



AFRICOLOGY®

Treatment Menu

Lion Sands

SABI SAND

BODY EXPERIENCE

Bespoke Intuitive Herbal Oil Massage®

Back 30 minutes

Body 60 minutes

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 stiff aching bodies.

Intonga Amasatchi®

Body 60 minutes

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 skilful movements with the hands, and differently sized wooden sticks to stretch tight muscles and ease toxic overload from daily stress.

Africology Shea Aromatherapeutics

Back 45 minutes

Body 75 minutes

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®

Back 45 minutes

Body 90 minutes

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.

Balancing Scalp and Leg Ritual

45 minutes

A balancing treatment to target the symptoms of jet lag and long travel on the areas often neglected to relax and restore energy balance.

Bespoke Body Experience

30 minutes

60 minutes

90 minutes

Our bespoke body treatments are the ultimate luxury. After a full consultation with your therapist a tailor-made body experience is customized, using a combination of scrubs, wraps, massage techniques to indulge in your every need. Simply choose your length of treatment time and allow us to intuitively work with your body and change your state of mind.

Shamans Healing Journey

Body 90 minutes

A gentle, kind and warm rose quartz crystal massage that releases pent-up energy likely to cause muscular stress. A beautiful way of balancing the body's energy centres to create optimum health and well-being.

Lion Sands Signature Deep Tissue Magnesium Massage

30 minutes

60 minutes

90 minutes

Magnesium's benefits are many. Symptoms and conditions such as chronic pain, fatigue and insomnia, are effectively treated with Magnesium supplementation. Choose either a 30, 60 or 90 min deep tissue Magnesium massage which induces a state of calm and promises a good night's sleep.

TREATMENT BOOSTERS

Hand massage
Foot Massage
Scalp Massage
Hot Stones

15 minutes

15 minutes

15 minutes

Lion Sands

SABI SAND

FACIAL EXPERIENCE

Africology Bespoke Facial

60 minutes

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

90 minutes

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

15 minutes

Eye Brow Shape

15 minutes

Eye Brow Tint

15 minutes

High Definition Eyes

30 minutes

(Eyelash & Brow tint, shape)

Open 8am to 5pm Daily

Evening appointments are by booking only and available until 9pm

MANICURE & PEDICURE

Mini Manicure or Pedicure

30 minutes

African Potato Manicure or Pedicure

60 minutes

Detox Pedicure

60 minutes

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.



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