

A large, intricate, light gray decorative graphic centered behind the text. It features a central diamond shape with a red dot, surrounded by symmetrical, flowing lines and floral motifs.

AFRICOLOGY[®]

TREATMENT MENU

Africology Constantia Boutique Spa
WELLNESS THERAPIES

We take care of your body holistically





A boutique Wellness Spa nestled in the leafy suburbs of Constantia, Africology's Constantia spa captures the essence of nature's healing energies and ingredients, providing an invigorating haven for body, mind, and soul. Enjoy an array of wellness therapies such as body treatments, aromatherapy, facials, infrared sauna therapy, and more.

Signature treatments showcase the profound benefits of Maritime Pine Tree extracts and harness the divine fragrances of carefully selected plants and flowers, honouring Africology's deep-seated belief in the olfactory system's powerful abilities to unlock the body's potential for transformation from within. Our treatments are designed for healing that never harms, always free from additives and chemicals.

Africology Constantia Boutique Spa
Wellness Therapies

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FACIALS

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AFRICAN GODDESS FACIAL®

90 mins *R1490*

When your primary focus is facial rejuvenation – but your body calls out for tender loving care too. This treatment starts with a back-and-neck exfoliation, followed by a muscle-release massage to melt away tension. As a stressed muscular system can lead to gravity taking its toll on facial muscles, which often results in sagging skin, it's the ideal all-over therapy. Including cleansing, massage, and sound therapy, this soothing ritual is a sacred and sensory journey to awakening the Goddess within.

AFRICOLOGY BESPOKE FACIAL

60 mins

Aloe *R920*
Anti-oxidant *R980*
Balancing *R920*
Repair *R960*
Vitamin C *R920*

80 mins *(Includes Neck & Décolleté Massage)*

Aloe *R1210*
Anti-oxidant *R1280*
Balancing *R1210*
Repair *R1260*
Vitamin C *R1210*

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. Your therapist will create your bespoke facial according to your skincare needs.

BALANCING ROSE CRYSTAL FACIAL®

80 mins *R1200*

This deep-cleansing facial harnesses the benefits of rosehip oil, which has a long history of healing and has always been associated with the heart and the soul. Our beautiful blend of Rose Absolute is designed to restore the skin's natural balance, while eliminating feelings of sadness, rejection, and fear. The session also includes massaging your skin with warmed Rose Quartz stones, and your neck, décolleté and feet are treated to relax muscle tension, reduce fine lines, and increase hydration and cell renewal.

OXYGEN FACIAL THERAPY®

90 mins *R1599*

Revitalise, Rejuvenate, Purify; Balance

For the ultimate rejuvenation, this treatment allows you to embrace a Zen calm as you allow fresh oxygen in your blood and increase your skin's bioavailability. Oxygen is as beneficial for the skin as it is for the lungs – and therefore, your therapy includes a massage activated with ozone. Helping you to achieve overall wellbeing, the combination of internal & external oxygen supplementation is most valuable in the anti-ageing process.

OXYGEN THERAPY ADD ON

5 mins *R385*



THERAPEUTIC MASSAGES

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LYMPH DRAINAGE & CELLULAR ACTIVATION MASSAGE

90 mins *R1650*

An immune-enhancing lymph drainage and cellular activation treatment.
Detox-focused and resetting the energetic system to a functional flow.

This highly beneficial lymph-drainage therapy features extracts of Pine bark, which contains shikimic acid – an active that opens the shikimate pathway and aids the production of pivotal biologically active molecules such as vitamins and amino acids like tryptophan. Skilfully designed and delivered, the treatment merges drainage and infrared therapy – both much-needed in this world of today which is leaving our bodies yearning for healing modalities that unlock overall good health.

Our intention is to raise post-Covid health awareness – and to bring the body's psycho-neuro pathways back to bliss.

NIRVANA SIGNATURE TREATMENT

90 mins *R1650*

We know how valuable moments of deep relaxation can be to help the heart return to a state of bliss. During this treatment, your therapist will work on resetting your energetic system to balance excess cortisol and the adrenal glands – a key process that allows the mind to be grounded in trust and balance, while stepping out of fear into love.

The treatment involves gentle stretching, slow energy movement, and soft sound to balance the aura. Complete your therapy by spending time meditating on a labradorite crystal stone floor space – and allow the core of your energetic system to reset so that it will function and flow with manifestation and renewal.

MUSCLE & JOINT MAGNESIUM THERAPY

60 mins R1150 | 90 mins R1650

Magnesium has so many benefits, and it can effectively treat symptoms and conditions ranging from chronic pain to fatigue and insomnia. Choose either a 60-minute deep-tissue magnesium massage – which induces a state calm and promises a good night's sleep; or select the 90-minute version – which includes an infrared sauna session in preparation for your magnesium-rich phyto-oil blend effective in soothing a stressed muscular system.

