



**AFRICOLOGY<sup>®</sup>**

*Treatment Menu*



# AFRICOLOGY

AT THE BOARDWALK

*Give us your body for an hour and we will give back to you,  
your inspiration & creativity*

Africology treatments are designed to assist a stressed muscular system. Our focus is on optimizing blood flow whilst ensuring more oxygen is passing through the arteries. These are vital elements in re-energising the body and supporting a healthy biology.

With an intention to assist you to re-balance, re-group and function at optimum levels, we know that outcome based treatments are beneficial in a therapeutic, prescriptive offering.

With this in mind we take into consideration areas of the body that are under stress, or in need of rejuvenation, so that we can create free flow of energy and mobility.

# AFRICOLOGY FACIALS

## Deep Cleanse

60 mins

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.

## Oxygen Facial Therapy

90 mins

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, add seven minutes of deep breathing oxygen to your facial. So relaxing and calming, as it purifies blood flow. Sometimes we all need a little clear thinking. Pure liquid oxygen is sprayed onto the skin and the combination of internal & external oxygen supplementation is most valuable in the anti-ageing process.

## African Goddess Facial®

90 mins

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.

## Africology Express

45 mins

For those moments when time is challenged but facial renewal and stability is needed. Our 45 min express facial is Invigorating & Harmonising.

## Balancing Rose Facial

80 mins

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.

## Bespoke Facial

80 mins

Our facials are bespoke & chemical free, yet performance driven with visible results. Your therapist will analyse your facial needs, take into consideration your expectation and prescribe the correct treatment approach for you. Our focus is always on deep pore cleansing, never stretching the pores or scarring the skin in doing so. Gentle in our approach, we know that hydration and effective supplementation are vital in preserving the skin's youthfulness. Never neglecting the sensitive skin under the eyes, dark circles and the importance of working on lifting and plumping up the skin. Preserving the skin and preventing pre-mature aging is our goal during your facial.

*Revitalise, Rejuvenate, Purify, Balance*

# THERAPEUTIC MASSAGES

## **Muscle & Joint Magnesium Therapy**

**60 mins**

**90 mins**

Magnesium's benefits are many. Symptoms and conditions such as chronic pain, fatigue and insomnia, are effectively treated with Magnesium supplementation. Choose either a 60min deep tissue Magnesium massage which induces a state of calm and promises a good night's sleep. Or select the 90min version which includes a steam session in preparation for your Magnesium rich mud pack; effective in soothing a stressed muscular system.

## **Bespoke Intuitive Herbal Oil Massage**

**60 mins**

**90 mins**

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.

## **Majestic Awakening**

**35 mins**

Neck, shoulders and scalp

The treatment begins where your neck, shoulders and scalp are deeply massaged, dissipating tension and stress through touch and aromatherapy.

## **Intonga Amasatchi**

**75 mins**

*Full Body Treatment*

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.

## **Hot Stone Massage**

**60 mins**

**90 mins**

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

## **Soul Of Africa Body Journey**

**90 mins**

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. This treatment begins with a back exfoliation followed by an application of warm, soothing mud to release tension stored in the muscles, whilst assisting the elimination of toxins in the body. Marula oil is then applied in preparation for your intuitive full body massage. In Africa, Marula is also used to treat sun-damaged skin as it improves skin hydration and helps fight free radicals.

## **Bespoke Yoga**

**90 mins**

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.

## **Balancing Scalp And Leg Massage**

**45 mins**

*Frequent Flyers*

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.

## **Shamans Journey**

**90 mins**

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.

## **Shea Aromatherapeutics**

**45/60/90 mins**

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.

# SKIN ADORATION WRAPS

## African Potato Body Wrap

**90 mins**  
**120 mins**

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.

## Slimming Detox Body Wrap

**90 mins**  
**120 mins**

*Not suitable for pregnant clients*

We use an African plant combination infused into a natural mud to help with circulation and lymph drainage. This very effective clay contains l-carnitine and caffeine, which act as fat strippers and mobilisers to stimulate lipolysis. This invigorating wrap begins with stimulating and exfoliating, working on circulation and lymph drainage before the warm wrap is applied and heated. This wrap works particularly well for bodies in need of a detox owing to acidic conditions, arthritis and oedema. Completed with a circulatory massage and energy balancing.

## Immune Body Boosting Wrap

**90 mins**  
**120 mins**

*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.

## Rooibos And Lavender Clay

**90 mins**  
**120 mins**

Great for skin conditions such as eczema, rashes, sunburn, and swelling. Our combination of plant oils and extracts leave the skin feeling smooth and refined ,while stimulating blood and lymphatic flow.

