



AFRICOLOGY®

AT HOEDSPRUIT

FACIAL EXPERIENCE

Bespoke Facial / 60 mins

Our focus is always on deep pore cleansing, never stretching the pores or scarring the skin in doing so. Gentle in our approach, we know that Hydration and effective supplementation are vital in preserving the skin's youthfulness. Never neglecting the sensitive skin under the eyes, dark circles and the importance of working on lifting and plumping up the skin. Preserving the skin and preventing pre-mature aging is our goal.

Express Facial / 30 mins

For those moments when time is challenged but facial renewal and stability is needed. Our 30 min express facial is Invigorating & Harmonising.

Deep Cleanse with Extraction / 60 mins

A deep cleanse can leave the skin looking refreshed and more youthful. By using our gentle Exfoliating Cream light steam and our deep cleansing clay mask we gently purify the skin. This facial stimulates and uplifts and effectively clears problematic skin and promotes oil balance.

Vitamin Booster Facial / 60 min

This uplifting facial uses a rich vitamin and mineral cocktail to replenish, boost your immune system and energise the skin. Vitamin C stimulates collagen production, while vitamin A, E, and B complexes restore and strengthen your skin naturally. Great for tired, stressed or run down skin, leaving you revitalized.

ANTI AGEING

Balancing Rose Facial / 80 mins

Our beautiful blend of Rosehip and 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. 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.

African Goddess Facial® / 90 mins

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.

Anti-ageing Renewing SOS Facial / 80 mins

An anti-aging treatment designed to combat the effects and signs of aging. Our active layering process uses hyaluronic acid, and Padinami extract to tone, soothe and brighten the skin, revitalising in the long term while providing an immediate, healthy glow. Our deep lymphatic massage technique assist our renewing oil penetration which helps combat free-radicals, boost collagen and elastin, plump fine lines and reduce inflammation.

DERMAPEN

Dermapen™ creates fractional micro-channels that activate the skin's own renewal and repair response. With no injections, heat or time off work, Dermapen™ is safe on all skin types and complexions, and treats an array of conditions. Dermapen™ is suitable to treat the signs of:

- ~ Ageing Fine lines & wrinkles
- ~ Sun damage Hyperpigmentation Age spots
- ~ Acral vitiligo
- ~ Rosacea
- ~ Dilated capillaries
- ~ Breakouts Acne
- ~ Enlarged pores
- ~ Milia
- ~ Scars

Procedures may be performed in as little as 30 minutes with the skin's repair cascade continuing for up to two years. A professional skin assessment with a Dermapen™ practitioner will confirm the best action plan and how many Dermapen™ treatments will be required.

AFRICOLOGY MAN

Quick Deep Cleanse Facial / 30 mins

This express facial cleanse, scrub and clay mask, draws impurities from the skin, using a warm compress to open pores and improve circulation. A great quick fix for busy schedules.

Deep Cleanse Facial & Extraction / 60 mins

A deep cleanse can leave the skin looking refreshed and more youthful. By using our gentle Exfoliating Cream light steam and our deep cleansing clay mask we gently purify the skin. This facial stimulates and uplifts and effectively clears problematic skin and promotes oil balance.

Purifying Back Cleanse / 30 mins

Our Marula and walnut body scrub with steam, opens the pores and prepares the skin for our purifying and repairing bentonite clay mask. Choose from a foot or scalp massage to enjoy while your treatment draws impurities from the skin.

ANTI -AGING

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Cooling—Firming Aloe Ferox Facial / 60 mins

Africology's natural answer to Botox! For youthful resilient and buoyant skin; Aloe Ferox helps to calm, lift and firm naturally by encouraging fibroblast growth and repair. Blended with a potent combination of healing honey, tripeptides, and retinal palmitate (vitamin A), to stimulate collagen and elastin growth, creating a pro-rejuvenating, youthful appearance.

THERAPUTIC MESSAGES

Intuitive Herbal Oil / Back 30 mins / Body 60 mins

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

Majestic Awakening / 35 mins

Neck, shoulders and scalp. The treatment begins where your neck, shoulders and scalp are deeply massaged, dissipating tension and stress through touch and aromatherapy.

Balancing Scalp & Leg Ritual / 45 mins

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.

