



AFRICOLOGY[®]

Treatment Menu



AFRICOLOGY

AT THE MASLOW

With an intention to assist you to re-balance, re-group and function at optimum levels, Africology understands that outcome based treatments are beneficial in a therapeutic, prescriptive offering which is why Africology therapists are regarded as health care consultants. They are able to assess your health needs and align this accordingly to treatment offerings. Africology massage treatments are designed to assist a stressed muscular system, and an unbalanced endocrine system.

Africology focuses on optimizing blood flow whilst ensuring more oxygen is passing through the arteries; being vital elements in re-energising the body, and supporting a healthy biology. The Africology Hydrotherapy areas are fundamental to this holistic offering and is based on the healing aspects of hot cold therapies and their capability of challenging the body's' innate healing ability.

At a Sun International Africology spa, you can let go and step into a space where care and luxury are unsurpassed.

AFRICOLOGY FACIALS

Africology Bespoke Facial

60 mins

A deep cleanse can leave the skin looking refreshed and more youthful. By using our gentle Exfoliating Cream and hot mittens, we purify the skin without the long term damage usually caused by steaming and harsh exfoliators. An exfoliation with massage that stimulates and uplifts tired and dull skin, and clears problematic skin.

Oxygen Facial Therapy

90 mins

A lack of pure fresh oxygen can prevent blood plasma from free flow, restricting the transportation of vital elements in your biology. Rejuvenation at its optimum, add seven minutes of deep breathing oxygen to your facial. So relaxing and calming, as it purifies blood flow. Sometimes we all need a little clear thinking. Pure liquid oxygen is sprayed onto the skin and the combination of internal & external oxygen supplementation is most valuable in the anti-ageing process.

African Goddess Facial®

90 mins

When your primary focus is a facial rejuvenation, but the body is also calling for tender loving care. Our treatment starts with a back and neck exfoliation followed by a muscular releasing massage, melting away tension. We know that a stressed muscular system can place much gravity on the facial muscles; often resulting in sagging skin. This treatment is a wonderful ritual that involves cleansing, massage and sound therapy, making it a sacred and sensory way to celebrate the Goddess within. A woman's breast is sacred, and with your permission your therapist will also work on rejuvenating the skin around this area.

Balancing Rose Crystal Facial

80 mins

Rosehip oil is steeped in history and has always been associated with the heart and soul. Our beautiful blend of Rose Absolute is designed to restore the skin's natural balance while eliminating feelings of sadness, rejection or fear. Warmed Rose Quartz stones are massaged upon the face in conjunction with a deep cleansing and hydrating rose inspired facial. The neck, décolleté and feet are also worked to relax muscle tension, reduce fine lines, fight the signs of photoaging, and increase hydration and cell renewal.

Bespoke Facial (includes massage)

80 mins

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.

Revitalise, Rejuvenate, Purify, Balance

THERAPEUTIC MASSAGES

The Maslow Journey

90 mins

A journey into the self, starts with the realization and acknowledgment of the bodies expression during moments of stress. Stress a sign from the higher mind to remind us to take time out, let go and regroup once again. It is in that space, of nothingness, that we are able to hear the voices of our inner being. With this in mind, we have created a safe environment for you to let go. Your journey is bespoke, as your therapist will adapt her therapeutic approach accordingly.

Muscle & Joint Magnesium Therapy

**60 mins
90 mins**

Magnesium's benefits are many. Symptoms and conditions such as chronic pain, fatigue and insomnia, are effectively treated with Magnesium supplementation. Choose either a 60min deep tissue Magnesium massage which induces a state of calm and promises a good night's sleep. Or select the 90min version which includes a steam session in preparation for your Magnesium rich mud pack; effective in soothing a stressed muscular system.

Bespoke Intuitive Herbal Oil Massage

**60 mins
90 mins**

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.

Cardio-pause Massage

60 mins

A lack of circulation and subsequent disrupted blood flow to the heart can cause an overall sense of exhaustion and lack of motivation. This massage focuses on increasing blood flow, allowing for more oxygen to flow through the body. A gentle yet effective massage that maintains cardiac stability.

