

MADIKWE HILLS  
PRIVATE GAME LODGE

Spa Menu

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# Pampering Treatments

## GENERAL SPA INFORMATION

- Appointments can be made at Reception or dial Reception on 69.
- All treatments and purchases will be debited to your room account and are to be settled before departure from the Lodge. No cash payments can be received at the Spa. However Spa staff gratuities may be given to the staff directly or indicated at Reception for the Spa at the end of your stay.
- Please be at Reception 10 minutes before your scheduled appointment time.
- **APPOINTMENT TIMES:** Arriving late will unfortunately limit the time allocated for your treatment; it will lessen the effectiveness and most importantly your pleasure and enjoyment. As a courtesy to all guests our treatments are completed as scheduled.
- **TO CANCEL OR CHANGE AN APPOINTMENT:** Out of consideration for all guests, a notice period is required to cancel or reschedule.
- Your privacy will never be compromised. We provide disposable underwear for all our body wrap treatments which will be handed to you by your therapist prior to you treatment.
- **SPA ETIQUETTE:** Strictly NO SMOKING and NO CELL PHONES are permitted at the Spa. We kindly request NO EATING and NO DRINKING at the Spa.
- **OPERATING HOURS:** We are open daily from 08h00 until 18h00.

## FACIAL EXPERIENCE

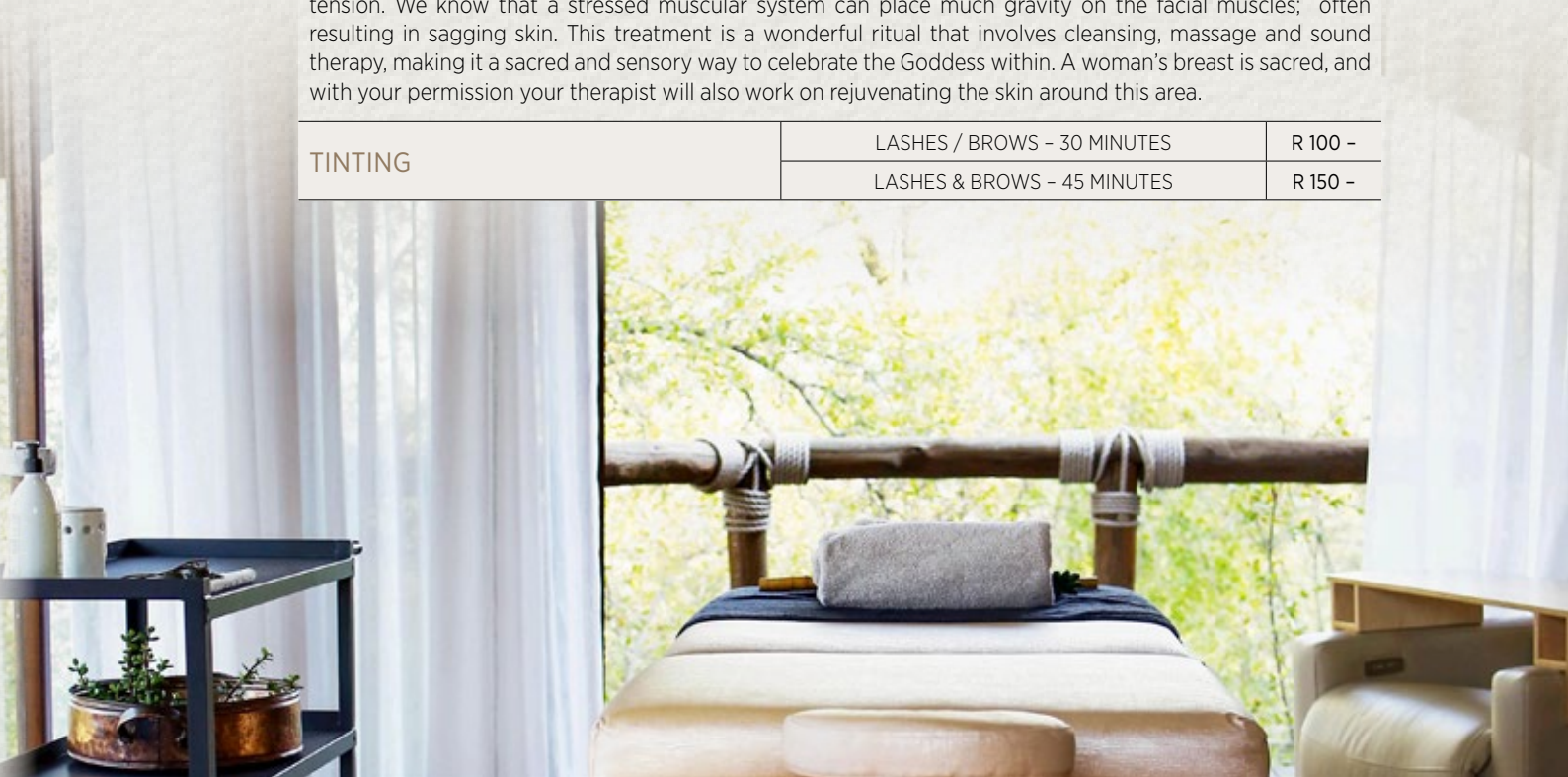
AFRICOLOGY BESPOKE FACIAL	75 MINUTES	R 550 -
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Our facials are bespoke and chemical free, yet performance driven with visible results. Your therapist will analyse your facial needs, take into consideration your expectation and prescribe the correct treatment 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...