## Coffee and Mint Body Wrap

**90 mins**  
**120 mins**

*Suitable for pregnant women and clients with high blood pressure*

Once the body has been prepared with our walnut and marula shell exfoliator, our proven combination of coffee extract combined with spearmint is applied as a mud wrap, which sets on the body to stimulate lymph drainage and blood flow, together with toxin elimination. This wrap is particularly helpful in water retention and cellulite reduction. It is highly recommended as part of a Lymph Draining Treatment.

# HYDROTHERAPY

The Africology Hydrotherapy or wet areas are based on the healing aspects of hot-cold therapy and the ability to challenging the body's innate healing ability. Hot and cold therapies are used to dilate the capillaries thus allowing blood to flow more freely, and in turn oxygenating the body.

If you are a frequent flyer, have a heart condition or suffer from brain fog and a poor immune system then an Africology Hydrotherapy session is perfect for you. The faster blood flows through your circulatory system, the more nutrients are transported to every other system in your biology. A positive way in preventing pre-mature aging or a decline of cellular activity.

# HYDROTHERAPY

Your therapist will guide you on a bespoke Hydrotherapy session to best suit your health needs.

Beneficial for the maintenance of

- A healthy heart
- Good blood flow preventing the formation of clots
- Detoxing
- Anti-Ageing
- Immune system enhancement
- Stimulating melatonin – regulating sleep patterns
- Decreasing excess cortisol related to increased stress levels

## Rejuvenation Therapy

**60 mins**

We recommend that you start your therapeutic treatment by walking in the ice-walkway, for 5 minutes, following instruction from your therapist.

You may then choose your preferred heat therapy; sauna, hydro-bath or steam room, however if you suffer from high blood pressure or heart issues a sauna is not recommended. In this case we suggest an aroma steam for no longer than 5 minutes. Just long enough for your capillaries to swell. Then start walking in the ice-walkway again, for another 3 minutes. This increases oxygen levels and rejuvenation via active blood flow.

A selection of stones are strategically placed in the ice-walkway; gently stimulating the pressure points in your feet to add value to your water therapy session. Once completed, the feet are covered in a warm cocoon. Further unwind in the relaxing area, whilst inhaling pure oxygen for 5 minutes; a beneficial process in allowing blood to freely flow. Calming and purifying.

Relax, sleep, and awaken your senses with an Africology specialised tea blend of ginger and aniseed

## Sauna Therapy

**10-20 mins**

Relieves stress, relaxes muscles, flushes toxins, cleanses skin, induces sleep, improves cardiovascular performance and burns calories. To enhance the benefits of your sauna, combine your treatment with a massage of your choice.

## Hydro-Bath

**30 mins**

A water massage that improves circulation, removes lactic acid from the muscular system; most beneficial in assisting the body in its own healing process. The improved circulation throughout the body helps to deliver oxygen and other important nutrients to the cells throughout the body. A gentle relaxing way of alleviating tension, and regulating endorphins; most valuable when combined with a Sauna treatment.

## Steam Therapy

**10-20 mins**

The heat and moisture combination in steam rooms offer a relaxing atmosphere. Stress is a part of our daily lives and can lead to high blood pressure, migraines, headaches and heart problems. Steam rooms help calm your mind and lower stress levels. Overworked muscles and joints can benefit from time in a steam room. Heat dilates blood vessels, which in turn improves circulation. Blood carries oxygen and other nutrients to the site of pain and helps the healing process.

## Aroma-Steam Therapy

**10-20 mins**

Sinusitis is effectively relieved in an Africology steam therapy session.

Also beneficial for respiratory problems; Bronchitis and sinusitis are cleared with our all African herbal application. It also assists in loosening phlegm in the lungs and loosening mucous in the nose.

# MANICURE & PEDICURE

## **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 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.

*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*

## **Detoxifying Intonga Treatment®**

In order to diminish the possibility of toxic effect on the immune system, we use detoxifying mud in our treatments. 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*

## **Africology Standard**

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

*Manicure: 45 mins*

*Pedicure: 60 mins*



# TREATMENT BOOSTERS

## Oxygen Therapy

5 mins

Being the driving force for all life, Oxygen is slowly becoming a scarce commodity and we are constantly engulfed in pollution. Oxygen therapy allows for short term relief from headaches, fatigue, cramps, jet lag, heat exhaustion, minor aches and pains and is a powerful anti-ageing medium. Enjoy this add on with all treatments and benefit from pure Oxygen filtration.

