



DEE'S
AFRICAN
SPA

Indulge yourself at our African-inspired Spa

You can take time out from all the excitement and rigours of your safari, to deeply relax at our serene and rejuvenating Spa overlooking the Sabie River. You will find yourself in the caring and capable hands of our trained beauty and massage therapists who specialise in a range of African inspired treatments that are good for body, mind and soul. Surrounded by wilderness and birdsong, a part of Nature, you can choose from a menu of African- signature massages and be pampered with lavish South African products made with the beautiful essences of indigenous plants.

Guests to arrive 15min earlier for consultation and a welcome touch/foot ritual.

Guests are invited to the relaxation area where they receive a foot gift known as the Foot ritual/cleanse. This treatment involves putting the person's feet in a bowl containing warm water and feet are exfoliated with tangerine, juniper, and a wild sage scrub. This is done as a sign of welcoming you to our healing place.

SPA FACILITIES

3 Treatment rooms
superbly equipped for dual and single treatments. The Spa is also designed to accommodate the aged or physically challenged with full wheelchair access

Manicure and Pedicure Lounge
has 2 stations to turn a manicure or pedicure into a special treat

Spa Treehouse
Treatment room suitable for couples or single treatments, high up in a tree to afford the best game viewing overlooking the Sabie River.

Tranquillity Area
to relax between and after all spa treatments with herbal teas, lounge chairs.

Juice Bar
with homemade iced tea, herbal Tea and water.

Spa Health Menu
serves wholesome, delicious meals conducive to a healthy lifestyle.

Change Cubicles
with separate male and female changing areas, secure lockers, fresh towels, slippers and gowns.

SPA SERVICES

- Treatments are inspired by nature. We are using Africology, Soil and Matsimela products. We also use home made products which are natural and Eco-friendly.
- The spa offers a range of massages, facials, wraps, scrubs, hand and foot treatments, beauty treatments and other therapeutic treatments.
- Hydrotherapy treatments: Steam shower
- Half-day and full-day spa packages available.
- Signature Treatments
- Kids Treatments

MASSAGE COLLECTION

Stress Relief Massage 60 / 90min R800 / R890
Gentle kneading, rhythmic, tapping strokes on topmost layers of muscles. This is also combined with movement of the joints. This massage is relaxing and energizing.

Deep Tissue Massage 60 / 90min R850 / R900
Deep tissue massage is a type of massage therapy that focuses on realigning deeper layers of muscle and connective tissue. It is especially helpful for chronically tense and contracted areas such as stiff necks, lower back tightness and sore shoulders.

Aromatherapy Massage 60 / 90min R870 / R920
A holistic treatment, aromatherapy essences are absorbed by the skin and inhaled through the nose creating a deeper and longer lasting effect. This treatment combines the relaxing effects of touch and smell to ease the body and soul.

Hot Stone Massage 60 / 90 min R820 / R890
The hot stone massage is a unique connection with nature, it's a deep healing and sacred moment that enhances our awareness and brings us closer to our true essence creating sensations of comfort and warmth. The direct heat of the stones relaxes muscles allowing manipulation of a greater intensity than with regular massage.

African Head Massage 30 min R420
This massage helps relieve areas of tension, concentrating on the scalp, neck, and shoulders.

Back, Neck and Shoulder Massage 45 min R520
This massage helps relieve areas of tension, concentrating on the head, shoulders, upper and lower back.

Reflexology 60min R460
The old age tradition of pressure point stimulation, Reflexology is the massage of the feet. The feet are divided into zones that represent the whole body. The massage of the nerve endings situated at the bottom of the feet triggers off a response in the body. Thorough stimulation of all reflex areas of the feet reduces stress and tension and creates a space in the recipient's body for healing to take place.

Couples Massage 60min R1500
For two people, each to enjoy a massage while lying on two separate beds next to each other. There are two massage therapists—one for each person.

AFRICOLOGY FACIALS

Deep Cleanse 60 min R700
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.

African Goddess Facial 90 min R1150
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.

Africology Facial 60 min R800
For those moments when time is challenged but facial renewal and stability is needed. Our 60 min express facial is invigorating and harmonising.

SIGNATURE TREATMENTS

African Spa ritual therapies have been used for hundreds of years, boosting health and healing. Our signature experiences utilise old wisdom and natural ingredients, combined with the latest technologies.

Umhloniyane Ritual (Cleansing Ceremony) 3hr30 min R2200
Begin your treatment in a steam shower infused with umhloniyane (artemisia) and followed by a full body exfoliation. You are then enveloped with an immune boosting body wrap and enjoy a head massage. Be immersed into deep relaxation with an Umhloniyane Poulitice Full Body Massage.

Light snack, iced tea or herbal tea is served after the treatment.

Xigiyi Tribal Massage 90 min R820
A unique full body massage is administered with the help of a Xigiyi Stick "Knob kiri, a wooden traditional weapon that was used by the African soldiers in the olden days. Soldiers used it on their muscle cramps to release tension by puffing on the affected area to stimulate blood circulation in stiff muscles. This massage will deeply relax the muscles, stimulate blood flow, soothe soreness, stress and lower back pain.

HYDROTHERAPY

Aroma-Steam Therapy 30 min R300
The heat and moisture combination in steam rooms offer a relaxing atmosphere. Stress is 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.

Body Exfoliation 30 min R450
Your body has an innate natural rhythm which we often forget. At Africology we work with this natural rhythm in assisting the body to renew itself. Our carefully selected Marula and Walnut micro particles, enveloped by hydrating Shea butter from Ghana, ensures that your skin cells are evenly exfoliated whilst receiving.

The Mpfubu (Hippo)
Mud retreat 2hrs R1300
Roibos and Lavender Clay mask, this treatment is good 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 with massage movements.

Pic n Mix 90min R1100
Choose any 3 treatments to make a package. Selected treatment is 30min each. Choose from the following:

Back, neck and Shoulder massage, Mini-Manicure, Mini-Pedicure, Full body exfoliation, Umhloniyane steam session, Signature - Saseka facial.

COUPLE'S SPA PACKAGES

Rirhandzu Experience (Couple) 3hrs R3500
Rirhandzu meaning love. This Togetherness Package is designed for you to share a romantic space and quality time with your loved one. Treatment begins with a foot ritual then a cleansing ceremony that includes a full body exfoliation followed by a therapeutic Aromatherapy full body massage. Your journey continues with the signature Saseka (Beauty) Skin pamper facial or choose to have an African Head Massage. DUO (Two people)

The Matriarch Mom and Daughter Pamper DUO (Two people) 2hrs R2100
Feel revived and destressed with an unforgettable spa day for two. Sit back and relax with a soothing Aromatherapy Massage and our Signature Saseka Skincare Facial that will leave you feeling revived and rejuvenated.

Enjoy our refreshing homemade iced tea after treatments in Summer or Herbal Tea in the winter season.

Treatments outside normal operating hours can be arranged in advance. Terms and conditions will apply.

HOURS OF SERVICE

Spa : 08h00 to 20h00

Reservations & Enquiries : 013 735 5671

Email : bookings@deesafricanspa.co.za

Web : www.deesafricanspa.co.za

Terms and conditions apply: All prices are quoted in South African Rand. Bookings times are subject to availability please ensure to make your appointment in advance. Prices are subject to change without prior notice.