



DEE'S AFRICAN

••••• SPA •••••

# Spa Treatments

07h00 to 22h00 Monday to Sunday

**Reservations & Enquiries**

Tell: 013 735 5671 | 082 776 6210 | Email: [bookings@deesafricanspa.co.za](mailto:bookings@deesafricanspa.co.za)

Web: [www.deesafricanspa.co.za](http://www.deesafricanspa.co.za)

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## SIGNATURE TREATMENTS

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

### XIGIYA "KNOB KIRI" MASSAGE

**90 min | R 1050**

A unique full body massage administered with the help of a Xigiya 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 pounding on the affected area to stimulate blood circulation. This massage will deeply relax the muscles, stimulate blood flow and soothe soreness. This massage includes a Tribal Head Massage.

### TRIBAL RETREAT

**90 min | R 1200**

This soul reviving treatment begins with a African foot ritual, combining unique techniques of our Traditional Xigiya Massage and Igule "Calabash" Massage. This unique combination eases away muscular aches and tension.

## THERAPEUTIC MASSAGE COLLECTION

### STRESS RELIEF FULL BODY MASSAGE

**60/90 min | R 890/950**

Gentle kneading, rhythmic, tapping strokes on the top layers of muscles. This is also combined with the movement of joints, leaving your body relaxed and energized.

### AROMATHERAPY FULL BODY MASSAGE

**60/90 min | R 920/1050**

Aromatherapy essences that are used for massage 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 tension.

## **HOTSTONE FULL BODY MASSAGE**

**60/90 min | R 900/990**

The direct heat of the heated lava stones relaxes muscles allowing manipulation of a greater intensity than with regular massage.

## **DEEP TISSUE FULL BODY MASSAGE**

**60/90 min | R 920/1050**

A 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.

## **BACK, NECK & SHOULDER MASSAGE**

**30/45 min | R 490/630**

Main aim is to eliminate the tension and the spasms from the muscles on your upper and lower back. The massage concentrates on areas of tension especially on the shoulders to improve blood circulation as well as encouraging relaxation.

## **TRIBAL REFLEXOLOGY**

**30/45 min | R 490/570**

The old age tradition of pressure point stimulation on 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.

## **AFRICAN HEAD MASSAGE**

**30 min | R 490**

This massage helps relieve areas of tension, concentrating on the scalp, neck and shoulders

## **AFRICOLOGY FACIALS**

### **DEEP CLEANSE FACIAL**

**60 min | R 900**

A deep cleanse will 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 | R 1300**

When your primary focus is 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 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 BODY TREATMENTS

### BODY EXFOLIATION

45 min | R 500

Your body has an innate natural rhythm which we often forget. We work with this natural rhythm in assisting the body to renew itself. The body scrubs gently exfoliate flaky, dry skin and locks in moisture to reveal a softer, smoother touch.

### HLAMBISIWA (CLEANSING CEREMONY)

3hrs | R 2600

The experience starts with a full body exfoliation followed by a Potato wrap and a head massage. End off the ceremony with a stress relief full body massage and a rejuvenating facial.

## THALGO SKINCARE TREATMENTS

"Let the sea empower your beauty"

### SOURCE MARINE HYDRA-STRENGTHENING FACIAL

60 min | R 1500

A thirst-quenching facial for your shot of hydration and a radiance boost.

### PURETE' MARINE PURIFYING TREATMENT

60 min | R 1300

A purifying facial designed to control shine whilst reducing imperfections, suitable for oily/combination skin.

### FIRMING SILICIUM LIFT TREATMENT

90 min | R 2400

An anti-aging, "lifting" facial that targets deep wrinkles and works on restoring firmness.

## THALGO BODY TREATMENT (For Men & Women)

"Where the sea meets the bush"

### ILES PACIFIQUE RITUAL

90 min | R 1400

Prepare your body for deep relaxation, using a combination of ocean blue scrub and warm sand pouches for optimised hydration and remineralisation.

## THALGO MEN TREATMENTS

### THE ULTIMATE BUNDU ESCAPE

180min | R 2500

Deep Tissue Massage, Thalgo man's facial and a pedicure.

### FORTIFYING FACIAL TREATMENT

30/60min | R 550/1300

This is a go-to treat for a radiance boost. It restores balance whilst targeting various skin concerns and much needed relaxation.

## AFRICAN SPA & COUPLES PACKAGES

### KRUGER EXPRESS

90 min | R 1150

Choose any combination of 3 express treatments below for a personal tailor-made experience to suit your needs.

- 30min Head Massage
- 30min Foot Massage
- 30min Back, neck & shoulders Massage
- 30min Facial
- 30min Manicure
- 30min Pedicure

### THE MATRIARCH

2hrs (Duo) | R 2600  
2hrs (Single) | R 1500

Feel revived with an unforgettable spa day for one or two. Sit back and relax with a soothing Aromatherapy/Hotstone massage, followed by our Africology skincare facial that will leave you feeling revived and rejuvenated.

Enjoy our refreshing homemade iced tea or warm herbal tea.