Majestic Awakening

45 mins

Neck, shoulders and scalp

The treatment begins where your neck, shoulders and scalp are deeply massaged, dissipating tension and stress through touch and aromatherapy.

Intonga Amasatchi

75 mins

Full Body Treatment

We know that the body has a memory of all emotional experiences. An inability to let go often expresses itself in the body that can be blamed for low immunity. Intonga Amasatchi is a deep tissue and stress-relieving treatment. Skillful movements are performed with the hands, and differently sized wooden sticks are used to stretch tight muscles and ease toxic overload from daily stress. Symbolically, the stick or staff represented wisdom and direction to the healer. Created from yellow wood, the traditional healer knew that the energy of earth was a valuable tool.

Hot Stone Massage

**60 mins
90 mins**

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.

THERAPEUTIC MASSAGES

Soul Of Africa Body Journey

90 mins

Africology admires and emulates this ceremonial process, using Africa's miracle Marula oil blended with Neroli to soften signs of ageing through its anti-stress action. This treatment begins with a back exfoliation followed by an application of warm, soothing mud to release tension stored in the muscles, whilst assisting the elimination of toxins in the body. Marula oil is then applied in preparation for your intuitive full body massage. In Africa, Marula is also used to treat sun-damaged skin as it improves skin hydration and helps fight free radicals.

Bespoke Yoga

90 mins

Harnessing the powerful and tested knowledge of Indian yoga, this massage works with meridians of the body as well as the muscles. Pressure is used on meridian lines to activate the body's natural energy lines before limbs are stretched and massaged. Chakra points are also stimulated and Africology's Bespoke Massage Oils are used to enhance the experience. The client chooses from our selection of massage oils according to their physical condition and mental state.

Balancing Scalp And Leg Massage

45 mins

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.

Shamans Journey

90 mins

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.

Shea Aromatherapeutics

60 mins

90 mins

Easy-melting Shea from Ghana, blended with healing African potato, rooibos and natural essential oils creates a sublime, beautiful body experience. Shea, normally as hard as rock, once applied to the skin melts deeply into the upper layers of the dermis to hydrate, soothe and condition. The Shea is combined with your sensory selection of various essential oils such as exotic jasmine, neroli, or chamomile, for a soothing and calming massage or perhaps Black Pepper Balm for a deep tissue experience.

SKIN ADORATION WRAPS

African Potato Body Wrap

60 mins
120 mins

Suitable for pregnant women and eczema sufferers

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.

Slimming Detox Body Wrap

Not suitable for pregnant clients

120 mins

We use an African plant combination infused into a natural mud to help with circulation and lymph drainage. This very effective clay contains l-carnitine and caffeine, which act as fat strippers and mobilisers to stimulate lipolysis. This invigorating wrap begins with stimulating and exfoliating, working on circulation and lymph drainage before the warm wrap is applied and heated. This wrap works particularly well for bodies in need of a detox owing to acidic conditions, arthritis and oedema. Completed with a circulatory massage and energy balancing.

Immune Body Boosting Wrap

Not suitable for pregnant clients

120 mins

Our vitamin and mineral cocktail is enriched with plant extracts to promote a healthy immune system and is applied as a mud wrap and left to set on the body to stimulate lymph drainage, collagen production and toxin elimination.

Rooibos And Lavender Clay

120 mins

Great for skin conditions such as eczema, rashes, sunburn, and swelling. Our combination of plant oils and extracts leave the skin feeling smooth and refined, while stimulating blood and lymphatic flow.

Coffee and Mint Body Wrap

120 mins

Suitable for pregnant women and clients with high blood pressure

Once the body has been prepared with our walnut and marula shell exfoliator, our proven combination of coffee extract combined with spearmint is applied as a mud wrap, which sets on the body to stimulate lymph drainage and blood flow, together with toxin elimination. This wrap is particularly helpful in water retention and cellulite reduction. It is highly recommended as part of a Lymph Draining Treatment.

