUTY

African Hand Print 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

African Foot Print 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

Paraffin wax treatment available for added hydration.



COUPLES TREATMENTS

African Self-Enlightenment Ritual

This amazing journey is based on ancient African healing remedies using nature's medicinal ingredients and heat. It commences with a cleansing full body exfoliation followed by a holistic therapy with African Basalt rocks and specialized African oil blends to relieve your body of fatigue. Due to the nature of this treatment, it can only be performed in the Spa.

Two therapists : 120 min

African Couple Connection for Two

Enjoy an energising foot filing and scrub to revitalize and cleanse your feet in in preparation for our balancing pressure point foot massage. This treatment releases areas of congestion and tension in the body by working on the reflex points in the feet. Follow this with Africa's version of the ancient art of head massage, incorporating the head, neck and shoulders - the ultimate in relaxation.

Two therapists : 75 min

Healing Body Polish for Two

Discover the essence of Africa with one of our luxurious top to toe body exfoliation therapies. Following this cleansing experience we will end the treatment with an Inkaba balance full body massage using only the purest African oil blends leaving you with a distinct essence of Africa.

Two therapists : 90 min

Inkaba Body Balance for Two

This signature massage draws its inspiration from the Xhosa word 'Inkaba' representing interconnectivity. The massage incorporates techniques from all over the world to ensure you are treated from head to toe. This is enhanced by utilizing Healing Earth's exclusive African oil blends.

Two therapists : 60 or 90 min

Celebration Ritual for Two

A tranquil journey which can be enjoyed in the privacy of your suite. This treatment renews the skin with a full body exfoliation leaving your skin feeling radiant. You will then be enveloped in our unique body masks, gels and oils to replenish your skin with goodness from Africa's garden. While warmly wrapped enjoy both a head and foot massage. Complete this treatment by soaking in a relaxing African bath with your loved one...

Two therapists : 90 min

Riendzo Ra Ntiyiso "A true journey for two"

A romantic treat for two which can be enjoyed in the privacy of your suite. Be buffed and polished with a dry body brush, followed by an Inkaba balance full body massage. You and your partner will then be enveloped in a luxurious anti-oxidant grape wrap that will feed your skin with all the goodness and vitality for which it thirsts. While warmly wrapped, enjoy either a head or foot massage. Complete this treatment by soaking in a relaxing African bath.

Two therapists : 75 min



ADDITIONAL INFORMATION

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 change rooms.

Appointments

Bookings can be made with your Amukeri or Lodge Manager.

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, to cause unpleasant side effects.

GYMNASIUM & FITNESS CENTRE

Gymnasium

We have a gym fully equipped with "Technogym" equipment. This is open between 06h00 -20h00 for your use. We will happily arrange to open the gym outside of those hours - please speak to your Amukeri or Lodge Manager.

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

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 front desk should you like this to be set up for you.



SPA Price list

SKIN CARE

AGE Smart Treatment		R1100
The Classic		R900
Environmental Facial		R1000
Multivitamin Power Exfoliation		R1000
Revitalizing Eye Rescue		R350
Colloidal oatmeal or Contour mask		+ R120
Iontophoresis		+ R120
Tinting - Brow and Lash		+ R200
Tinting - Brow only		+ R80

SINGITA SIGNATURE TREATMENTS

Ndzi Lorhe Africa- I dreamed of Africa		R1700
Monkey Orange		R1100
African Self-Enlightenment Ritual		R1550
Riendzo Ra Ntiyiso "A true journey for two"		R2350
Swiharhi "Big Five"		R2800

HEALING EARTH SPA BODY THERAPY

African Healing Polish		R450
African Restorative Therapy		R800
Body Embalming Body Butter Applications		+ R120

MASSAGE & RELAXATION

Salt Glow & Massage		R1100
N'weti Touch "Touch of moonlight"	90 mins	R1160
	60 mins	R780
Dyambu Touch "Sun touched"		
One therapist	90 mins	R1200
Two therapists	60 mins	R1450
Inkaba Body Balance	90 mins	R1100
	60 mins	R700
Deep tissue	90 mins	R1100
	60 mins	R760
Back Massage	45 mins	R520
Butters to nourish		+ R120

INSPIRE THE SPIRIT

African Head Massage		R520
Reflexology		R580
Hot Stone Massage	90 mins	R1100
	60 mins	R900

GROOMING & BEAUTY

African Hand Print Ritual		R380
African Foot Print Ritual		R460
Paraffin Treatment		+ R220
Re-varnish only		+ R150
French paint		+ R50

COUPLES TREATMENTS

African Self-enlightenment Ritual for Two		R3000
African Couple Connection for Two		R2350
Healing Body Polish for Two		R2200
Inkaba Body Balance for Two	90 mins	R2200
	60 mins	R1400
Celebration Ritual for Two		R2300
Riendzo Ra Ntiyiso "A true journey for two"		R2350