

*We invite you to indulge in a unique  
Bush Spa experience during your  
stay with us at Singita. We offer a  
selection of treatments designed to  
restore your body's natural balance  
and soothe away your stresses.*



# Spa guide & price list

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## *Introduction*

Skin care treatments are performed in the tranquility of the Spa therapy rooms, where we use Dermalogica products, which are naturally fragranced and suitable for both men and women.

Body treatments such as massage, polishing scrubs and nourishing masks can be enjoyed in the comfort of your suite, out on your deck or at the spa.

At our Bush Spa we offer a holistic approach, which allows us to treat each guest with the uniqueness they deserve. Escape to our spa where you can indulge your body, revitalise your mind and leave with a renewed sense of well-being.

# SKIN CARE

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Each facial treatment includes a neck, shoulder, face and scalp massage, which incorporates lymphatic drainage, pressure point therapy and Swedish massage techniques, as well as the use of the Bio-Therapeutic Micro machine. Speak to one of our therapists to customise a treatment to suit your needs.

## **AGE Smart Treatment**

The intelligent investment in your future skin. The revolutionary powerful treatment from Dermalogica, providing visible results for premature aging, dehydrated, sun damaged and devitalised skin.

Are the signs of ageing becoming more prevalent on your skin? Give it a revitalising boost with this treatment designed to help firm, smooth, nourish, regenerate and energise, while controlling the biochemical triggers that lead to skin ageing! Potent vitamin and hydroxy acid exfoliation resurfaces and retexturises the skin, while energising massage techniques release tension in the facial muscles for the ultimate in skin therapy for prematurely ageing, mature or devitalised skin. The AGE smart treatment is the perfect complement to AGE smart home care regime and delivers the immediate results only available from a professional skin treatment.

## **The Classic**

A revitalising treatment that begins with deep cleansing, followed by a gentle enzyme peel to reveal smooth, glowing skin. This is completed with a replenishing masque and nutrient rich moisturiser to hydrate, protect and restore the natural balance of your skin.



### **Environmental Facial**

If your skin is feeling uncomfortable or irritated, this is the treatment for you! Our super-soothing cleansing will remove impurities from your skin and a calming Clinical Colloidal Oatmeal Masque will instantly calm redness and reduce inflammation.

*90 min*

### **Multivitamin Power Exfoliation**

The latest in vitamin repair and hydroxy acid exfoliation! This treatment includes a potent multivitamin power exfoliation and a vitamin recovery masque to noticeably improve skin elasticity, tone and texture.

*90 min*

### **Revitalising Eye Rescue**

This eye treatment helps to firm and tone the eye area, diminish fine lines, reduce puffiness and soothe irritated, tired eyes. This treatment can be incorporated into a facial or enjoyed as a separate treatment.

*30 min*

### **Bella Baci Facial Cups**

Incorporate this during your facial massage for optimal stimulation. While you are experiencing a relaxing, deep, comfortable massage, circulation in you skin and underlying tissues will be increased as well as exfoliation of dead skin cells. Remove the day's stress and restore a healthy youthful glow to the skin.

*Tinting and additional treatment masques are also available.*

# SINGITA SIGNATURE TREATMENTS

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Developed over the years at Singita by trained therapists – you will leave with a unique bush spa experience.

## **Ndzi Lorhe Africa “I Dreamed of Africa”**

Discover the miracle of Africa with our indulgent African body ritual. This ritual includes a full body exfoliation, body wrap and is finished off with our unique Inkaba balancing full body massage. Float away into an African Dream.

*120 min*

## **Monkey Orange**

This treatment is exclusive to Singita. Monkey oranges are part of the calabash family – a round fruit that hardens when dried. These fruits are used as massage “tools” to create pressure and pounding for easing tension and releasing pressure points, as well as gliding over the body for relaxation and stress relief. Using our African formulated Marula and Neroli oil blend, this will be a unique Singita experience.

*90 min*

## **African Self-enlightenment Ritual**

This amazing journey is based on ancient African healing remedies using nature’s medicinal ingredients and heat. It commences with a cleansing, full body exfoliation followed by a holistic heat therapy with African basalt rocks and specialised African oil blends to relieve your body of fatigue. Due to the nature of this treatment, it can only be performed in the spa.

*120 min*

### **Riendzo Ra Ntiyiso “A True Journey for Two”**

A romantic treat for two which can be enjoyed in the privacy of your suite after game drives. Be buffed and polished with a dry body brush, followed by an Inkaba balance full body massage. You and your partner will then be enveloped in a luxurious anti-oxidant grape wrap that will feed your skin with all the goodness and vitality for which it thirsts. While warmly wrapped, enjoy either a head or foot massage. Complete this treatment by soaking in a relaxing African bath.

