



**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.

**Oxygen Facial Therapy** 90 min R950  
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. 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 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.

**Umlhonyane Ritual (Cleansing Ceremony)** 3hr30 min R2200  
Begin your treatment in a shower infused with umlholonyane (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 Umlhonyane 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 pounding 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  
Rooibos 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, Umlhonyane 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)

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.

**The Matriarch** 2hrs R2100  
**Mom and Daughter Pamper DUO (Two people)**  
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.*

**Bridal Spa Package (SQ)**  
Advanced booking is required for this package. Please enquire regarding a trial make-up and hair session before your Big Day.

**PROTEA CUBS "Kiddies Treatments"**  
Strictly for children under 12years old

**Safari Princess** 45min R380  
Spoil your little princess from head to toe – with a back, Neck and Shoulder Massage and a mini calming and relaxing facial. End off her experience with a mini manicure or pedicure. She will receive a lucky packet, packed with surprises.

**Junior Rangers Choice** 30min R350  
Back, Neck and Shoulder Massage with a Tribal African Head Massage. He will receive a lucky packet, packed with surprises.

### HAND AND FOOT TREATMENTS

**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.

**Manicure (normal paint):** 60 min – R375  
**Pedicure (normal paint):** 80 min – R450

**Perfect Finish**  
Guests will be provided with your own nail kit that you will take home.

**Gel Manicure** 60 min R350  
**Gel Pedicure** 75 min R390  
**Re-varnish**  
**(normal nail polish)** 30 min R250  
**Soak-off (Acrylic, Gel)** 30 min R130  
**Chemical Peel Heel Treatment (Ad-on)** 20 min R200

### FACE AND EYES (SQ)

**Wedding / Bridal Make-Up**  
**Wedding / Bridal Make-Up Trial**  
**Professional / Formal / Day Make-Up**

### WAXING

**Facial Wax lip** R85  
**Half Leg Wax** R250  
**Facial Wax chin** R90  
**Full Leg Wax** R280  
**Facial Wax** R180  
**Underarm Wax** R150  
**Eyebrow Wax** R120  
**Bikini Wax (sides)** R220  
**Brazilian Wax** R270  
**Full Back Wax** R310  
**Hollywood Wax (full)** R300  
**Full Arm Wax** R250

### TINT

**Eyebrow Tint** R95  
**Eyelash Tint** R95  
**Eyelash and Eyebrow** R160

**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 any monetary values.

Optional extra: Setting the Stage for珍贵的 Magical Memories  
Speak to our team to make your special occasion memorable. Throughout our lives there are moments which act as precious bookmarks – birthdays, graduations, engagements, weddings, anniversaries, and other times of significance which collectively define who we are and what matters most to us.

### SPA ETIQUETTE

**Spa Arrival**  
Arriving late may make it necessary to limit time for your treatment so the next guest is not delayed. Please arrive at least 15 minutes before the scheduled time to check in and prepare to enjoy your treatment.

**Spa Environment**  
Our spa environment is one of tranquil and relaxation areas. Please respect all spa guests right to privacy and serenity. Please turn off cellular phones on arrival at the spa.

**Health Matters**  
Each guest visiting the spa is expected to sanitise their hands. This will assist to provide reassurance, along with additional sanitization protocols.

Guests to communicate health conditions such as Covid-19, high blood pressure, allergies, pregnancy, 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 room if under medical supervision or if you are taking medication.

For moms-to-be, we have specifically designed treatments to care for both of you. Please allow our therapists to guide you in selecting which treatments are 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.

**Nail treatments**  
Guests will be provided with their own nail kit to take home. \*Regulation requirement.

**Spa Attire**  
We will provide you with spa attire including disposable spa underwear or you may choose to wear your own. Choose what is most comfortable for you. Our therapists will always use draping techniques to respect your privacy.

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

**Cancellation Policy**  
The treatments you select are reserved especially for you. Guests will be charged a 100% cancellation fee for treatments cancelled less than 24 hours from the scheduled appointment time.

**Spa Visitors (Not allowed)**  
No visiting guests will be allowed to stay in the Spa during treatment- this includes children.

**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.