



# Serenity Spa

SPA & WELLNESS CENTRE

## AFRICOLOGY

### Treatment Menu

### Experiential Massage Treatments

<b>Bespoke Intuitive Herbal Oil Massage</b>	35min	R600.00
	60min	R895.00
	90min	R1125.00

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, Muscle Relaxing and Energising.

<b>Soul of Africa Conditioning Massage</b>		
<b>Full body experience</b>	90min	R1200.00

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.

<b>African Rungu Massage</b>		
<b>Full Body Massage</b>	60min	R895.00

A Rungu massage is a long stroke, deep pressure massage that reduces pains and aches, improves blood circulation, lymph drainage and muscle toning and provides immediate relaxation.

<b>Hot Stone Massage</b>	60min	R975.00
<b>Full body experience</b>	90min	R1150.00

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.

## *Therapeutic Massages*

**Bespoke Yoga Massage** 90min R1200.00

*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.*

**Detox Massage** 60 min R895.00

*This powerful detox massage combines a unique selection of hand-blended essential oils to encourage the release and elimination of accumulated toxins and tension throughout the body. Highly recommended for travellers and executives who need to rebalance their bodies and feel rejuvenated.*

**De-stress Massage** 60min R895.00

*A therapeutic approach to manage fatigue, high blood pressure and insomnia. Our focus is on balancing excess cortisol via therapeutic massage; crucial in cell vitality. Our massage formulation is synergistically blended with Vitamin C-ester and a vitamin B complex.*

## *Holistic Massage Treatments*

**Shamans Healing Journey** 90min R1150.00

*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*

<b>African Potato Body Wrap</b>	60min	R1200.00
	120min	R1875.00

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.

<b>Immune Body Boosting Wrap</b>	60min	R1175.00
	120min	R1800.00

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 drainage, collagen production and toxin elimination.

## *Body Experience*

<b>Intonga Amasatchi</b>		
Full body experience	75min	R1025.00

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. Skillful 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.

<b>Balancing Leg and Scalp Massage</b>	45min	R675.00
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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.

<b>Majestic Awakening</b>	45min	R675.00
	60min	R900.00
	90min	R1150.00

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.

## *Body Alignment Rituals*

<b>Immune Boosting Steam Therapy</b>	90min	R1175.00
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A synergistic blend of vitamins and minerals blended into earth clay work in conjunction with the body's response to heat. This rise in temperature tricks the body into responding as it would during a low-grade fever. The body produces more disease-fighting white blood cells and antibodies that can help stave off disease and decrease the chance of infections.

<b>Aroma Steam Therapy</b>	15min	R300.00
	60min	R895.00

Our steam room is beneficial for respiratory problems; effectively relieves sinus pressure by opening airways, as well as relieving any inflammation and swelling. Bespoke in our approach, your therapist will also guide you on oils to select to assist with a number of instances such as insomnia, or as part of a rejuvenating treatment. A sinus massage is optional after your steam session.

## Facial Experience

<b>Africology Standard Facial</b>	45min	R745.00
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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.

<b>Africology Deep Cleanse Facial</b>	60min	R825.00
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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.

<b>Africology Bespoke Facial</b>	80min	R1125.00
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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. Your face is mapped and the appropriate serum is used in key areas for optimum results.

<b>Africology Goddess Facial</b>	90min	R1350.00
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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.

<b>Balancing Rose Facial</b>	80min	R1175.00
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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.

## *Manicure & Pedicure*

<b>Africology Standard Manicure</b>	50min	R450.00
<b>Africology Standard Pedicure</b>	60min	R500.00

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.

<b>Copper Hot stone Manicure</b>	60min	R550.00
<b>Copper Hot stone Pedicure</b>	80 min	R600.00

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. The treatment includes a shoulder massage.

<b>African Potato Manicure</b>	60min	R550.00
<b>African Potato Pedicure</b>	80 min	R600.00

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*

Pondoro Serenity 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.

**Please complete the Spa Consultation form prior to Treatment.**

**Mobile Phones**

*Please ensure mobile phones are switched off during treatments.*

**Punctuality**

*Please arrive at least five 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.*

**Indemnity**

*Pondoro, 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.*



# AFRICOLOGY

*The Africology treatments are designed to assist the body in rejuvenation, managing negative health factors like toxicity, ensuring a more natural free flow of vitality.*

*Therapeutic in its approach, Africology only uses all natural ingredients that are bio-identical to your biology. Effectively enhancing the integrity of your skin whilst simultaneously preventing premature aging.*

*Our aim is always to ensure that the body and biology are treated in harmony.*



*There is magic in a little "timeout" to detach from the world, to be in a perfect NOW space, that allows your body to heal, to revitalise and balance again.*