



Treat Yourself

To pay homage to our unparalleled cultural heritage, we bring you traditional African massage. Indulge in a selection of our country's authentic and traditional massage techniques with our highly skilled and trained therapists who will relax and rejuvenate your body, mind and spirit.

Rejuvenation Herbal Oil Massage

Full Body Treatment

You may choose from a range of Africology® aromatherapy infused massage oils, which are warmly applied and massaged deeply onto the body. This therapy is for relaxation as well as combatting tension in stiff, aching bodies. Your therapist will assist you in choosing the oil best suited for you from one of the following blends: Relaxing, Energising, Skin Conditioning and Vetiver.

Majestic Awakening

Back, Neck, Shoulders & Head

The treatment is a perfect way to rest and relax. Starting at the feet, working all pressure points connected to the rest of the body, it leads up to the back, neck and shoulders. This specialised treatment will ease tension and stress through touch and aromatherapy.

Foot Massage

This foot treatment concentrates on the delicate areas of the feet, back, neck and shoulders. The therapist uses natural techniques of pressure points derived from traditional African medicine to stimulate and balance the body.

Hot Stone Massage

While providing additional pressure, the stones infuse muscles with warmth while easing up knots of tension and help rejuvenate the body. Oils are chosen by the therapist best suited for your skin with added hydrating properties.

Intonga Amasatchi®

Full Body Treatment

Intonga Amasatchi® is a deep tissue and stress-relieving treatment. Skilful 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.

African Yoga Treatment

Full Body Treatment

Inspired by traditional yoga movements, this massage works effectively with body re-alignments of the spine by performing stretching movements. This allows for more free flow of energy whilst gentle pressure is applied to specific areas. This treatment is performed on a specially designed floor mattress. Dressed in a light weight suit, the massage is done in the absence of oil but client may request oil to be used on the back.

Africology® Manicure and Pedicure

For a beautiful relief 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.

