



THE
SANCTUARY
AT KINGS CAMP

*A Journey of
Rejuvenation &
Renewal*

Seasons in Africa
ADVENTURES • HOTELS • LODGES

OCTOBER 2026

Welcome to

THE SANCTUARY

AT KINGS CAMP

*A place where wellness, fitness and tranquillity
come together in the heart of the African bush.*

This magnificent space has been thoughtfully designed to offer you an opportunity to relax, restore and rejuvenate.

Surrounded by the beauty of the bush, The Sanctuary features expansive glass windows, elegant chandeliers and timeless décor, creating an atmosphere of understated luxury while offering you beautiful views across the camp and its natural surroundings.

From the moment you enter, soothing music and a sense of calm invite you to slow down, breathe deeply and focus on your wellbeing.

Whether you choose an invigorating workout, a peaceful yoga session, the restorative benefits of the thermal suite or a deeply relaxing massage, The Sanctuary offers the perfect space to nurture both your body and mind.

Sparkling and still water, together with tea & coffee facilities, are available for you to enjoy throughout your visit.



[VIEW VIDEO](#)

We are delighted to welcome you to The Sanctuary at Kings Camp. Your wellbeing is our absolute priority, and we kindly ask that you take note of the following safety guidelines before using the facilities:

GENERAL GUIDELINES

- **Personal Responsibility:** Use of The Sanctuary is entirely at your own risk. You are responsible for your own health, safety, and physical limits while engaging in any activity.
- **Medical Clearance:** If you have any medical conditions, injuries, or are pregnant, please consult your healthcare provider before using the facility.
- **Equipment Safety:** Please ensure you are familiar with the correct use of all equipment, as misuse may result in injury.
- **Children:** The Sanctuary welcomes guests aged 16 and older, while the Thermal Suite is strictly reserved for ages 18 and above.
- **Hydration & Rest:** Drink water regularly and take breaks as needed to avoid fatigue or dehydration.
- **Emergency Procedures:** In case of an emergency, please notify our staff immediately for assistance.
- **Mobile Phones:** Please switch your mobile phone to silent or turn it off before entering The Sanctuary to maintain a peaceful, undisturbed environment. We recommend the use of personal earphones while using the facility.
- **Waiver Acknowledgement:** By entering and using The Sanctuary, you acknowledge that Kings Camp and its staff are not liable for any injury, accident, health-related issue, or death that may occur.



YOUR WELLBEING IS OUR PRIORITY

We invite you to relax, restore, and enjoy The Sanctuary responsibly.

Should you have any questions or require assistance, please contact Reception on extension 1000.

Thank you for helping us maintain a safe, peaceful, and enjoyable environment for all our guests.



The Butterfly Garden

Surrounding The Sanctuary is a carefully cultivated garden of indigenous trees, plants and flowers, thoughtfully selected with the guidance of a butterfly specialist. Designed to provide both nourishment and shelter, the garden creates a natural haven for the many exquisite indigenous butterfly species that call this part of the African wilderness home.

The butterfly has long been regarded as a powerful symbol of transformation, renewal and the rebirth of the soul. Its journey from caterpillar to butterfly is a beautiful reminder that profound change begins quietly, unfolding in its own time.

It is this spirit of transformation that lies at the heart of The Sanctuary at Kings Camp – a place for you to pause, breathe, reconnect and allow the healing power of nature to restore both your body and mind.



The Gymnasium

The spacious, fully air-conditioned gymnasium has been carefully designed to provide a complete and enjoyable fitness experience. Whether your preference is cardiovascular training, strength and conditioning, or weight training, the gym is equipped with state-of-the-art, high-quality equipment to meet your needs.

A large-screen television provides a live view of the camp's waterhole, ensuring that even while enjoying your workout, you need not miss the excitement of the African bush. Keep an eye out – a herd of elephants or other wildlife may decide to stop by for a drink at any moment.

HOURS: 06:00 – 18:00



GYMNASIUM SAFETY & ETIQUETTE

- **Warm-Up & Cool-Down:** Always begin your workout with an appropriate warm-up and conclude with a cool-down to help reduce the risk of injury.
- **Equipment Safety:** Familiarise yourself with the correct operation of all gym equipment before use. Improper or incorrect use may result in injury. If you are unsure how to operate any equipment, please ask a member of staff for assistance.
- **Appropriate Attire:** Please wear suitable workout clothing and closed-toe athletic shoes at all times.
- **Personal Limits:** Exercise within your own physical capabilities and do not over-exert yourself. Stop exercising immediately if you feel unwell, dizzy, faint, or experience pain.
- **Hydration:** Please ensure that you remain adequately hydrated throughout your workout.
- **Cleanliness:** Please wipe down all equipment after use with the wet wipes provided. Used towels must be placed in the designated basket.



The Yoga Studio

Our peaceful yoga space overlooks the beautifully landscaped butterfly garden and provides an inspiring environment for your yoga, meditation, and relaxation.

