



AFRICOLOGY[®]

Treatment Menu

EXEC | care

comprehensive executive wellbeing

The Africology spa at EXEC | care 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.

It is our wish for you to experience a spa space designed to complement your wellness journey

THERAPEUTIC MASSAGES

Sports Massage

60 minutes

Beneficial in the management of 'muscular inflammation' or for individuals who sit long hours behind a desk. Eases tense shoulders, headaches, stiff neck, tight upper back, lower back pain and general aching sore muscles.

De-Stress Massage

60 minutes

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.

Detox massage

60 minutes

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.

Cardio-pause massage

60 minutes

A lack of circulation and subsequent disrupted blood flow to the heart can cause an overall sense of exhaustion and lack of motivation. This massage focuses on increasing blood flow, allowing for more oxygen to flow through the body. A gentle yet effective massage that maintains cardiac stability.

Bespoke Yoga Massage

90 minutes

Inspired by traditional yoga movements this massage effectively works the muscular system by performing stretching movements, allowing for more free flow of energy whilst gentle pressure is applied to specific stressed areas.



EXPERIENCIAL MASSAGE TREATMENTS

Majestic Awakening

Neck, shoulders and scalp

Easy-melting Shea from Ghana creates a sublime, beautiful body experience. 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 exotic jasmine, neroli and geranium, or black pepper and rosemary for a deep tissue treatment, or calming chamomile to relax. The treatment begins where your neck, shoulders and scalp are deeply massaged, dissipating tension and stress through touch and aromatherapy.

35 minutes

Bespoke Intuitive Herbal Oil Massage

90 minutes

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, Slimming Detox, Muscle Relaxing and Energising.

Soul of Africa Massage

90 minutes

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.

Hot Stone Massage

90 minutes

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.

Endocrine Alignment Treatment

Signature Exec | CareTreatment

To sustain life, our bodies are critically regulated by our endocrine (or hormonal) system. The master gland of the endocrine system is the hypothalamus, which controls the overall state of homeostasis (balance) in the body incorporating emotional, metabolic and physical wellbeing.

We have created a unique massage that assists the endocrine, vascular and lymphatic systems to achieve balance - easing stress levels and optimising physiological processes.

BODY ALIGNMENT RITUALS

Detoxing Body Renewal Treatment

One more late night, one more glass of wine; or perhaps just a little joint pain? Then this treatment is recommended for you. In preparation for your rejuvenation, we exfoliate the skin, removing lifeless skin, assisting the pores in its excretory process. This is followed by a 15min steam session which; stimulates sweat glands to release toxins whilst increasing blood circulation. Softens stressed muscles, in preparation for your plant enriched massage.

Contra Indication: high pressure, diabetes, and epilepsy.

Immune Boosting Steam Therapy

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.

Aroma Steam Therapy

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

Express facial

45 minutes

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.

Deep Cleanse facial

60 minutes

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.

Africology Bespoke Facial

80 minutes

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.

MANICURE & PEDICURE

Oxygen Therapy Supplementation

7 minutes

We take health and well being in the spa space one step further and acknowledge the power of oxygen therapy. So valuable, especially if most of your time is spent indoors. A lack of pure fresh oxygen can prevent blood plasma from free flow restricting the transportation of vital elements in your biology. Rejuvenation at its optimum, you can now add 7 min of oxygen inhalation to your facial or body massage. Deeply relaxing and calming, as it purifies blood flow. Sometimes we all need a little clear thinking.

Devotion Journey

60 minutes

Couples Experience

We have created a sacred space filled with divine intention, shared between you and the one you share a spiritual journey with. Sit back, relax and allow the alluring fragrances of pure essential oils to transport you to a place once known but forgotten, only to be remembered once again. Then celebrate the essence of your divinity with a bubbly glass of champagne and chocolates before returning again to this world.

There is magic in a little “time out” to detach from the world, to be in a perfect NOW space, that allows your body to heal, to revitalise and balance again.

Our manicure and pedicure treatments are luxurious, in the sense that they take into consideration the skins condition and need to maintain a youthful appearance. Not neglecting the fact that the feet and legs play an inter-related role. Long hours of sitting behind a desk, many flying hours can affect blood flow. For this reason our treatments are beneficial in its preventative, restorative effects. Detox leg wraps assist with water retention/swollen legs, whilst stimulating blood flow. Hydrating leg wraps assist in dry cracked skin.

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 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.

Manicure: 60 mins Pedicure: 80 mins

Africology Standard

For a beautiful respite from the high-energy nature of Johannesburg, 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.

Manicure: 45 mins Pedicure: 60 mins

SPA ETIQUETTE

Detoxifying Intonga Treatment®

In order to diminish the possibility of toxic effect on the immune system, we use detoxifying mud in our treatment to help eliminate toxins. 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. For our pregnant clients, we substitute the Slimming Detox Mud with the Coffee and Mint wrap to safely assist with water retention and swelling.

Manicure: 60 mins Pedicure: 80 mins

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.

Manicure: 60 mins Pedicure: 80 mins

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EXEC|care and Africology warmly welcome you to our spa, and we hope 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.

Contra-indications

Please inform your therapist if any of the following conditions apply to you:

- High blood pressure or heart conditions
- Recent surgery
- Muscle or joint injuries
- Any product or nut allergies
- Pregnancy
- Epilepsy or diabetes

Mobile Phones

Please ensure mobile phones are switched off during treatments.

Punctuality

Please arrive at least fifteen 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.

Cancellation Policy

If you need to cancel an appointment, please provide us with at least six hours notice, or the full cost of the appointment will be charged.

Indemnity

Africology, the EXEC|care spa and its therapists cannot accept responsibility for injuries, adverse reactions or complications before, during or after treatment



www.exec-care.co.za
www.africology-sa.com