*75 min*

### **Swiharhi “Big Five”**

They say the bush has the Big Five animals, so why not indulge in the Big Five of the spa – exfoliation, body wrap, African head massage, Reflexology and an Inkaba balance full body massage. Using only the finest and purest ingredients from Mother Nature, this treatment is performed by two therapists and begins with dry body brushing followed by an African exfoliation of your choice – whether your concern is dehydration, loss of elasticity, fluid retention or stress. You will then be engulfed in a decadent African wrap that will feed your skin with all the goodness you deserve, during which you will be treated to an African head massage and reflexology simultaneously. After you enjoy a refreshing shower we will return you to a state of holistic harmony by performing a relaxing four hand massage. You can choose to experience the treatment in the privacy of your suite where an African bath will be incorporated leaving you feeling serene, tranquil and filled with peace, or should you opt for the comfort of the spa, a steam inhalation is an alternative.

*Two therapists: 120 min*

# HEALING EARTH SPA BODY THERAPY

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Healing Earth was created due to international demand for the purest and most natural organic spa products and therapies sourced from the African continent - taking natural preservation, botanical purity and quality management into account. Free of artificial colourants, fragrances, parabens and preservatives, you can relax and be ensured that the goodness and purity of Africa is taking care of your every need.

By turning back to the source and listening to our earth's secrets, we can learn to live in serenity, harmony and balance.

With Healing Earth you can design your own unique body treatment by mixing and matching the body polishes and body wraps to your specific needs. This is your opportunity to become one with earth and to embrace African plant and botanical cultures.



### **African Healing Polish**

Discover the essence of Africa with one of our luxurious top-to-toe body exfoliation therapies destined to leave your skin soft, smooth and moisturised.

*30 min*

### **African Restorative Therapy**

These highly active and effective body wraps will treat any concern including dryness, psoriasis, eczema, fluid retention and cellulite. This ritual will start with dry body brushing and a body polish. To stimulate circulation we will then envelop you in a wrap catered to your individual and specified concerns. We bring the ritual to a close with the application of an enriching body butter of your choice, to provide your skin with all the nutrients for which it craves.

*60 min*

### **Polishes & Wraps**

- Kalahari melon - Hydrating
- African ginger - Firming and healing
- Mongongo nut - Detoxifying
- Coffee, cinnamon and orange - Cellulite therapy
- African potato wrap - Nourishing and repairing
- Grape clay mask - Anti-oxidant rich

### **Body Embalming Body Butter Application**

- Joy - Energising
- Forest - Relaxing
- Stillness - Sleep enhancer
- Rhythm - Nourishing

# MASSAGE & RELAXATION

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## **Salt Glow & Massage**

Your skin will be polished to a glow before enjoying a relaxing full body massage using ultra-rich body cream to smooth and hydrate the skin while melting tension from stiff muscles.

*90 min*

## **N’weti Touch “Touch of Moonlight”**

Relax and enjoy a traditional full body massage, with new soya-based therapy candles – an alternative to traditional aromatherapy. Choose from several aromatic fragrances to enjoy different effects – uplifting, relaxing, calming or stimulating. The candles are formulated to salve dry, damaged skin; relieve inflammation from eczema or insect bites and soothe aching joints.

*60 or 90 min*

## **Dyambu Touch “Sun Touched”**

Hawaiian Kahuna lomi-lomi combined with the uplifting effects of the African soy candle. Lomi-lomi is a unique healing massage derived from ancient spiritual healers who used the massage to affirm one’s belief and purpose in life. The massage will work gently yet deeply into muscles, nurturing the body and enabling relaxation while seeking to restore the body’s harmony. It will help relieve tension and increase blood and lymphatic flow, assisting in elimination of wastes and toxins in the body. Due to the nature of this treatment, it can only be performed in the spa.

*One therapist: 90 min*

*Two therapists: 60 min*

## **Back Massage**

Select from any of our massage techniques for an indulgent back massage.

*45 mins*

### **Inkaba Body Balance Massage**

This signature massage draws its inspiration from the Xhosa word “Inkaba” representing interconnectivity. The massage incorporates massage techniques from all over the world to ensure you are treated from head to toe. This is enhanced by utilising our exclusive African oils.

- Kalahari melon - Hydrate
- African ginger - Firm and slim
- Marula & neroli - Relaxing
- Coffee, cinnamon and orange - Cellulite
- Mongongo nut - Detoxifying

*60 or 90 mins*

### **Deep Tissue Massage**

This is a firmer massage than traditional Swedish or Aromatherapy with deeper muscle and soft tissue involvement. This highly specialised massage is ideal for the relief of stiff aching muscles, detoxification and stimulation of circulation. Trigger point therapy and minor stretching is also incorporated.