SOUL OF AFRICA BODY JOURNEY®

(Full Body Experience)

90 mins R1550

Africology honours and celebrates ceremonial processes, and this treatment uses Africa's miracle Marula oil blended with Neroli to soften signs of ageing through its anti-stress action. It starts with a back exfoliation, followed by an application of warm, soothing mud to release tension stored in the muscles and induce a state of profound happiness. It's significant that in African cultures, Marula is used in traditional rituals to call the spirit back home. This beautiful skin-hydrating treatment also helps fight free radicals.

BALANCING SCALP AND LEG MASSAGE

(Frequent Flyers)

45 mins R699

A soothing moment in time you can ease into when the pace of life gets really fast. A balancing massage treatment that helps to relax and relieve tension in the head, legs and feet. It starts with a head massage, followed by a leg wrap, and your therapist will then do a draining massage before completing your therapy with reflexology in the feet.

BESPOKE INTUITIVE HERBAL OIL MASSAGE

Choose from the following blend options:
Relaxing, Detox, Muscle-Relaxing and Energising

60 mins R899 | 90 mins R1350

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, Detox, Muscle Relaxing and Energising.

INTONGA AMASATCHI®

(Full Body Experience)

75 mins R1120

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 cylindrical 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

(Full Body Experience)

60 mins R990 | 90 mins R1450

While providing additional deep tissue pressure, the heated stones used in this treatment will infuse the muscles with warmth while breaking up tension knots.

Our chosen massage medium is Relaxing Oil blend coupled with a beautiful blend of essential oils to ease pain and induce a state of relaxation.

MAJESTIC AWAKENING®

(Head, Neck and Shoulder)

45mins R699

Easing tension and stress with aromatherapy.

The treatment focuses on your neck, shoulders and scalp – and your therapist will deeply massage those areas that need help when time is not on your side.

SHEA AROMATHERAPEUTIC

60 mins R940 | 90 mins R1399

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. This soothing massage is enhanced with our Shea balm, crafted to provide relaxation and a deep tissue experience.

SKIN-CHI SUMMER GLOW

60 mins R1900

Enriched with an abundant wealth of natural Vitamin E, Pine Bark Extract and Niacin for a healthy glow. This Oxygen-Infused summer glow treatment not only focuses on tissue repair and hydration but also harnesses the power of anti-inflammatory properties for a soothing experience. Infused with oxygen inhalation therapy to enhance your innate anti-aging properties. Energetically aligned to cater to every nuanced need of your skin, ensuring hydration, oxygenation, and youthful rejuvenation.

Silicone-free | Vegan formula | Non-comedogenic

OXYGEN THERAPY ADD ON

5 mins R385



SKIN ADORATION WRAPS

IMMUNE BODY BOOSTING WRAP

Not suitable for pregnant clients

75 mins R1190

This treatment features a vitamin and mineral mud cocktail enriched with plant extracts to promote a healthy immune system. Great for collagen production and skin rejuvenation, it's most valuable for skin conditions such as eczema, rashes, sunburn, and swelling. Our combination of plant oils and extracts leaves the skin feeling smooth and refined, while stimulating blood and lymphatic flow. The wrap is then removed with warm mittens.

AFRICAN POTATO BODY WRAP

Suitable for pregnant clients

75 mins R1190

Bursting with African potato & Marula oil, this warm wrap is applied to soften, soothe, and improve skin hydration while also fighting free-radical damage. It contains a herbal blend with a 20-year history in treating skin conditions, and we've also added a scalp & foot treatment to activate meridian energy flow. The wrap is then removed with warm mittens.

SLIMMING DETOX BODY WRAP

Not suitable for pregnant clients

75 mins R1190

This treatment includes a blend of plant actives in combination with 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. Starting with an exfoliation, this invigoration therapy then moves on to a warm wrap being applied and heated. Your wrap is then removed with warm mittens. Perfect for bodies in need of a detox owing to acidic conditions, arthritis and oedema.

FULL BODY EXFOLIATION

30 mins R450

OXYGEN THERAPY ADD ON

5 mins R385

SAUNA AND LIGHT THERAPY

By appointment only

30 mins R450



ADD ONS

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BESPOKE SPA TIME

1 Hour *R790*

We are all bio-individual and so our spa needs may differ. We offer a list of services you can choose from to add on to your treatment. Add an extra hour after your treatment and gift yourself with an extended time in the spa. Enjoy headspace time to read and sip a little longer on your tea. Some creative visualization time on our Labradorite crystal or an Immune boosting Infra-red Sauna treatment that is enhanced by a grounding moment on the grass and completed with a cooldown float in our pool

THERAPEUTIC ULTRASOUND

15 mins *R550*

This treatment option assists with the need for deep relief, and faster recovery from pain. It relieves tissue tension and increases blood flow, it makes the cells more receptive to healing fluids.

SPA CUISINE

Plate for 1 *R350* | **Plate for 2** *R650*

Our Spa symbolizes vitality and offers a wellness detox aligned with our food philosophy. We embrace clean, unprocessed foods, rich in natural ingredients, to offer healing benefits to your gut, cells, body tissues, and mind. Our dishes are made with fresh, local, seasonal, and organic ingredients, presented in a simple yet colorful manner. They are nutrient-dense, packed with flavors, and often feature a variety of fresh produce, herbs, and citrus. This approach ensures that every meal not only nourishes but also delights your senses.