AFRICAN GODESS	FACIAL & BACK MASSAGE - 90 MINUTES	R 700 -
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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.

TINTING	LASHES / BROWS - 30 MINUTES	R 100 -
	LASHES & BROWS - 45 MINUTES	R 150 -







## THERAPEUTIC MASSAGES

BESPOKE INTUITIVE HERBAL OIL	BACK - 30 MINUTES	R 400 -
	BODY - 60 MINUTES	R 600 -

Choose from a range of Africology aromatherapy-infused massage oils, which are warmed and massaged onto the body. This therapy works on tight muscles and lymph drainage, combating tension in stiff aching muscles and improves circulation. Your therapist will assist you in choosing the oil best suited for you from one of our blends.

SHEA AROMATHERAPEUTICS	BODY - 75 MINUTES	R 800 -
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Easy-melting Shea from Ghana, blended with healing African potato, rooibos and natural essential oils creates a sublime, beautiful body experience. Once applied to the skin, Shea melts deeply into the upper layers of the dermis to hydrate, soothe and condition. The Shea is combined with your sensory selection of 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.

INTONGA DEEP TISSUE	BODY - 60 MINUTES	R 800 -
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Intonga Amasatchi is a deep tissue treatment which helps to relieve stress. Skillful movements are performed with the hands, and different 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 yellowwood, the traditional healer knew that the energy of earth was a valuable tool.

HOT STONE MASSAGE	BODY - 75 MINUTES	R 800 -
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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 oils.

AFRICAN HEAD MASSAGE	HEAD, NECK & SHOULDERS - 30 MINUTES	R 400 -
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Majestic, awakening massage of the neck, shoulders and scalp, dissipating tension and stress through touch and aromatherapy.

AFRICAN FOOT RITUAL	FILE, SOAK & EXFOLIATION - 30 MINUTES	R 500 -
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A balancing, exfoliating massage to help relax and relieve tension in the legs and feet, works on calming and relaxing pressure points to help restore energy balance. Helps to relax and relieve tension in areas that are often neglected.

KIDDIES MASSAGE	30 MINUTES	R 400 -
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A gentle and welcoming massage to introduce a young person to the benefits of relaxation.

## SKIN ADORATION WRAPS INCLUDING EXFOLIATION

AFRICAN POTATO BODY WRAP	ANTI-AGEING / PREGNANCY - 120 MINUTES	R 1 200 -
<p>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, 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 absorbs 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.</p>		
COFFEE & MINT BODY WRAP	CIRCULATION BOOSTER - 120 MINUTES	R 1 200 -
<p>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 for water retention and cellulite reduction.</p>		
ROOIBOS & LAVENDER WRAP	SKIN CONDITIONING - 120 MINUTES	R 1 200 -
<p>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.</p>		



## HANDS & FEET

STANDARD MANICURE	45 MINUTES	R 300 -
STANDARD MANICURE WITH GEL	90 MINUTES	R 500 -
<p>For a beautiful respite from the high-energy nature of everyday life, join us for an experience with a difference. Your hands will be massaged, your nails shaped and your skin richly hydrated with our all-natural products designed to undo environmental damage to your skin.</p>		
AFRICAN POTATO EXPERIENCE MANICURE	60 MINUTES	R 500 -
<p>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.</p>		
STANDARD PEDICURE	60 MINUTES	R 350 -
STANDARD PEDICURE WITH GEL	90 MINUTES	R 550 -
<p>Your 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.</p>		
COPPER PEDICURE	80 MINUTES	R 550 -
<p>This luxurious African ritual begins by soaking the feet in an energy-balancing copper bath, followed by a warm massage of the legs, reducing water retention and improving circulation. Copper pedals are used to massage, which helps penetrate stiff muscles and aid relaxation. An African potato masque is applied to the skin to soften rough areas and lock in moisture. The treatment includes a shoulder massage.</p>		
GEL SOAK OFF	30 MINUTES	R 100 -
EXPRESS FILE & PAINT	30 MINUTES	R 150 -