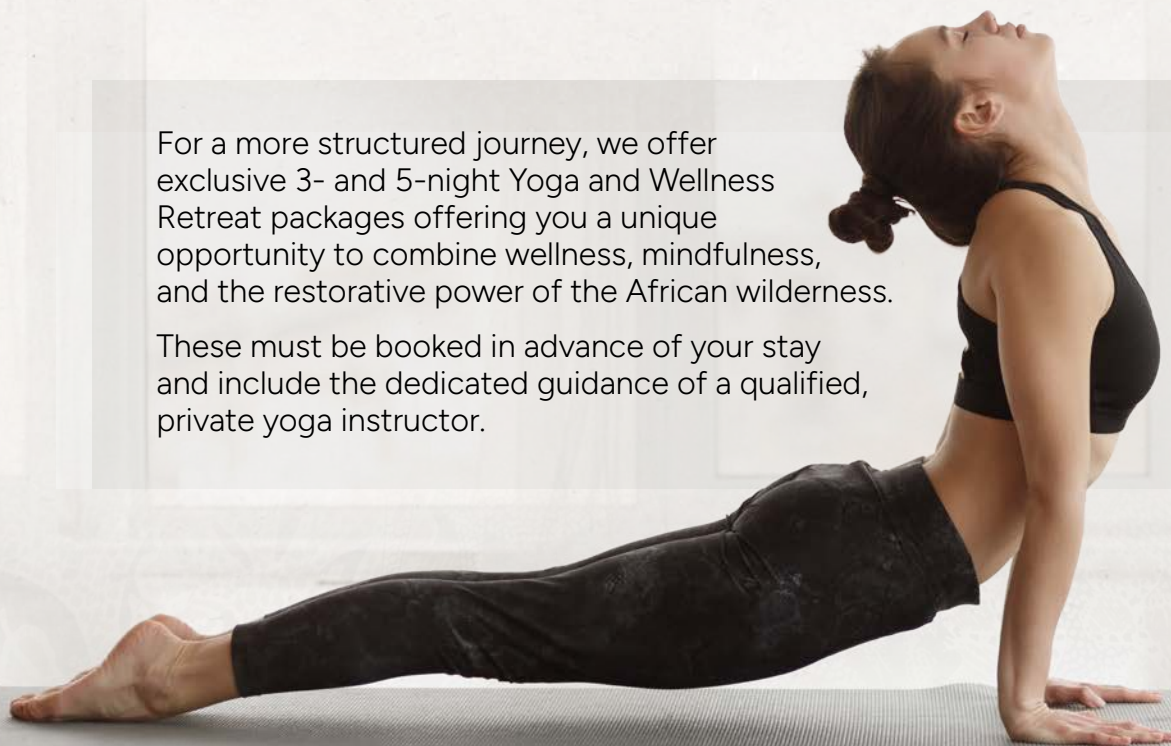
With its tranquil atmosphere, the studio is designed to allow you to reconnect with yourself and unwind at your own pace.

Essential yoga equipment, including mats, blocks, straps, and bolsters, is provided for your complete comfort and enjoyment.

HOURS: 06:00 – 18:00

For a more structured journey, we offer exclusive 3- and 5-night Yoga and Wellness Retreat packages offering you a unique opportunity to combine wellness, mindfulness, and the restorative power of the African wilderness.

These must be booked in advance of your stay and include the dedicated guidance of a qualified, private yoga instructor.



The Thermal Suite

The Thermal Suite has been thoughtfully designed to offer you a revitalising journey through the benefits of heat and cold therapy.

Featuring a traditional and infrared hybrid sauna, steam room, ice bath, and shower, this carefully curated space offers you the opportunity to relax tired muscles, stimulate circulation, refresh the body, and promote an overall sense of wellbeing and relaxation.

Whether enjoyed after an exhilarating game drive, a rewarding workout, or simply as part of a day dedicated to self-care, the Thermal Suite provides a refreshing and restorative experience.

HOURS: 09:30 – 17:00



THERMAL SUITE SAFETY BRIEFING

To ensure your well-being, please read the following guidelines carefully before use:

- **Reservations:** Please contact Reception should you wish to make use of the Thermal Suite facilities.
- **Personal Responsibility:** Use of the Thermal Suite is entirely at your own risk. The lodge accepts no liability for any injury, illness, adverse health effect, or death that may arise from or occur during the use of the Thermal Suite.
- **Health Conditions:** Guests with heart disease, high or low blood pressure, respiratory issues, diabetes, or other medical concerns should consult a doctor before use. Pregnant women are advised not to use the thermal facilities.
- **Time Limits:** Limit exposure to 10–15 minutes per session. Please ensure you take adequate breaks between heat experiences.
- **Supervision:** Children under 18 are not permitted in the Thermal Suite area.
- **Emergency Awareness:** If you feel dizzy, faint, or unwell, leave the suite immediately and seek assistance.
- **Respectful Conduct:** Please shower before use, wear appropriate swimwear, and respect the privacy and comfort of other guests.



