



## S P A M E N U

Immerse yourself in the tranquil oasis of the Madikwe Safari Lodge Spa, where the essence of Africa is infused in every treatment. Utilizing the unique and organic Terres D'Afrique products, our spa celebrates the purity and potency of African botanicals. Here, ethical sourcing and sustainability are paramount, honoring the land and communities that nurture these precious ingredients. Experience a harmonious blend of nature's wisdom and scientific innovation, offering you a rejuvenating journey amidst the serene backdrop of the African wilderness.

**TERRES  
D'AFRIQUE.**

Terres D'Afrique offers a range of luxuriously effective skincare products, focusing on the unique properties of African regenerative botanicals. The brand's products are gender-neutral, vegan, and free from harmful chemicals, ensuring they cater to diverse skincare needs while upholding environmental responsibility and ethical standards.

## MASSAGE THERAPIES

### **African Botanical Massage**

**60 min | R950**

**90 min | R1250**

#### *Detoxifying Pinda*

*A detoxing massage using TDA detoxing oil (buchu, black & pink pepper) and heated botanical pindas made of baobab seeds and indigenous botanicals. The combination of heat, deep & micro pressure, and lymphatic drainage movements, increases blood flow and drains lymph to the lymph nodes, helping eliminate toxins.*

### **Scents of Africa Massage**

**60 min | R950**

**90 min | R1250**

#### *Aromatherapy Massage*

*An aroma therapeutic massage featuring our preblended selection of 5 Terres d' Afrique aromatherapy blends of African essential oils (uplifting, invigorating, energizing, calming, detoxing)*

### **Deep Tissue Massage**

**60 min | R990**

**90 min | R1350**

#### *Tension Release*

*A deep tension-releasing massage that uses pressure point techniques, focused on specific areas of stress, to ease and relax muscles, restoring blood flow and equilibrium.*

### **Sensory Crystal Massage**

**60 min | R990**

**90 min | R1350**

*An invigorating and immune-boosting treat, featuring a constant alternation of hot and cold crystal balls to revitalize skin, senses, and circulation.*

### **Dream sight Massage**

**75 min | R1250**

#### *Sleep Improvement*

*A deeply relaxing sleep-improvement massage that uses acupressure to stimulate the pineal gland, the body's sleep center, and induce an allseeing, dreamlike bliss. Great for sleep conditions, jetlag, or restlessness.*

## BODY TREATMENTS

*Our mud masks dig deep into nature's bounty of mineral rich clays and potent botanicals to smooth, soothe, moisturize, and restore skin.*

### **Myrrh Body Polish & Body Mask**

**60 min | R950**

**90 min | R1250**

*Sugar, coconut shell and rooibos flakes combined with Namibian myrrh and baobab oil to softens and refreshes all skin types. A rich, creamy body butter diffuses powerful botanical extracts from Kigelia & Mafura to soothe and firm the skin.*

## FACIAL TREATMENTS

### **Sun Kissed Facial**

**60 min | R950**

*(Hydrating & firming) While not a substitute for proper pre-sun protection, successful aftercare with photo-protective botanicals helps to offset the negative effect of the sun's UV radiation by reducing Inflammation & the negative effects of oxidative stress.*

### **Radiance Facial**

**60 min | R950**

*(Cleansing & Detoxing) A refreshing and detoxifying combination of mineral mask, lymphatic drainage techniques and indigenous African botanicals help eliminate toxins and leave skin glowing with health and vitality.*

### **Eternal Crystal Light**

**90 min | R1250**

*(Anti-ageing) Illuminate your face and rediscover the light that shines within with this age-defying facial: a combination of icy cold jasper crystal wands, warm spice pindas, and potent active ingredients that reduce fine lines by literally 'straightening' the damaged collagen, while omegas help restructure and regenerate skin cells.*

## SENSORY ADD ON'S

*Additions to treatments booked.*

*Expand your sensory experience by adding one or more of the following to your treatment:*

• <b>African Head Massage</b>	<b>20 min</b>		<b>R220</b>
• <b>African Head, Neck and Shoulder Massage</b>	<b>30 min</b>		<b>R400</b>
• <b>Hot Stones</b>	<b>15 min</b>		<b>R220</b>
	<b>30 min</b>		<b>R400</b>
• <b>Revive &amp; Relax pressure point foot massage</b>	<b>30 min</b>		<b>R400</b>

## SAFARI LODGE INDULGENCE PACKAGE

*Indulge in a serene escape with our signature spa package: a 30-minute Myrrh Body Scrub, a 60-minute Scents of Africa Aromatherapy Massage, and a 30-minute Sunkissed Facial. Relax in the steam room and refresh in the plunge pool, all while sipping chilled champagne for the ultimate pampering.*

<b>Solo Indulgence</b>		<b>R2500</b>
<b>Couples Indulgence</b>		<b>R4000</b>

## KID'S SPA

<b>Cubs Massage</b>	<b>30 min</b>		<b>R400</b>
---------------------	---------------	--	-------------

*Spoil the little ones with a spa treatment, tailor-made just for them. Using natural and fragrant oils, this gentle massage nourishes the skin and promotes overall calmness and relaxation.*

