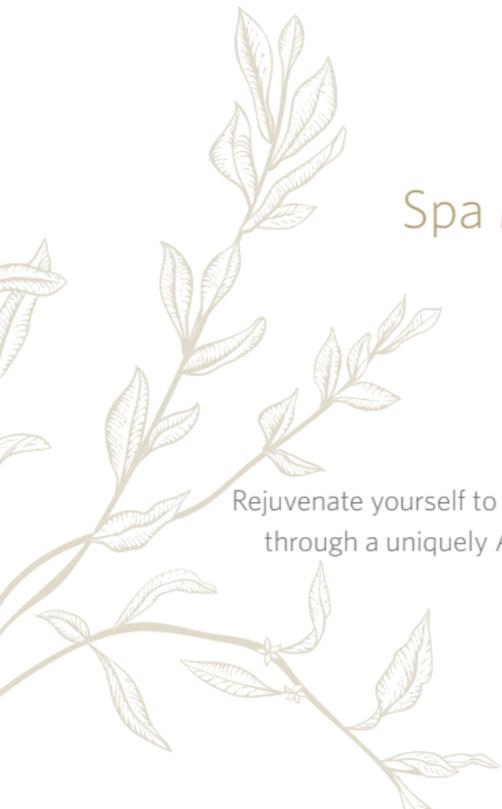




# Singita



## Spa Menu

Rejuvenate yourself to an optimal state of being  
through a uniquely African spa experience

# Detox

---

## FACE

Age Smart Facial

60 min

A vitamin and hydroxy acid exfoliation resurfaces and retextures skin while restructuring massage techniques release tension in the facial muscles. The ultimate in skin therapy for premature aging, mature or devitalized skin.

## BODY

Detox Body

90 min

This full-body polish starts with an Aloe Ferox body scrub and a Terres d'Afrique mud mask to extract heavy metals. A foot or head massage is performed whilst the body mask is on and the treatment closes with an application of luxurious omumbiri body butter.

## MASSAGE

Deep Tissue

60 min / 90 min

This highly specialized massage uses a combination of deep massage practices, stretching techniques, and trigger point therapy to help release lactic acid in the muscles, reduce inflammation and loosen tension.

## THERAPY

Reflexology

60 min

A balancing pressure foot massage, releasing areas of congestion and tension in the body by working on the reflex points in the feet.





# De-stress

---

## FACE

Classic Facial

60 min

A deep cleanse, followed by a gentle enzyme peel. The treatment is completed with a replenishing mask and nutrient rich moisturizer to hydrate, protect and restore the natural balance of your skin.

## BODY

Afrique Aroma Massage

60 min / 90 min

Select your blend of African essential oils and relax while you enjoy a gentle, long-stroke massage.

*Tropical Dusk (uplifting), Fynbos Crush (detoxing) or Savannah Dew (calming).*

## MASSAGE

Sleep Improvement

90 min

This massage incorporates aromatherapy, crystal therapy (optional) and acupressure targeting the pineal gland to encourage the production of melatonin which is necessary for a healthy sleep-wake cycle.

## THERAPY

African Head Massage

45 min

A relaxing head massage combined with a hair treatment using nourishing oils to treat dry scalp and hair.

# Restore

---

## FACE

Environmental Facial

90 min

A soothing cleanse removes impurities while the calming Clinical Colloidal Oatmeal mask instantly calms redness and reduces inflammation of irritated skin.

## BODY

Rejuvenating Body

90 min

This full-body polish starts with an Aloe Ferox body scrub and a Terres d'Afrique mud mask to extract heavy metals. A foot or head massage is performed whilst the body mask is on and the treatment closes with an application of luxurious omumbiri body butter.

## MASSAGE

Immune Booster

90 min

This massage aims to restore a healthy immune system by unlocking energy pathways, activating blood flow, increasing lymphatic drainage and stimulating the body's natural ability to cure itself through acupressure.

## THERAPY

Hot Stone Pedicure

75 min

A foot soak, exfoliation, and embalming, followed by a foot and ankle hot stone massage. The treatment includes nail filing, cuticle work, and polish or buffing.



# Our Signature Treatments

---

## **DETOX**

I Dreamed of Africa

90 min

This treatment aims to eliminate toxins by using a combination of heat, deep pressure, micro massage and lymphatic drainage movements. Heated pindas, filled with Baobab seeds, are used in combination with hands in this exclusive massage.

## **DE-STRESS**

The African Experience

120 min

Indulge in a deeply relaxing sensory experience, starting with a full body exfoliation and massage. Thereafter, warm pindas or ostrich eggs filled with heated Baobab seeds, are strategically placed on the body to induce instant relaxation. As you inhale the scent of the Terres d'Afrique soothing oil, the sound of chimes and rain sticks will transport you to the tranquil plains of the African savanna.

## **RESTORE**

Sun-Kissed Journey

60 min

The treatment is designed to fight the negative effects of excessive sun exposure and to repair sun damage. Allow your skin to be soothed by a body mask while you enjoy a relaxing head massage to ease away the rigors of the day. Afterwards, a calming, cooling gel will be applied, and finally a gentle, restorative massage will complete the treatment.

## For Couples

---

### **TRUE JOURNEY FOR TWO**

120 min

A romantic treat for two. You and your partner will begin the treatment with an Aloe Ferox Body scrub and a Terres d'Afrique mud mask to extract heavy metals. A foot or head massage is performed whilst the body mask is on and the treatment closes with an Afrique Aroma massage.

### **AFRICAN SELF-ENLIGHTENING RITUAL**

90 min

This treatment is based on ancient African healing remedies using nature's medicinal ingredients and heat. This commences with a cleansing, full-body exfoliation, followed by a holistic heat therapy with African Basalt rocks and specialized African oil blends. This unique treatment is exclusive and can only be performed in the spa.

## For Little Ones

---

**For children under 12 years old.**

### **MINI MANICURE OR PEDICURE**

30 min

Happy hands or feet for your little ones. The treatment includes an exfoliation, file and optional paint.

### **MINI MASSAGE**

30 min

Introduce your little ones to our spa experience with a gentle back massage using a unique blend of African oils.

## For Hands & Feet

---

### **MANICURE**

*60 min*

A unique African scrub, where hands are polished and cuticles restored with indigenous healing oils. Treatment includes nail filing and cuticle work, and is finished off with polish or buffing.

### **PEDICURE**

*60 min*

A pampering pedicure with a foot soak, exfoliation and massage. The treatment includes nail filing, cuticle work and polish or buffing.



# Our Products

---

The products we use are carefully selected for the positive impact they have on our guests and the environment.

## TERRES D'AFRIQUE

A sustainably developed organic skincare range that harnesses the potency of Africa's legendary botanical heritage in a collection of laboratory-crafted formulations.

Terres d'Afrique strives to create enriching wellness experiences that capture the imagination of discerning travelers and encourages them to explore wellness beyond the limits they are familiar with. Our treatments tell stories and create multiple layers of sensations, awakening all five senses.

## DERMALOGICA

Guide your skin to a new level of fitness with a treatment that is tailored to the needs of your skin. Dermalogica uses only the finest ingredients available from eco safe sources and does not test on animals. It is the number one choice of skin care professionals and consumers worldwide.

---

**All spa treatments begin with an African foot ritual.  
Please arrive at your treatment 5-10 minutes before  
your appointment.**

**Full and half-day packages available.**

