



T R E A T M E N T M E N U

Africology Hoedspruit



AFRICOLOGY®

Capturing The Intelligence of Nature

TAKE CARE OF YOUR BODY HOLISTICALLY



With the intention to assist you to re-balance, re-group and function at optimum levels, Africology understands that outcome based treatments are beneficial in a therapeutic, prescriptive offering which is why "Africology therapists are regarded as wellness consultants." They are able to assess your wellness needs and align this accordingly to treatment offerings. Africology massage treatments are designed to assist a stressed muscular system, and an unbalanced endocrine system.

Africology focuses on optimizing blood flow whilst ensuring more oxygen is passing through the arteries; being vital elements in re-energising the body, and supporting a healthy biology. The Africology Hydrotherapy areas are fundamental to this holistic offering and is based on the healing aspects of hot cold therapies and their capability of challenging the body's' innate healing ability.

Africology Spa in Hoedspruit

hoedspruit@africology-sa.com

076 339 1035

Huilboerboom St Shop 13, Rhino
Convention Centre, Hoedspruit, 1380

AFRICOLOGY®

ALL OF THE ABOVE TERMS ARE THE EXCLUSIVE COPYRIGHT OF AFRICOLOGY®



FACIALS

AFRICOLOGY®

ALL OF THE ABOVE TERMS ARE THE EXCLUSIVE COPYRIGHT OF AFRICOLOGY®

AFRICAN GODDESS FACIAL®

90 mins R1 200

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.

AFRICOLOGY BESPOKE FACIAL

60 mins R800 | 80 mins R1 050 (Include Neck & Décolleté Massage)

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 R1000

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.

Revitalise, Rejuvenate, Purify; Balance

OXYGEN FACIAL THERAPY®

90 mins R1 200

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.

OXYGEN THERAPY ADD ON

5 mins R350

AFRICOLOGY®

ALL OF THE ABOVE TERMS ARE THE EXCLUSIVE COPYRIGHT OF AFRICOLOGY®

LYMPHATIC GUA SHA FACIAL

45 mins *R600*

Gua Sha massage uses the sacred oils of jasmine flowers and sacred frankincense, and myrrh considered a balm for the skin and the soul brings vitality to the skin stimulating circulation feeding every cell and detoxifying through increase lymphatic drainage. The skin is toned with cold marble soothing and calming pores and capillaries.

DEEP CLEANSE WITH EXTRACTION

60 mins *R700*

A deep double cleanse can leave the skin looking refreshed and free from environment toxins. By using our softening exfoliation with light steam and our deep drawing clay mask we gently purify the skin. This facial stimulates and uplifts and effectively clears problematic skin and promotes oil balance.

ANTI-AGEING RENEWING SOS FACIAL

80 mins *R980*

An anti-aging treatment designed to combat the effects and signs of aging, with our active layering process using hyaluronic acid, and Padinami extract to tone, soothe, and brighten the skin, revitalising in the long term while providing an immediate, healthy glow. The skilful antiaging massage technique includes face scalp décolleté, neck shoulders and arms.

ADVANCED SKINCARE

DERMAPEN

60 mins *R1 700*

Controlled microchannels are created at controlled depths in your skin to boost collagen and elastin production. Restorative actives are delivered deep into the skin layer for targeted, visible rejuvenation with minimal downtime. Treatment aging, acne, pigmentation, lacklustre, capillaries.

DERMAPEN & UBERPEEL

75 mins *R2 100*

EXPRESS FACIAL WITH 30% GLYCOLIC PEEL

30 mins *R700*



THERAPEUTIC MASSAGES

AFRICOLOGY®

ALL OF THE ABOVE TERMS ARE THE EXCLUSIVE COPYRIGHT OF AFRICOLOGY®

THE HOEDSPRUIT JOURNEY

Limited to Africology Spa at Hoedspruit only

Bespoke Massage & Facial

90 mins R1 100

A journey into the self, starts with the realization and acknowledgment of the bodies expression during moments of stress. Stress a sign from the higher mind to remind us to take time out, let go and regroup once again. It is in that space, of nothingness, that we are able to hear the voices of our inner being. With this in mind, we have created a safe environment for you to let go. Your journey is bespoke, consisting of a 45minute massage focusing on your key areas of concern as well as a 45minute bespoke facial.

HOT STONE MASSAGE

(Full Body Experience)

60 mins R865 | 90 mins R1 297

While providing additional deep tissue pressure, the heated stones infuse muscles with warmth while breaking up knots of tension. Our chosen massage medium is Relaxing oil with a beautiful blend of essential oils to help ease tension and create a complete state of relaxation.

BESPOKE INTUITIVE HERBAL OIL MASSAGE

Blend options: Relaxing, Detox, Muscle Relaxing and Energising

30 mins R420 | 60 mins R820 | 90 mins R1 230

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.

MUSCLE & JOINT MAGNESIUM THERAPY

30 mins R420 | 60 mins R969 | 90 mins R1 230

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.

SHAMANS HEALING JOURNEY®

90 mins R1 200

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 wellbeing. 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.

DESTRESS MASSAGE

60mins R820

Targeting areas that carry stress in the body combined with shea balms infused with healing African potato and essential oils. This treatment starts with a deep tissue back massage followed by a sensory scalp massage and foot massage.

SOUL OF AFRICA BODY JOURNEY®

(Full Body Experience)

45 mins R650 | 90 mins R1 000

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 sundamaged skin as it improves skin hydration and helps fight free radicals.

BALANCING SCALP AND LEG MASSAGE

(Frequent Flyers)

45 mins R650

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.

INTONGA AMASATCHI®

(Full Body Experience)

75 mins *R950*

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.

