

ndlovu
SAFARI LODGE



Spa Menu





Our Spa

Tucked away in a serene corner of the lodge, our spa offers a peaceful retreat surrounded by the sounds of nature and sweeping views of the bush. It's a place where time slows down and the stillness of the wilderness invites you to unwind completely.

Our therapists receive ongoing professional training to ensure every treatment meets the highest standards of care and relaxation. Each ritual and massage is inspired by Africa's natural rhythms and traditions, creating a sensory journey that restores balance to body and mind.

We use TheraNaka™ locally inspired, nature-based products made from the finest botanical ingredients. These blends capture the essence of Africa, its earthy scents, healing plants, and deep connection to the land, while being kind to both skin and environment. Every treatment celebrates this harmony between people and nature, leaving you refreshed, rejuvenated, and grounded in the spirit of Africa.



Signature Journeys

Uplifting Jet Lag Ritual

Experience a gentle massage therapy facilitated by our uplifting Marula-herb infused Fusion body oil to address your jet lag whilst restoring vitality, realign muscles and tissues. To allow for a greater balance and harmony, the use of essential oils of lime, lavender and sweet orange is followed by an invigorating pressure point foot massage to restore your energy. Your treatment will be concluded by a relaxing scalp massage leaving you feeling refreshed and revitalised.

(60 min)

Couples' Retreat

An African couples' journey for a memorable unifying experience. Melt away the stresses particularly related to male and female energy with this complete head to toe treatment, using natural botanical mood enhancing essential oils individualized to each person. Escape and experience the antidote to stress that allows for a physical, emotional, and spiritual connection. Including facial.

Standard (60 min)

Extended (120 min)

TREATMENT BOOSTERS

- ❖ Hand Massage 15 min
- ❖ Foot Massage 15 min
- ❖ Scalp Massage 15 min
- ❖ Hot Stone 30min



Signature experiences

African Wood Massage

Mimicking the rhythmical patterns of an African dance, this TheraNaka™ signature massage blends light stretching techniques and specially designed body and facial wooden implements to relax and restore your weary body.

Being drizzled with a warm Olive and Shea butter ointment will nourish and heal dry skin whilst experiencing blissful relaxation and rejuvenation.

(90 min)

Tri-scented Shea Body Nugget Massage

Small blocks of citrus infused Shea butter are placed on different areas of your body which will aid circulation and relaxation of the body.

Experience the soothing warmth as the butter melts under your therapist's hands, leaving you utterly relaxed and your skin nourished and hydrated.

(90 min)

African Vigour Massage

A warm aroma blend infused with circulatory-boosting essential oils is coupled with a deep tissue massage relieving deep seated tension all the way to the core of the muscle. A refreshing gel is applied, leaving your body feeling refreshed and invigorated.

Full body (60min)

Back & neck (45 min)

Exotic Island Ylang-ylang Balm Massage

Be transported on an exotic island experience as your senses are tantalised by this tropical indulgence vegan friendly massage.

Faunting the anti-ageing benefits of Coconut Oil, the protective properties of Shea Butter, the moisturising skin softening benefits of Baobab Oil, the balancing effect provided by Ylang-Ylang and the uplifting impact of Jasmine, dry skin is nourished leaving it looking radiant with a natural glow.

(60 min)

African Awakening Massage

Drawing inspiration from the Marula tree and the African traditional healing beliefs, an ultra-relaxing indulgent full body massage was created.

The skilful combination of contracting and oxygenating enhancing breathing techniques will awaken your senses and revive your body and mind.

Enjoy the freedom of choosing your favourite scent from our selection of Marula-herb infused Fusion body oils to address your every need.

(90 min)

The Ultimate Skin Care Essentials

This unique assortment of exceptional products will collectively repair, hydrate and rebalance the skin's natural protective functions whilst leaving your skin feeling smooth, toned and radiant. The Essential Skin Care Collection consists of key products to transform your skin while the fusion of carefully interwoven elements takes you on a blissful sensory journey.

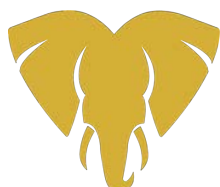
Essential Care Facial

Influenced by nature and focused on naturally improving the condition of the skin. With Mother Nature as your chemist and the powerful gift of touch, the treatment was designed to create a healing experience from the earth and leave you feeling renewed and revitalised with guaranteed results. This idyllic and rejuvenating facial will repair, hydrate and re-balance the skin's natural protective functions whilst leaving the skin feeling smooth, radiant and ultra nourished.

(60 min)

TREATMENT BOOSTERS

- ❖ Hand Massage 15 min
- ❖ Foot Massage 15 min
- ❖ Scalp Massage 15 min



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Body Massages

Luxury Fusion Relaxation Massage

Enjoying the freedom of choosing your favourite massage mediums from our selection of luxurious herb-infused Avo and Shea- massage butters OR Marula-herb infused Fusion body oils. Heavenly exotic aromas and natural essences are used to calm the soul, rebalance, and uplift the mind.

Choose from our Signature Blends:

- ❖ AFRICAN SUNSET (Relaxing)
- ❖ AFRICAN DAYBREAK(Uplifting)
- ❖ AFRICAN STORM (Detoxifying)
- ❖ AFRICAN EARTH (Pregnancy safe)

Full body (90 min) Back & neck (30 min)

Vegan Indulgence

Be transported to a majestic bushveld experience! The treatment commences with a salt polish to slough off dead skin cells leaving the skin feeling comfortably smoothed. This nurturing journey uses a 100% vegan superior blend of plant waxes and butters infused with coconut, jasmine, and ylang-ylang oils to enhance this soothing and stress relieving experience. Simply relax and feel the tension melt away.

(60 min)

Tension Release Deep Tissue Massage

A warm aroma blend infused with circulatory-boosting essential oils is coupled with a deep tissue massage designed to relieve pain and muscle tension throughout the body. The powerful synergy of Rosemary, Pine, Black Pepper and Marjoram creates a gentle warmth, improving range of motion, dissolve tension and encourages muscle relaxation. A refreshing gel is applied, leaving your body feeling refreshed and invigorated. The ideal massage for active individuals and frequent travelers in need of a circulation boost.

Full body (60 min) Back & neck (30 min)

Hot Stone Therapy

Experience a unique connection with nature, offering a sense of sacredness we too often forget. From deep within the earth, smooth, basalt rocks of varying sizes are gathered then heated, and placed on key points along the body creating comfort while deeply relaxing the muscles and mind. Warm massage oil is then added to combine long fluid strokes with hand and stone. Feel your body unwind while melting into your senses

(60 min)

Hand & Foot Treatments

Hand Journey Treatment

Ideal for the “always working hands”. Experience the healing touch of TheraNaka™ as your hands and forearms are gently exfoliated with remineralising Atlantic Sea salts, following by an ultra-relaxing massage that addresses every exhausted muscle in your hands and arms with its soothing qualities. The healing properties of an Aloe Ferox gel mask soothes and hydrates the hands whilst the application of a Baobab infused lotion will leave the hands soft to the touch.

(30 min)

Foot Journey Treatment

This “soulful” journey will take your feet through a Geranium and Pine sugar exfoliation whilst soaking in an herbal salt foot bath. Allowing your feet and legs to relax completely, a muscle soothing foot and leg massage with wooden implements will commence followed by a cool, revitalising mask. Nourishing Baobab infused lotion will be applied to prepare your feet for their journey ahead. .

(45 min)



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