AROMA THERAPY STEAM INHALATION

10 mins *R450*

Steam inhalation is considered one of the most efficient ways for the body to absorb therapeutic aromatherapy oils. Recommended for relieving the respiratory system from sinus congestion and infection, and for stimulating the immune system.

TERMS AND CONDITION FOR USE

Our spa is a healing space, and it is our wish for the environment to be calm and healing. It is not an "Entertainment "area. Our pool is for therapeutic use and no diving is allowed. The proprietors of Africology Spa will not be liable for any injury of any person or loss of or damage to property howsoever caused arising in connection with the existence, condition or use of the Spa facilities by Spa Users.

RIFE RESONATOR THERAPY

1 Hour *R650*

This cutting-edge treatment harnesses electro-magnetic frequencies to promote healing and wellness. Through the safe application of specific wave frequencies, the Rife Resonator has been known to target and eliminate pathogens like viruses, bacteria, and parasites, all without harming surrounding healthy tissue. Rife therapy is also known to detoxify and regenerate damaged tissues, reduce stress, and boost general health and disease prevention.

INFRARED SAUNA

30 mins *R450*

Embrace the future of pain management with Africology's Infrared Sauna Therapy. This advanced, light-based solution is known to target inflammation and pain deep within the body, leveraging the cell-rejuvenating benefits of infrared light — all without the risks associated with ultraviolet rays. It's a safe, gentle, and effective technique that offers profound healing benefits, promoting repair at the cellular level for comprehensive health enhancement.

RIFE & INFRARED SAUNA SESSION

30 mins Rife Resonator Therapy + **30 mins** Infrared Sauna

R1000

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MANICURE & PEDICURE

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COPPER AND HOT STONE TREATMENT®

Manicure: 60 mins R550 | Pedicure: 80 mins R730

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 add to the relaxation and easing of tension in the body. An African potato masque is applied to the skin to soften rough areas and lock in moisture, and the treatment also includes a shoulder massage for body balancing.

AFRICAN POTATO EXPERIENCE®

Manicure: 60 mins R550 | Pedicure: 80 mins R730

This relaxing remedy is about treating the skin and nails naturally to keep them hydrated, and therefore flexible and strong. A deeply 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, your therapist will massage your shoulders.

AFRICOLOGY STANDARD

Manicure: 45 mins R470 | Pedicure: 60 mins R520

Gel Manicure: 60 mins R550 | Gel Pedicure: 70 mins R600

For a beautiful respite from the high-energy demands of everyday life, join us for an experience with a difference – the most divine hand or feet massages that relax and rejuvenate.

DETOXIFYING INTONGA TREATMENT®

Manicure: 60 mins R550 | Pedicure: 80 mins R730

We work with the feet to diminish the toxic effects of our modern environment on the body. It is our mission to nurture the immune system and our purposefully blended detoxifying mud is absorbed via the feet to eliminate toxins. While the wrap sinks into the skin, your shoulders are massaged, and this treatment also includes a deep muscle-relaxing roll with Intonga Sticks.

For pregnant clients, we substitute the Slimming Detox Mud with the Coffee and Mint wrap to safely assist with water retention and swelling.

GEL ADD ON

Manicure: R250 | Pedicure: R300

Add on to one of our signature manicures or pedicures:

- Copper and Hot Stone Treatment
- Detoxifying Intonga Treatment
- African Potato Experience

SOAK OFF

20 mins R100



GROOMING

Brow shape (Tweeze) *R150,00*
Brow tint *R125,00*
Lash tint *R130,00*
Wax- 3/4 Leg *R285,00*
Wax-Back *R360,00*

Wax-Chest *R350,00*
Wax-Chin *R120,00*
Wax-Face *R280,00*
Wax-Front/Back Full Bikini *R330,00*
Wax-Full Arm *R280,00*

Wax-Full Leg *R300,00*
Wax-Half Arm *R180,00*
Wax-Lip *R120,00*
Wax-Tummy *R160,00*
Wax-Underarm *R165,00*

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SPA ETIQUETTE

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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 prices are subject to change without notice. Payments can be made either in cash or with credit cards. No cheques will be accepted. All treatments require a 50% deposit to secure bookings.

CHILDREN

Children under 12 years of age are not permitted. Children 13 years and older must be accompanied by a parent or guardian. For children younger than 13 to visit our spa, arrange prior to booking with management.

MOBILE PHONES

Please ensure mobile phones are switched off during treatments.

PUNCTUALITY

Please ensure that your electronic consultation is completed prior to your arrival to ensure that your treatment time is not lost. Arrive at least fifteen minutes before your 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. Be sure to bring your own swimsuit/shorts for the use of the spa facilities. Should you need a spa tour prior to your treatment, please arrive 30 minutes before your scheduled booking.

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 / CONTRA-INDICATIONS

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. No treatment will be performed without a completed consultation form.

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

AWARDS



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AFRICOLOGY®

Inspired By Nature
And Everything Healthy & Fresh.

We nourish skin with vitamins, minerals & flower oils.

Book Now

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