## Magnesium Supplementation

### Intravenous

Our Magnesium is a beneficial mineral that offers a variety of healing effects; every organ in the body requires the mineral magnesium. Most beneficial in treating agitation and anxiety, restless leg syndrome, sleep disorders, irritability, abnormal heart rhythms, muscle spasm and weakness, hyperventilation, insomnia and poor nail and hair growth. Magnesium is also essential to slow down the ageing process in the skin and is present in hundreds of key biochemical processes in the human body. It also stimulates the skin to ensure that healthy elasticity is maintained and moisture levels remain normal. It is ideal for improving circulation and stimulating skin health.

## Vitamin C Immune Boosting Cocktail

### Intravenous

Ascorbic acid, otherwise known as Vitamin C, has been shown to stimulate collagen synthesis in dermal fibroblasts by increasing the rate of transcription of collagen genes. Try our Vitamin C cocktail and enjoy the benefits of a firmer more resilient skin whilst building the immune system and improving the transport of nutrients from the blood into the cells.

## Glutathione Anti-Ageing Elixir

### Intravenous

Our exclusive glutathione anti-ageing elixir; beneficial in the approach to working from the inside out. Improving skin tone, reducing wrinkles & restoring skin to a youthful appearance, whilst improving overall cellular health and assisting the liver in detoxification.

*Our treatment approach can be used as both a preventative and corrective measure.*

The evidence is clear that Glutathione levels are important for cellular health and clearly aid the liver in detoxification. Numerous studies have shown that Glutathione levels decrease with age. This allows for greater oxidative stress and free radical damage to occur. Increase your Glutathione levels today and reap the seemingly limitless health benefits.

## Body Exfoliation

30 mins

Your body has an innate natural rhythm which we often forget. At Africology we work with this natural rhythm in assisting the body to renew itself. Our carefully selected Marula and Walnut micro particles, enveloped by hydrating Shea butter from Ghana, ensures that your skin cells are evenly exfoliated whilst receiving maximum nutrition for new beginnings.

***For your safety all intravenous drips are administered by a registered health practitioner.***

# DAY PACKAGES

## Cellular Rejuvenation Ritual

*Signature Boardwalk day package*

Steam  
Body Exfoliation  
Botanical Wrap  
Rose Quartz Facial  
Collagen Boosting Massage  
Lunch  
Downtime in Relaxing Area

## Devotion Journey

*Couples Package*

Steam Session  
Room Setup including Virgin Rooibos Cocktail, Chocolates and Candles  
60 Min Herbal Oil Massage  
30 min Devotion Shower with complimentary adoration sponges, body exfoliator and shower gel  
Lunch

## Circle Of Friends Celebration

*Half Day Package*

Hydro-bath Session  
Copper Hot Stone Pedicure  
Lunch  
Copper Hot Stone Manicure

## Full Day

## The Jahzara-Day Package

Needs Analysis performed by therapist  
Aroma Steam session  
Full Body exfoliation  
Detox Body Wrap  
Full Body Deep Tissue Massage  
Anti-Oxidant Facial  
Lunch  
Manicure  
Pedicure

## Detox Body Alignment Package

Hydro-Bath Water Therapy  
Sauna Session  
Full Body Exfoliation  
Performance Active Body Wrap  
Full Body Deep Tissue Pressure Point Massage  
Oxygen Therapy  
Detox Customised Lunch

## Full Day

**50% Deposit Policy In Place**



# GROOMING

Half leg wax	30 minutes
3/4 leg wax	45 minutes
Full leg wax	45 minutes
Half arm wax	20 minutes
Full arm wax	30 minutes
Underarm wax	15 minutes
Chest wax	30 minutes
Lip wax	10 minutes
Chin wax	15 minutes
Face wax	30 minutes
Back wax	30 minutes
Bikini wax	30 minutes
G string wax	30 minutes
Brazilian wax	45 minutes
Full Bikini wax	45 minutes
Full Bikini Front and Back	55 minutes
Brow shape	20 minutes
Eye lash tint	25 minutes
Brow tint	15 minutes
Brow & lash tint	25 minutes
Brow shape & tint	35 minutes
Stomach - Female	35 minutes
Lip, Chin & Brow	35 minutes

# SPA ETIQUETTE

Africology 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.

## **Children**

Please do not bring children to appointments, as they cannot be left unattended.

## **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 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.



World Luxury  
Spa  
Awards

WINNER 2013

BEST LUXURY  
SPA GROUP  
SOUTH AFRICA



les nouvelles  
*esthétiques*  
Launched in Paris 1952

HOTEL SPA CATEGORY  
FINALIST

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