

SPA MENU

Kruger National Park - Tinga & Narina Lodge



BODY EXPERIENCES

BESPOKE INTUITIVE HERBAL OIL MASSAGE® 30min ZAR 600.00 | 60min ZAR 900.00

You may choose from a range of Africology aromatherapy-infused massage oils: Relaxing, Detox, Muscle Relaxing and Energising. These are warmly applied working on tight muscles and lymph drainage, combating tension in sti aching bodies.

INTONGA AMASATCHI® 60min ZAR 1000.00

We know that the body has a memory of all emotional experiences that can manifest on the body. This deep tissue and stress-relieving treatment uses skillful movements with the hands, and di erently sized wooden sticks to stretch tight muscles and ease toxic overload from daily stress.

AFRICOLOGY SHEA AROMATHERAPEUTICS 45min ZAR 750.00 | 75min ZAR 1100.00

Easy-melting Shea from Ghana blended with healing African potato, rooibos and natural essential oils creates a sublime, beautiful body experience. Combined with your sensory selection of various essential oils for either a soothing, calming, or deep tissue experience.

SOUL OF AFRICA MASSAGE® 90min ZAR 1400.00

Using Africa's miracle marula oil blended with Neroli to soften signs of ageing through its anti-stress action. This treatment starts with the application of warm, soothing mud to release negativity stored in the muscles. Then marula oil is applied in preparation for your intuitive body and scalp massage.

INKOMFI RENEWAL MASSAGE 60min ZAR 1000.00 | 90min ZAR 1400.00

SIGNATURE TREATMENT

LION SANDS SIGNATURE DEEP TISSUE MAGNESIUM MASSAGE

60min ZAR 1000.00 | 90min ZAR 1400.00

Magnesium's bene ts are many. Symptoms and conditions such as chronic pain, fatigue and insomnia, are e ctively treated with Magnesium supplementation. Choose either a 60 or 90 min deep tissue Magnesium massage which induces a state of calm and promises a good night's sleep.

SHAMANS HEALING JOURNEY 90min ZAR 1400.00



FACIAL EXPERIENCES

AFRICOLOGY BESPOKE FACIAL® 60min ZAR 900.00

Our bespoke facials are designed specifically with each client's needs in mind. We offer a variety of serums that will address particular skin issues. Depending on which serum the client chooses (with the guidance of your trained therapist), each facial is specially made for each client. Like the phases of the moon, we would like to keep the hormonal phases of the body in natural rhythm.

AFRICOLOGY GODDESS FACIAL® 90min ZAR 1200.00

Begun with the mentally relaxing notes created by a Tibetan singing bowl, the African Goddess facial is a treatment designed to honour the goddess within. Our de-stressing, anti-aging, cell-renewal facial is rich in natural oils. Deeply hydrating, it restores elasticity and stimulates new cell growth. The back is scrubbed before a balm-infused back massage. Only once the back has been restored to its relaxed state does the facial begin. 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.

GROOMING

Eye Lash Tint	15min ZAR 200.00
Eye Brow Shape	15min ZAR 200.00
Eye Brow Tint	15min ZAR 200.00
High Definition Eyes <i>(eyelash & brow tint, shape)</i>	30min ZAR 400.00

MANICURE & PEDICURE

Mini Manicure or Pedicure	30min ZAR 500.00
African Potato Manicure or Pedicure	60min ZAR 650.00
Detox Pedicure	60min ZAR 650.00
Hot Stones	ZAR 250.00

TREATMENT BOOSTERS

Hand massage	15min ZAR 250.00
Foot Massage	15min ZAR 250.00
Scalp Massage	15min ZAR 250.00



SPA ETIQUETTE

Africology Spa at Lion Sands 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. **Children:** Please do not bring children to appointments, as they cannot be left unattended. Children treatments can be booked and must be accompanied by an adult. **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 4 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.