



**AFRICOLOGY®**

*Treatment Menu*

*We acknowledge that all REPAIRS and preventative processes begin with the SELF. Our SKIN is an expression of the condition of our HEARTS & MINDS. What we put on the outside can be seen as a process of assistance while we take care of our INNER WORLD. It is also recognised that a relaxed state of mind engenders a POSITIVE disposition, clarity of thought and greater PHYSICAL energy. We know that a positive inner world creates an AGELESS being with unlimited POTENTIAL. We have a passion for the HEALING power of PLANT life and the restorative power of essential oils. At the same time we deeply respect the WISDOM of our traditional HEALERS and it is our intention to share this wisdom with all and ACTIVELY work to preserve it. Our aspiration is to help develop and heighten people's CONSCIOUSNESS of their POTENTIAL and give them the opportunity to LIVE their lives to the best advantage and to CREATE a positive inner world, therefore becoming an AGELESS being with UNLIMITED potential. A SAFER WORLD starts with the consciousness of one PERSON. HONOUR all LIVING things. Support TRADE that uplifts COMMUNITIES REPLACE what's taken and used from EARTH. Show GRATITUDE to NATURE. We believe in the PURIFYING essence of South Africa's wonderful INDIGENOUS healing plants, Rooibos, Aloe Ferox, Marula and African Potato. The active ingredients in our skincare products are POWERFUL agents in REPAIRING and RESTORING damaged skin tissue. Our anti-ageing skincare system has been designed to function within the body's ENERGY field. We see the relationship between the body and MIND as HOLISTIC. There is a DYNAMIC process of INTERACTION between the SKIN and the ENERGY of the plant actives. We acknowledge that all REPAIRS and preventative processes begin with the SELF. Our SKIN is an expression of the condition of our HEARTS & MINDS. What we put on the outside can be seen as a process of assistance while we take care of our INNER WORLD. It is also recognised that a relaxed state of mind engenders a POSITIVE disposition, clarity of thought and greater PHYSICAL energy. We know that a positive inner world creates an AGELESS being with unlimited POTENTIAL. We have a passion for the HEALING power of PLANT life and the restorative power of essential oils. At the same time we deeply respect the WISDOM of our traditional HEALERS and it is our intention to share this wisdom with all and ACTIVELY work to preserve it. Our aspiration is to help develop and heighten people's CONSCIOUSNESS of their POTENTIAL.*

# FACIAL EXPERIENCE

## **Africology Standard Facial**

**45 minutes**

For the executive on the go, this facial rejuvenates the skin and relaxes you without putting a dent in your schedule. Our pure, natural ingredients feed the skin and return the youthful glow often dulled by stress.

## **Africology Deep Cleanse Facial**

**60 minutes**

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.

## **Africology Bespoke Facial®**

**80 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. Just as your eyes are the windows to your soul, your face is the mirror of your inner feelings, the image which you present to the world. No two faces are the same, and so here at Africology, we acknowledge the need for skin treatments that are designed with your skin's needs in mind.

## **African 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.

## **Oxygen Facial Therapy**

**90 minutes**

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. So 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.

## **Balancing Rose Facial**

**80 minutes**

Rosehip oil is steeped in history and has always been associated with the heart and soul. Our beautiful blend of Rose Absolute is designed to restore the skin's natural balance while eliminating feelings of sadness, rejection or fear. Warmed Rose Quartz stones are massaged upon 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 photoaging, and increase hydration and cell renewal.

# BODY EXPERIENCE

## **Majestic Awakening®**

**35 minutes**

*Neck, shoulders and scalp*

Easy-melting Shea from Ghana creates a sublime, beautiful body experience. Once 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 exotic jasmine, neroli and geranium, or black pepper and rosemary for a deep tissue treatment, or calming chamomile to relax. The treatment begins where your neck, shoulders and scalp are deeply massaged, dissipating tension and stress through touch and aromatherapy.

## **Muscle & Joint Magnesium Therapy**

**60/90 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 60min deep tissue Magnesium massage which induces a state of calm and promises a good night's sleep. Or select the 90min version which includes a steam session in preparation for your Magnesium rich mud pack; effective in soothing a stressed muscular system.

## **Bespoke Intuitive Herbal Oil Massage®**

**90 minutes**

You may choose from a range of Africology aromatherapy-infused massage oils, which are warmly applied and massaged deeply onto the body. 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.

## **Intonga Amasatchi®**

**75 minutes**

*Full Body Treatment*

We know that the body has a memory of all emotional experiences. An inability to let go often expresses itself in the body that can be blamed for low immunity. 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.

## **Shea Aromatherapeutics**

**45/60/90 minutes**

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, once 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 various 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.

## **Soul of Africa Body Conditioning Massage®**

**90 mins**

*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. In Africa, marula is also used to treat sun-damaged skin as it improves skin hydration and helps fight free radicals. 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.