Shea Aromtherapeutics / Back 45 mins / Body 75 mins

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 a soothing, calming, or deep tissue experience.

Soul of Africa Journey / Back 45 mins / Body 90 mins

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 and tension stored in the muscles. Then Marula oil is applied in reparation for your intuitive body and scalp massage.

Hot Stone Massage / 60 mins / 90 mins

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 anti-oxidants and essential fatty oils.

Intonga Deep Tissue / 75 mins

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.

Crystal Healing Journey / 90 mins

A meditative, kind and warm rose quartz crystal massage that releases pent-up energy likely to cause stress. We use Tibetan bowl sound therapy and crystal placement as a beautiful way of balancing the body's energy centres to create optimum health and well-being.

Muscle & Joint Magnesium Deep Tissue / 30 / 60 / 90 mins

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

SKIN ADORATION WRAPS

Slimming Detox Wrap

We use an African plant combination infused into a natural mud to help with circulation and lymph drainage. 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 drainage 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.

Circulation Booster, Coffee & Mint Wrap

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.

Skin Conditioning, Rooibos & Lavender Wrap

Great 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.

Anti-aging, African Potato & Pregnancy wrap

Suitable for pregnant women and eczema sufferers

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.

Exfoliation / 30 mins

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.

HANDS & FEET

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.

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.

Detoxifying Intonga Treatment®

In order to diminish the possibility of toxic effect on the immune system, we use detoxifying mud in our treatments. 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.

KIDS SPA MENU

Our kids spa products are sensitively formulated to be safe for the use on a child's young skin. For under 12 yrs.

Fairy Stone Massage / 45 mins

Magical stones and dust from the fairies help you to relax while the mind can dream of anything you want, and it may just come true. Carefully selected plant actives and oils are combined to hydrate the skin whilst magical fairy dust is left behind as a reminder of a place where you child can dream to their fullest.

Choco Boo hand & foot / 30 mins

Delicate little hands and feet are soaked in a chocolate soak to soften and care for delicate skin. Gently cleans the skin in preparation for a chocolate sensory experience. Feet are exfoliated before a purifying chocolate mask is applied to the skin. Followed by a coconut oil and honey massage.

Little Bee facial / 20 mins

The skin is gently cleansed, followed with a honey and coconut facial massage. A pure skin nutritious mask made from Oats, Rooibos Tea and Corn starch feeds the skin. Skin is protected with an all natural SPF 30.

Coconut Cocoon / 45 mins

A gentle healing massage ritual that cares for the skin and hair

It is said that coconuts give life, and we would like you to experience this healing massage ritual as one in which the skin is protected and repaired from the summer sun. A relaxing body and hair massage, deeply relaxes whilst protecting the delicate skin's PH balance. A nutritious coconut milk with your choice of flavouring completes this ritual.

PACKAGES

50% deposit policy in place. Prices subject to change without notice.

Cellular Rejuvenation / 5 hrs

- ~ Body Exfoliation & Shower
- ~ Rooibos & Lavender Wrap
- ~ Balancing Rose Quartz Facial
- ~ Collagen Boosting Massage
- ~ Lunch, Rest & Relaxation

Couples Devotion Journey / 2 hrs

- ~ Romantic Room Set Up with Gifted African Massage Candle
- ~ Soul of Africa 90 mins
- ~ Virgin Rooibos Cocktail, Chocolates & Candles

Circle of friends Celebration / 2.5 hrs

- ~ Standard pedicure with Morgan Taylor
- ~ Standard manicure with Morgan Taylor
- ~ Lunch & Bubbles

Jahzara / 6 hrs

- ~ African Potato Body Wrap with shower
- ~ Foot & Scalp Massage
- ~ Anti-oxidant Body Massage with Cupping
- ~ Renewing SOS Facial
- ~ Nail File & Paint Hands & Feet
- ~ Lunch

Detox Package / 3 hrs

- ~ Detox Body Wrap with Shower
- ~ Cellulite Detox Massage
- ~ Lymphatic Drainage Booster
- ~ Detox lunch & Juice

Hope Experience / 3hrs

This charity driven express package will donate a portion to our current NGO

- ~ Express Facial
- ~ Majestic Awakening
- ~ Express Mani & Pedi
- ~ Health Snack Platter

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