



SPA MENU

Give us your body for an hour and we will give back to you, your inspiration and creativity...

Africology treatments are designed to assist a stressed muscular system. Our focus is on optimising your blood flow, while ensuring more oxygen passes through your arteries. These are vital elements in re-energising your body and supporting a healthy biology. With an intention to assist you to re-balance, re-group and function at optimum levels, we know that outcome-based treatments are beneficial in a therapeutic, prescriptive offering. With this in mind, we take into consideration areas of the body that are under stress, or in need of rejuvenation, so that we can create a free flow of energy and mobility.

- Therapeutic Massages -

Bespoke Intuitive Herbal Oil Massage 60min \$75.00 | 90min \$90

Full-body experience. You may choose from a range of Africology aromatherapy-infused massage oils, which are warmly applied and massaged deeply into the skin. This therapy works on tight muscles and lymph drainage, combating tension in stiff aching bodies. Massage is combined with herbal bags to improve circulation and absorption of essential oils. Your therapist will assist you in choosing the oil best suited for you from one of the following blends: Relaxing, Slimming Detox, Muscle Relaxing, and Energising.

Majestic Awakening 45min \$55.00

Neck, shoulders, and scalp. Your neck, shoulders and scalp are deeply massaged, dissipating tension and stress through touch and aromatherapy.

Soul of Africa Body Journey 90min \$100.00

Full-body experience. Africology admires and emulates this ceremonial process, using Africa's miracle marula oil blended with neroli to soften signs of ageing through its anti-stress action. This treatment begins with a back exfoliation, followed by an application of warm, soothing mud to release tension stored in the muscles, while assisting with the elimination of toxins from the body. Marula oil is then applied in preparation for your intuitive full-body massage. In Africa, marula is also used to treat sun-damaged skin, as it improves skin hydration and helps fight free radicals.

Balancing Scalp & Leg Massage 45min \$55.00

For frequent flyers. A balancing massage treatment helping to relax and relieve tension in the scalp, legs and feet, as well as working on calming and relaxing pressure points to help restore energy balance. This treatment works on the head, legs (including wrap) and feet individually, but as a whole helps to relax and relieve tension in areas that are often neglected.

Shea Aromatherapeutics 60min \$80.00 | 90min \$100.00

For frequent flyers. Easy-melting shea from Ghana, blended with healing African potato, rooibos, and natural essential oils creates a sublime, beautiful body experience. Shea, normally as hard as rock, applied to the skin melts deeply into the upper layers of the dermis to hydrate, soothe, and condition. The shea is combined with your sensory selection of essential oils – such as exotic jasmine, neroli, or chamomile – for a soothing and calming massage, or perhaps Black Pepper Balm for a deep-tissue experience.

- Facials -

Bespoke Facial

60min \$70.00 | 80min \$89.00

Includes a massage. Our facials are bespoke and chemical-free, yet performance driven with visible results. Your therapist will analyse your skin's needs, take into consideration your expectation, and prescribe the correct treatment approach for you. Our focus is always on deep-pore cleansing, but never stretching the pores or scarring the skin while doing so. Gentle in our approach, we also know that hydration and effective supplementation are vital in preserving the skin's youthfulness.

Balancing Rose Crystal Facial 80min \$95.00

Rose hip oil is steeped in history and has always been associated with the heart and soul. Our beautiful blend of Rose Absolute is formulated to restore the skin's natural balance, while eliminating feelings of sadness, rejection or fear. Warmed rose quartz stones are used to massage the face in conjunction with a deep-cleansing and hydrating rose-inspired facial.

The neck, décolleté, and feet are also worked to relax muscle tension, reduce fine lines, fight the signs of photo-aging, and increase hydration and cell renewal.

African Goddess Facial 90min \$110.00

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 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.

- Skin Adoration Wraps -

African Potato Body Wrap

**60min \$100.00 (for pregnant clients)
120min \$175.00**

Our pure and natural Hypoxis Body Wrap uses African potato and marula oil, warmly applied to soften, soothe and improve skin hydration, while also fighting free-radical damage. This herbal blend relaxes you on application, while the rich background sounds of Africa help the mind focus on the holistic experience. Enjoy a traditional foot ritual and deeply relaxing scalp massage, while the wrap melts into the skin. Finally, there is a soothing massage with body-conditioning marula oil, which creates a natural barrier to hold in moisture and improve collagen and elastin production.

Rooibos And Lavender Clay Body Wrap

90min \$70.00 | 120min \$90.00

Great for relieving 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.

Coffee And Mint Body Wrap

120min \$165.00

Suitable for pregnant women and clients with high blood pressure. Once the body has been prepared with our walnut and marula shell exfoliator, our proven combination of coffee extract with spearmint is applied as a mud wrap, which sets on the body to stimulate lymph drainage, blood flow, and toxin elimination. This wrap is particularly helpful for reducing water retention and cellulite. It is highly recommended as part of a Lymph Draining Treatment.

- Manicures & Pedicures -

Standard Manicure and Pedicure

Manicure 45min \$38.00 | Pedi 60min \$45.00

For a beautiful respite 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.

African Potato Experience

Manicure 60min \$48.00 | Pedi 80min \$55

This relaxing remedy is about treating the skin and nails naturally to keep them hydrated, and therefore flexible and strong. An intensely-hydrating African potato wrap, blended with natural antioxidants, is applied to ensure continued skin health and to rejuvenate the hands and feet. While the wrap sinks into the skin, the shoulders are also massaged.

SPA ETIQUETTE & POLICIES

Appointments: Booking in advance is recommended. **Punctuality:** Please ensure you are ready when your therapist arrives; should you begin later than your scheduled appointment, your treatment time will be reduced or cancelled, with the full treatment fee charged regardless. **Cancellation policy:** A 4-hour notice period is required; appointments not cancelled in time will be charged for in full. **Mobile phones:** Kindly ensure your device is switched to silent mode or off. **Children:** A childminding service is also available at the hotel should parents wish to enjoy spa time to themselves. **Prices:** All prices are subject to change without prior notice. **Indemnity:** The spa, its therapists and Africology will not be held responsible for any injuries, adverse reactions or complications before, during or after a treatment/s; or for any theft, damage, loss or accident that occurs on the premises.



AFRICOLOGY®

Each of our spa therapies uses natural Africology products. Africology is South Africa's leading organic and ethically-formulated spa product brand, at the heart of which lies CEO, metaphysical counsellor, reiki master and aromatherapist Renchia Droganis's devotion to healing. Guided by her wisdom, we promise MORE Wellness experiences to rejuvenate the body, quiet the mind, and revitalise the spirit.

Tel: +263 213 284 1003/5/6/9 | Email: guestrelations@stanleyandlivingstone.co.zw
MORE Reservations Tel: +27 (0) 11 880 9992 | Email: res@stanleyandlivingstone.co.zw
Web: www.stanleyandlivingstone.co.zw | MORE Lodges & Hotels: www.more.co.za