*60 or 90 mins*

### **Butters - To Nourish**

Add the use of one of our African body butters to your treatment for super nourishment. Speak to your therapist for your choice of energising, relaxing, sleep enhancing or nourishing.

### **Bella Baci Massage Cups**

By adding these cups to your massage it will benefit your body in many ways. Experience many health benefits e.g. toxins and inflammation to be released, activate lymphatic system, stimulate circulation, improve appearance of stretch marks and reduce cellulite. Speak to your Health Therapist to learn more about Bella Baci Cups.





# INSPIRE THE SPIRIT

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## **African Head Massage**

Enjoy a relaxing head massage combined with hair treatment using nourishing oils to treat dry hair and scalp. It is Africa's version of the ancient art of head massage, incorporating the head, neck and shoulders - the ultimate in relaxation.

*45 min*

## **Reflexology**

Enjoy an energising filing and foot scrub to revitalise and cleanse your feet in preparation for the treatment of your whole body through our balancing pressure point foot massage, releasing areas of congestion and tension in the body by working on the reflex points in the feet.

*60 min*

## **Hot Stone Massage**

Enjoy the healing energy of Mother Nature with the deep penetrating heat of Basalt stones, combined with traditional full body massage to deeply penetrate muscular tension. Due to the nature of this treatment, it can only be performed in the spa.

*60 or 90 min*

## GROOMING & BEAUTY

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### **African Hand Print Ritual**

This is the ultimate conditioning hand ritual. Using a unique African scrub, your hands are polished and cuticles restored with indigenous healing oils. Your hands are then massaged with African Shea butter and covered with warm compresses. Feel totally relaxed as you receive a scalp massage while warm oils penetrate into your skin. The treatment includes nail filing, cuticle work and is completed with polish or buffing.

*60 min*

### **African Foot Print Ritual**

Celebrate your feet with this luxurious pedicure treatment. The ritual will commence with a foot soak using African salts. Following this soak, your feet will be exfoliated to reduce roughness, after which we will embalm your feet with African shea butter. Relax as you receive a foot and ankle massage. The treatment includes toenail filing, cuticle work and polish or buffing.

*60 min*

Paraffin wax treatment available for added hydration.



# COUPLES TREATMENTS

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## **African Self-enlightenment Ritual**

This amazing journey is based on ancient African healing remedies using nature's medicinal ingredients and heat. It commences with a cleansing full body exfoliation followed by a holistic therapy with African Basalt rocks and specialised African oil blends to relieve your body of fatigue. Due to the nature of this treatment, it can only be performed in the spa.

*Two therapists: 120 min*

## **African Couple Connection for Two**

Enjoy an energising foot filing and scrub to revitalise and cleanse your feet in preparation for our balancing pressure point foot massage. This treatment releases areas of congestion and tension in the body by working on the reflex points in the feet. Follow this with Africa's version of the ancient art of head massage, incorporating the head, neck and shoulders - the ultimate in relaxation.

*Two therapists: 75 min*

## **Healing Body Polish for Two**

Discover the essence of Africa with one of our luxurious top-to-toe body exfoliation therapies. Following this cleansing experience we will end the treatment with an Inkaba balance full body massage using only the purest African oil blends leaving you with a distinct essence of Africa.

*Two therapists: 90 min*

## **Inkaba Body Balance for Two**

This signature massage draws its inspiration from the Xhosa word "Inkaba" representing interconnectivity. The massage incorporates techniques from all over the world to ensure you are treated from head to toe. This is enhanced by utilising Healing Earth's exclusive African oil blends.

*Two therapists: 60 or 90 min*

### **Celebration Ritual for Two**

A tranquil journey which can be enjoyed in the privacy of your suite. This treatment renews the skin with a full body exfoliation leaving your skin feeling radiant. You will then be enveloped in our unique body masks, gels and oils to replenish your skin with goodness from Africa's garden. While warmly wrapped, enjoy both a head and foot massage. Complete this treatment by soaking in a relaxing African bath with your loved one...

*Two therapists: 90 min*

### **Riendzo Ra Ntiyiso "A True Journey for Two"**

A romantic treat for two which can be enjoyed in the privacy of your suite. Be buffed and polished with a dry body brush, followed by an Inkaba balance full body massage. You and your partner will then be enveloped in a luxurious anti-oxidant grape wrap that will feed your skin with all the goodness and vitality for which it thirsts. While warmly wrapped, enjoy either a head or foot massage. Complete this treatment by soaking in a relaxing African bath.