HYDROTHERAPY

The Africology Hydrotherapy or wet areas are based on the healing aspects of hot-cold therapy and the ability to challenging the body's innate healing ability. Hot and cold therapies are used to dilate the capillaries thus allowing blood to flow more freely, and in turn oxygenating the body.

If you are a frequent flyer, have a heart condition or suffer from brain fog and a poor immune system then an Africology Hydrotherapy session is perfect for you. The faster blood flows through your circulatory system, the more nutrients are transported to every other system in your biology. A positive way in preventing pre-mature aging or a decline of cellular activity.

HYDROTHERAPY

Your therapist will guide you on a bespoke Hydrotherapy session to best suit your health needs.

Beneficial for the maintenance of

- A healthy heart, good blood flow preventing the formation of clots
- Detoxing and Anti-Ageing
- Immune system enhancement, stimulating melatonin – regulating sleep patterns
- Decreasing excess cortisol related to increased stress levels

Rejuvenation Therapy

60 mins

We recommend that you start your therapeutic treatment by walking in the ice-walkway , for 5 minutes, following instruction from your therapist.

You may then choose your preferred heat therapy; sauna, hydro-bath or steam room, however if you suffer from high blood pressure or heart issues a sauna is not recommended. In this case we suggest an aroma steam for no longer than 5minutes. Just long enough for your capillaries to swell. Then start walking in the ice -walkway again, for another 3 minutes. This increases oxygen levels and rejuvenation via active blood flow.

A selection of stones are strategically placed in the ice-walkway; gently stimulating the pressure points in your feet to add value to your water therapy session. Once completed, the feet are covered in a warm cocoon. Further unwind in the relaxing area, whilst inhaling pure oxygen for 5 minutes; a beneficial process in allowing blood to freely flow. Calming and purifying.

Relax, sleep, and awaken your senses with an Africology specialised tea blend of ginger and aniseed

Sauna Therapy

10-20 mins

Relieves stress, relaxes muscles, flushes toxins, cleanses skin, induces sleep, improves cardiovascular performance and burns calories. To enhance the benefits of your sauna, combine your treatment with a massage of your choice.

Hydro-Bath

30 mins

A water massage that improves circulation, removes lactic acid from the muscular system; most beneficial in assisting the body in its own healing process. The improved circulation throughout the body helps to deliver oxygen and other important nutrients to the cells throughout the body. A gentle relaxing way of alleviating tension, and regulating endorphins; most valuable when combined with a Sauna treatment.

Steam Therapy

10-20 mins

The heat and moisture combination in steam rooms offer a relaxing atmosphere. Stress is a part of our daily lives and can lead to high blood pressure, migraines, headaches and heart problems. Steam rooms help calm your mind and lower stress levels. Overworked muscles and joints can benefit from time in a steam room. Heat dilates blood vessels, which in turn improves circulation. Blood carries oxygen and other nutrients to the site of pain and helps the healing process.

Aroma-Steam Therapy

10-20 mins

Sinusitis is effectively relieved in an Africology steam therapy session.

Also beneficial for respiratory problems; Bronchitis and sinusitis are cleared with our all African herbal application. It also assists in loosening phlegm in the lungs and loosening mucous in the nose.

Rasul Therapy

20 /30 mins

Originally of ancient Middle Eastern beginnings, our Rasul experience is adapted to the traditional healers approach to applying earth mud to the skin to heal and protect. A selection of natural mineral mud is applied to the face and body. Our detox mud helps revive the tissue and has a stimulating effect on the lymph flow. Rooibos and lavender, an all natural anti-oxidant, is most beneficial for its purifying effect. A divine experience where heat from steam and gentle rain brings balance to body, mind and allows one to deeply connect with the essence of who we are once again. For complete relaxation and for maximum benefit, finish your Rasul session with a full body massage.

MANICURE & PEDICURE

Copper and Hot Stone Treatment®

This luxurious African ritual begins by soaking the feet in an energy-balancing copper bath, followed by a warm massage of the arms or legs, reducing water retention and improving circulation. Hot stones are used to massage, which helps penetrate stiff muscles and relax. An African potato masque is applied to the skin to soften rough areas and lock in moisture. The treatment includes a shoulder massage.