BODY CUPPING THERAPY

60 mins *R820*

This highly beneficial lymphatic technique decompresses and creates negative pressure which lifts and releases muscle adhesions and stimulates lymph flow. Fascia is released reducing pain and increasing range of motion. The sympathetic nervous system is activated to induce relaxation and release toxic feelings of anxiety and stress.

SHEA AROMATHERAPEUTIC

60 mins *R860* | **90 mins** *R1289*

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.

BOOSTERS

15 mins *R225*

Hands/ Feet/ Scalp/ Face

OXYGEN THERAPY ADD ON

5 mins *R350*



SKIN ADORATION WRAPS

AFRICOLOGY®

ALL OF THE ABOVE TERMS ARE THE EXCLUSIVE COPYRIGHT OF AFRICOLOGY®

IMMUNE BODY BOOSTING WRAP

Not suitable for pregnant clients

120 mins R1 850

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. 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. Your wrap is then removed with warm mittens in the treatment room.

AFRICAN POTATO PREGNANCY WRAP

Suitable for pregnant clients

120 mins R1 850

Suitable for pregnant women and eczema sufferers. 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. Enjoy a traditional foot ritual and deeply relaxing scalp massage while the wrap is melted into the skin. Your wrap is then removed with warm mittens in the treatment room. Your 120min body wrap is completed with a luxurious full body massage using our Skin Conditioning Marula Oil creating a natural barrier to lock in moisture and improve collagen and elastin.

SLIMMING DETOX BODY WRAP

Not suitable for pregnant clients

120 mins R1 850

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. Your wrap is then removed with warm mittens in the treatment room. 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.

COFFEE AND MINT BODY WRAP

120 mins R1 850

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.

FULL BODY EXFOLIATION

45 mins R450

OXYGEN THERAPY ADD ON

5 mins R350



MANICURE & PEDICURE

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 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.

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. 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.

DETOXIFYING INTONGA TREATMENT®

Manicure: 60 mins R550 | Pedicure: 80 mins R730

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.

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 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.

AHA FOOT PEEL & PEDICURE

75 mins R750

This alkaline solution that softens the protein bonds, making it easy to remove dead skin cells from underneath the feet, it works only on the outer layer of the skin to soften the Stratum Corneum and is safe for diabetics, pregnant clients and is not absorbed by the bloodstream.

FILE BUFF PAINT

20 mins R200

GEL SOAK OFF

15 mins R80

(free with reapplication)

SOFT GEL TIPS

Soft Gel Tips + Gelish: 60 mins R550

Back fill with Gelish: mins R430

Soft Gel Tips + Polish: 45 mins R400

Backfill with Polish: 30 mins R330

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.



TREATMENT PACKAGES

Limited to Africology Spa in Hoedspruit

AFRICOLOGY®

ALL OF THE ABOVE TERMS ARE THE EXCLUSIVE COPYRIGHT OF AFRICOLOGY®

CELLULAR REJUVENATION RITUAL

R3 400 per person

- Body Exfoliation
- Topical immune boosting wrap
- Rose Quartz Facial
- Collagen Boosting Tissue Oil Massage
- Downtime in Relaxing Area
- Fruit platter and Glass of bubbles

DETOX BODY ALIGNMENT PACKAGE

3 Hour, 30min Package *R3 000 per person*

- Full Body Exfoliation
- Performance Active Body Wrap
- Scalp and foot massage
- Detox Herbal Oil Massage with cupping
- Oxygen Therapy
- Gua sha lymphatic facial
- Downtime in the relaxation area
- Fruit platter and refreshments

CIRCLE OF FRIENDS CELEBRATION

R1 300 per person

- Downtime in relaxation area
- Copper Hot Stone Pedicure
- Copper Hot Stone Manicure
- Fruit snack & Refreshments

THE JAHZARA - TREATMENT PACKAGE

R4 500 Full day

- Needs Analysis performed by therapist
- Oxygen therapy session
- Full Body exfoliation
- Detox Body Wrap
- Muscle and Joint Massage
- Anti-Oxidant Facial
- Standard Manicure
- Standard Pedicure
- Fruit platter and glass of bubbles

DEVOTION JOURNEY

2 Hour Package *R2 600 per couple*

- Back exfoliation followed by our warm Detox mud
- Antiaging full Body massage
- Scalp massage
- Relaxation in garden with fruit snack and refreshments

TREATMENT PACKAGES

Limited to Africology Spa in Hoedspruit

Corporate bookings can be bespoke designed with a spa consultant.



SPA ETIQUETTE

AFRICOLOGY®

ALL OF THE ABOVE TERMS ARE THE EXCLUSIVE COPYRIGHT OF AFRICOLOGY®

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. All treatments require a 50% secure booking deposit.

CHILDREN

Children under 12 years of age are not permitted. Children 13 years and over must be accompanied by a parent or guardian. Children below the age of 13 must be arranged prior to booking with management.

MOBILE PHONES

Please ensure mobile phones are switched off during treatments.

PUNCTUALITY

Please ensure your electronic consultation is completed prior to your arrival to ensure your treatment time is not lost. 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 / 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.

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



AFRICOLOGY®

ALL OF THE ABOVE TERMS ARE THE EXCLUSIVE COPYRIGHT OF AFRICOLOGY®

AFRICOLOGY®

Inspired By Nature & Everything Healthy & Fresh.

WE NOURISH SKIN WITH VITAMINS, MINERALS & FLOWER OILS.

BOOK NOW :

Africology Spa in Hoedspruit

hoedspruit@africology-sa.com

076 339 1035

Huilboerboom St Shop 13, Rhino
Convention Centre, Hoedspruit, 1380