## **Bespoke Yoga Body Massage®**

**90 minutes**

Harnessing the powerful and tested knowledge of Indian yoga, this massage works with meridians of the body as well as the muscles. Pressure is used on meridian lines to activate the body's natural energy lines before limbs are stretched and massaged. Chakra points are also stimulated and Africology's Bespoke Massage Oils are used to enhance the experience. The client chooses from our selection of massage oils according to their physical condition and mental state.

## **Devotion Journey®**

**60 Minutes**

*Couples Experience*

We have created a sacred space filled with divine intention, shared between you and the one you share a spiritual journey with. Sit back, relax and allow the alluring fragrances of pure essential oils to transport you to a place once known but forgotten, only to be remembered once again. Then celebrate the essence of your divinity with a bubbly glass of champagne and chocolates before returning again to this world.

# BODY EXPERIENCE

## Hot Stone Massage

90 minutes

While providing additional deep tissue pressure, the stones infuse muscles with warmth while breaking up knots of tension. Our chosen massage medium is marula oil, which creates a hydrating and protective barrier while infusing the skin with powerful antioxidants and essential fatty oils.

## Full Body Exfoliation

45 minutes

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 maximum nutrition for new beginnings.

## Balancing Scalp And Leg Massage

45 minutes

*Frequent Flyers*

A balancing massage treatment helping to relax, 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.

## Shamans Journey

90 minutes

A gentle, kind and warm rose quartz crystal massage that releases pent-up energy likely to cause muscular stress. The muscles are gently stretched while heat is applied to soften the muscle, followed by a rhythmic relaxing massage. A beautiful way of balancing the body's energy centres to create optimum health and well-being. Your treatment is based on the traditional healer's approach to healing the body. The Shaman's journey is a move away from superficial, impersonal massages that offer a one dimensional healing factor. The Shaman's journey not only observes the client's obvious aches and pains but looks further into the energy centres of the client to see how constant stress and emotional baggage can actually block his or her energy centres.

# SKIN ADORATION WRAPS

## Coffee and Mint Body Wrap

60 minutes

*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 combined with spearmint is applied as a mud wrap, which sets on the body to stimulate lymph drainage and blood flow, together with toxin elimination. This wrap is particularly helpful in water retention and cellulite reduction. It is highly recommended as part of a Lymph Draining Treatment.

## Immune Boosting Clay

120 minutes

*Not suitable for pregnant clients*

Our vitamin and mineral cocktail is enriched with plant extracts to promote a healthy immune system and is applied as a mud wrap and left to set on the body to stimulate lymph, collagen and toxin elimination.

## Slimming Detox Body Wrap

120 minutes

*Not suitable for pregnant clients*

We use an African plant combination infused into a natural mud to help with circulation and lymph. This very effective clay contains L-carnitine and caffeine, which act as fat strippers and mobilisers to stimulate lipolysis. This invigorating wrap begins with stimulating and exfoliating, working on circulation and lymph before the warm wrap is applied and heated. This wrap works particularly well for bodies in need of a detox owing to acidic conditions, arthritis and oedema. Completed with a circulatory massage and energy balancing.

## African Potato Body Experience®

120 minutes

Our pure and natural Hypoxis Body Wrap is formulated with 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 is melted 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, to complete the experience.

# 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 and relax. An African potato masque is applied to the skin to soften rough areas and lock in moisture. The treatment includes a shoulder massage.

*Manicure: 60 mins Pedicure: 80 mins*

## **African Potato Experience®**

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.

*Manicure: 60 mins Pedicure: 80 mins*

## **Detoxifying Intonga Treatment®**

In order to diminish the possibility of toxic effect on the immune system, we use detoxifying mud in our treatment to help eliminate toxins. While the wrap sinks into the skin, the shoulders are massaged. The treatment includes a muscle-relaxing Intonga Stick massage, which comprises of our yellow-wood sticks to assist lymph drainage and to massage muscles to their core. For our pregnant clients, we substitute the Slimming Detox Mud with the Coffee and Mint wrap to safely assist with water retention and swelling.

*Manicure: 60 mins Pedicure: 80 mins*

## **Africology Standard**

For a beautiful respite from the high-energy nature of Johannesburg, 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.

*Manicure: 45 mins Pedicure: 60 mins*

# SPA ETIQUETTE

Africology Urban Spa 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. Payments can be made in either cash or credit cards. No cheques will be accepted.

## **Children**

Please do not bring children to appointments, as they cannot be left unattended.

## **Contra-indications**

Please inform your therapist if any of the following conditions apply to you:

- High blood pressure or heart conditions
- Recent surgery
- Muscle or joint injuries
- Any product or nut allergies
- Pregnancy
- Epilepsy or diabetes

## **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 six 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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