*Two therapists: 75 min*



# ADDITIONAL INFORMATION

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## **Attire**

Your comfort and privacy is of the utmost importance to us. Underwear or bathers may be worn for spa body therapy treatments or we can provide you with disposable underwear on request. Please feel free to ask your therapist which articles of clothing can be left on if you are not sure. Robes and slippers are provided in the change rooms.

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## **Please Note**

It is not advisable to consume alcohol within three hours of spa and body treatments, as the alcohol can react with active ingredients in the body products and massage oils to cause unpleasant side effects.

# GYMNASIUM & FITNESS CENTRE

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## **Gymnasium**

We have a gym fully equipped with “Technogym” equipment. This is open between 06h00-20h00 for your use. We will happily arrange to open the gym outside of those hours - please speak to your Amukeri or Lodge Manager.

Please Note: An adult must accompany children under 16 years.

## **Inhalation Room**

Feel free to relax in our inhalation room and enjoy aromatherapy oils to calm your mind and relieve congestion. Please arrange with the front desk should you like this to be set up for you.





## *Singita Sabi Sand*

Ebony & Boulders Lodges  
Castleton  
South Africa

# Singita

Spa guide  
& price list

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A romantic treat for two which can be enjoyed in the privacy of your suite after game drives. Be buffed and polished with a dry body brush, followed by an Inkaba balance full body massage. You and your partner will then be enveloped in a luxurious anti-oxidant grape wrap that will feed your skin with all the goodness and vitality for which it thirsts. While warmly wrapped, enjoy either a head or foot massage. Complete this treatment by soaking in a relaxing African bath.

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### **Polishes & Wraps**

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# MASSAGE & RELAXATION

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*One therapist: 90 min*

*Two therapists: 60 min*

## **Back Massage**

Select from any of our massage techniques for an indulgent back massage.

*45 mins*

### **Inkaba Body Balance Massage**

This signature massage draws its inspiration from the Xhosa word “Inkaba” representing interconnectivity. The massage incorporates massage techniques from all over the world to ensure you are treated from head to toe. This is enhanced by utilising our exclusive African oils.

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# INSPIRE THE SPIRIT

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*45 min*

## **Reflexology**

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Enjoy the healing energy of Mother Nature with the deep penetrating heat of Basalt stones, combined with traditional full body massage to deeply penetrate muscular tension. Due to the nature of this treatment, it can only be performed in the spa.

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## GROOMING & BEAUTY

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### **African Hand Print Ritual**

This is the ultimate conditioning hand ritual. Using a unique African scrub, your hands are polished and cuticles restored with indigenous healing oils. Your hands are then massaged with African Shea butter and covered with warm compresses. Feel totally relaxed as you receive a scalp massage while warm oils penetrate into your skin. The treatment includes nail filing, cuticle work and is completed with polish or buffing.

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### **African Foot Print Ritual**

Celebrate your feet with this luxurious pedicure treatment. The ritual will commence with a foot soak using African salts. Following this soak, your feet will be exfoliated to reduce roughness, after which we will embalm your feet with African shea butter. Relax as you receive a foot and ankle massage. The treatment includes toenail filing, cuticle work and polish or buffing.

*60 min*

Paraffin wax treatment available for added hydration.



# COUPLES TREATMENTS

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*Two therapists: 120 min*

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## **Healing Body Polish for Two**

Discover the essence of Africa with one of our luxurious top-to-toe body exfoliation therapies. Following this cleansing experience we will end the treatment with an Inkaba balance full body massage using only the purest African oil blends leaving you with a distinct essence of Africa.

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## **Inkaba Body Balance for Two**

This signature massage draws its inspiration from the Xhosa word "Inkaba" representing interconnectivity. The massage incorporates techniques from all over the world to ensure you are treated from head to toe. This is enhanced by utilising Healing Earth's exclusive African oil blends.

*Two therapists: 60 or 90 min*

### **Celebration Ritual for Two**

A tranquil journey which can be enjoyed in the privacy of your suite. This treatment renews the skin with a full body exfoliation leaving your skin feeling radiant. You will then be enveloped in our unique body masks, gels and oils to replenish your skin with goodness from Africa's garden. While warmly wrapped, enjoy both a head and foot massage. Complete this treatment by soaking in a relaxing African bath with your loved one...

*Two therapists: 90 min*

### **Riendzo Ra Ntiyiso "A True Journey for Two"**

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*Two therapists: 75 min*



# ADDITIONAL INFORMATION

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# GYMNASIUM & FITNESS CENTRE

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Please Note: An adult must accompany children under 16 years.

## **Inhalation Room**

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