### COUPLE'S STRESS RELIEF MASSAGE

60/90 min | R 1700/1850

Share a pampering moment with your partner. Enjoy the delights of being together as two therapists treat you both.

## RIRHANDZU SPA EXPERIENCE (Couple)

3hrs | R 4500

This lover's package starts with a full body exfoliation followed by an aromatherapy full body massage and ends off with an Africology facial.

The treatment is followed by a snack platter and sparkling wine.

## MOM-TO-BE

90 min | R 960

Back, neck and shoulder massage and a Spa pedicure.  
(Strictly for expecting moms)

## HAND AND FOOT TREATMENTS

The "Perfect" Finish

Spa Manicure (regular polish)	60min	R 400
Spa Pedicure (regular polish)	60min	R 450
Gelish Manicure	60min	R 550
Gelish Pedicure	60min	R 590
Soft Gel Tips	75min	R 650
Soak Off	30min	R 200
Chemical Peel Heel Treatment	30min	R 300

## WAXING

\*Available on request, subject to therapist's availability.

## MAKEUP (advance booking is essential)

Wedding / Bridal Make-Up		
Wedding / Bridal Make-Up Trial		
Professional / Formal / Day Make-Up		
Eyelash tint	15min	R 120
Eyebrow tint	15min	R 120

## **KRUGER CUBS**

Kruger Cubs treatments are designed specifically for children aged between 2-12 years. Our skilled staff have been trained to work with children of all ages. Spa products used are suitable for their sensitive skin.

### **JUNIOR RANGER**

**30min | R 400**

Back, neck and shoulder Massage, tribal head massage or hand or foot massage.

### **AFRICAN PRINCESS**

**60min | R 550**

Mini facial, back, neck and shoulder massage, manicure or pedicure.

### **KIDDIES MASSAGE**

**45min | R 500**

Gentle pressure massage suitable for their tiny bodies, body butter is used for their delicate skin.

# About Us

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Dee's African Spa is where you can take time out from all the excitement of your safari to deeply relax and rejuvenate. You will find yourself in the caring and capable hands of our trained beauty and massage therapists, specialising in a range of African-inspired treatments that are good for body, mind and soul.

Our commitment to wellbeing focuses on holistic principles, combining ancient wisdom and modern expertise.

## SPA FACILITIES AND SERVICES

Our spa treatment menu offers an extensive variety of health and beauty enhancing treatments to ensure that our guests are nurtured, pampered and rejuvenated.

### FACILITIES INCLUDE

- Two single treatment rooms with showers
- One Couple's treatment room with a shower
- Outdoor treatment room (Tree-House)
- Manicure and Pedicure lounge - 2 manicure and 2 pedicure stations
- Two separate change rooms- Gents & Ladies

## GIFT VOUCHERS

The Joy of Giving and Receiving.

The perfect gift for a loved one or a colleague, our gift vouchers come beautifully packaged and are available at short notice.

Gift vouchers are available in monetary values.

## SPA ETIQUETTE & GUIDELINES

### SPA ARRIVAL

Treatments are carefully planned to accommodate the needs of each guest, please allow enough time for your experience and arrive 15 min prior to your appointment.

Late appointments will be completed in the allocated time and the fee will remain unchanged.

### SPA ENVIRONMENT

Our spa environment is one of tranquillity and relaxation. Please respect all spa guests' right to privacy and serenity.

Please switch off your mobile phone while in the spa area.

## HEALTH MATTERS

Please be sure to inform your therapist if you have any allergies /injuries that may affect your chosen treatments or if you are pregnant or any other health related concerns you have when making your appointment. We do not recommend the consumption of alcohol before or directly after spa treatments.

Please consult your doctor before using the steam shower, if under medical supervision.

For moms-to-be, we have specifically designed treatments to care for both of you. Please allow our therapists to guide you in selecting treatments most suitable for you during this time.

We recommend that you drink lots of water after your spa treatments to help accelerate the elimination of toxins.

## SPA ATTIRE

We will provide you with spa attire i.e. Robes, towels and slippers including disposable spa underwear, or you may choose to wear your own. Choose what is most comfortable for you. Please remove all jewellery and store it within the provided locker.

## VALUABLES

We provide a secure place to store your personal items inside the spa locker rooms however do not assume any liability for personal items and recommend you leave valuables in the safe in your hotel room or suite.

## CANCELLATION POLICY

A 50% deposit is required to secure your treatment reservation. Payment via EFT, Debit card and all major credit cards are accepted. Please inform the spa at least 48 hrs. in advance should you wish to change or cancel your booking. No shows & late cancellations will result in a 100% cancellation charge.

Full Payment or a gift voucher number is required when booking for groups of four or more.

Gift vouchers are valid for treatments only and will not be exchanged for products or cash.

## REFUNDS AND RETURNS

Treatments and packages are non-refundable, non-transferable and may not be exchanged for other treatments. For hygiene reasons, products purchased may not be returned or exchanged.

The spa treatment menu is valid from 1/9/2023 to 1/9/2024. All prices are quoted in South African Rand (R) Prices are subject to change without prior notice.