Manicure: 60 mins

Pedicure: 80 mins

African Potato Experience®

This relaxing remedy is about treating the skin and nails naturally to keep them hydrated and therefore flexible and strong. An intensely hydrating African potato wrap, blended with natural antioxidants is applied to ensure continued skin health and to rejuvenate the hands and feet. While the wrap sinks into the skin, the shoulders are also massaged.

Manicure: 60 mins

Pedicure: 80 mins

Detoxifying Intonga Treatment®

In order to diminish the possibility of toxic effect on the immune system, we use detoxifying mud in our treatments. While the wrap sinks into the skin, the shoulders are massaged. The treatment includes a muscle-relaxing Intonga Stick massage, which comprises of our yellow-wood sticks to assist lymph drainage and to massage muscles to their core. For our pregnant clients, we substitute the Slimming Detox Mud with the Coffee and Mint wrap to safely assist with water retention and swelling.

Manicure: 60 mins

Pedicure: 80 mins

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

Pedicure: 60 mins

DAY PACKAGES

Cellular Rejuvenation Ritual

Steam
Body Exfoliation
Botanical Wrap
Rose Quartz Facial
Collagen Boosting Massage
Lunch
Downtime in Relaxing Area

Full Day

Devotion Journey

3 Hour package
Steam Session
Room Setup including Virgin Rooibos Cocktail, Chocolates and Candles
60 Min Herbal Oil Massage
30 min Rasul session with complimentary use of assorted Africology body muds
Lunch

Circle Of Friends Celebration

Hydro-bath Session
Copper Hot Stone Pedicure
Lunch
Copper Hot Stone Manicure

Half Day

The Jahzara - Day Package

Needs Analysis performed by therapist
Aroma Steam session
Full Body exfoliation
Detox Body Wrap
Full Body Deep Tissue Massage
Anti-Oxidant Facial
Lunch
Manicure
Pedicure

Full Day

Detox Body Alignment Package

Hydro-Bath Water Therapy
Sauna Session
Full Body Exfoliation
Performance Active Body Wrap
Full Body Deep Tissue Pressure Point Massage
Oxygen Therapy
Detox Customised Lunch

Half Day

50% Deposit Policy In Place



GROOMING

3/4 leg wax
Full leg wax
Half arm wax
Full arm wax
Underarm wax
Chest wax
Lip wax
Chin wax
Face wax
Back wax
Full Bikini Front and Back
Brow shape
Eye lash tint
Brow tint
Brow & lash tint
Brow shape & tint

45 minutes
45 minutes
20 minutes
30 minutes
15 minutes
30 minutes
10 minutes
15 minutes
30 minutes
30 minutes
55 minutes
25 minutes
25 minutes
15 minutes
25 minutes
35 minutes

SPA ETIQUETTE

Africology Spa warmly welcomes you to our spa, and we trust that you will enjoy your experience with us. Please take note of the following:

Prices

All our prices are subject to change without notice. Payments can be made in either cash or credit cards. No cheques will be accepted.

Children

Please do not bring children to appointments, as they cannot be left unattended.

Contra-indications

Please inform your therapist if any of the following conditions apply to you:

- High blood pressure or heart conditions
- Recent surgery
- Muscle or joint injuries
- Any product or nut allergies
- Pregnancy
- Epilepsy or diabetes

Mobile Phones

Please ensure mobile phones are switched off during treatments.

Punctuality

Please arrive at least fifteen minutes before an appointment. Should you arrive after your scheduled time, your treatment time will either be reduced or cancelled. The original price for the treatment will be charged regardless of duration.

Cancellation Policy

If you need to cancel an appointment, please provide us with at least six hours notice, or the full cost of the appointment will be charged.

Indemnity

Africology, the spa and its therapists cannot accept responsibility for injuries, adverse reactions or complications before, during or after treatments, or for theft, damage, loss or accident that occurs on the premises.



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