Pampering Treatments

Two elegant treatment suites provide a private and peaceful setting in which to enjoy a selection of massages and beauty treatments delivered by our skilled therapists.

Allow yourself to relax completely as the stresses of everyday life melt away.

Whether you choose a soothing massage, a restorative treatment, or simply time to indulge in yourself, every experience is designed to leave you feeling refreshed, renewed, and deeply relaxed.

HOURS: 08:30 – 17:00



HEALING
earth™

SPA PRODUCTS

Founded by spa industry veteran Elisabeth Brandt, **Healing Earth** blends Africa's rich natural resources with scientific innovation to create pure, high-active skincare. Built on unwavering values of quality, responsibility, and environmental preservation, the brand champions a conscious approach to beauty rooted in love for self, community, and the planet.

"We advocate a nurturing, conscious approach to beauty based on love for oneself, one's fellow beings and the Earth we live on."

ELISABETH BRANDT

SIGNATURE MESSAGES

MUSCLE MELT [DEEP TISSUE – RELIEVE & REVIVE]	BACK & NECK	30 Minutes	R 1 000
		45 Minutes	R 1 500
	FULL BODY	60 Minutes	R 2 000
		90 Minutes	R 2 500

A tension-relieving deep tissue massage using cooling peppermint oil, our signature Healing Earth Deep Tissue release gel and hot compresses to leave you feeling refreshed & revitalized. Great for jet lag, inflammation and stiffness.

AROMATIC AWAKENING [SWEDISH – AWAKE & RENEW]	BACK & NECK	30 Minutes	R 1 000
		45 Minutes	R 1 500
	FULL BODY	60 Minutes	R 2 000
		90 Minutes	R 2 500

A fragrant and uplifting targeted massage using pure, antioxidant-rich aromatherapy oils according to your own unique needs inspired by rich healing properties of the earth.

HOT STONE MASSAGE	BACK & NECK	45 Minutes	R 1 500
	FULL BODY	60 Minutes	R 2 000

A specialised and relaxing massage using heated, basalt river stones to relax and warm up tight muscles and help relieve tension.



FACIAL THERAPY

PURE RADIANCE [FULL FACIAL]	60 Minutes	R 2 000
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A potent blend of antioxidant pinotage grape extracts, vitamins and essential oils combine to relax, purify and hydrate. These pure botanical extracts combined with organic rosehip booster and trademark facial massage create targeted results for ultimate radiance and glow.

ADD ON: Hyaluronic Acid or Pure Organic Rosehip Oil

BUSH RE-BALANCE [MINI FACIAL]	45 Minutes	R 1 500
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A deep cleansing, exfoliating and re-balancing treatment for the modern adventure traveller. Soothes, restores and energizes skin. Complete with our famous African Skin Elixir massage.

ADD ON: Pure Organic Rosehip Oil



BODY TREATMENTS

AFRICAN POTATO MIRACLE REPAIR [BODY WRAP – MOISUTRISING & NOURISHING]	60 Minutes	R 2 000
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A highly moisturizing back exfoliation with heated compresses followed by a full body massage using our award-winning African Potato Balm for nourishing, renewing and bringing life back to the skin after sun damage or other environmental exposure.

FULL BODY REBOOT [BODY WRAP – DETOX & INVIGORATE]	60 Minutes	R 2 000
	90 Minutes	R 2 500

An intensely detoxifying treatment starting with a Sugar Scrub full body exfoliation followed by a cocooning wrap, ending with a face and body massage using ancient massage techniques.



HANDS & FEET

AFRICAN HAND & FOOTPRINT CEREMONY	60 Minutes	R 1 500
Melt away stress and rejuvenate tired hands and feet with this specialized treatment to soften, hydrate and leave your hands and feet feeling pampered and silky smooth.		
FULL MANICURE	60 Minutes	R 600
FULL PEDICURE	60 Minutes	R 700
FRENCH MANICURE	45 Minutes	R 800

HEALING SOUNDS

All treatments conducted incorporate our signature therapeutic healing chimes and soothing African rain sticks.

GENERAL INFORMATION & ETIQUETTE

Our treatment rooms are designed to provide a peaceful and relaxing environment. Please observe the following guidelines to ensure the best possible experience for yourself and other guests:

- **Appointments:** Treatments should be booked through Reception or by dialling extension 1000.
- **Payment & Gratuities:** All treatments and purchases will be charged to your room account and must be settled prior to departure from the Lodge. Spa staff gratuities may be given directly to your therapist or arranged through Reception at the end of your stay.
- **Treatment Times:** Please arrive at The Sanctuary 5 minutes prior to your scheduled appointment. Late arrival will reduce the time available for your treatment, which may affect both its effectiveness and your overall enjoyment. As a courtesy to all guests, treatments will conclude exactly at the scheduled time.
- **Cancellations:** Should you need to cancel or reschedule an appointment, please provide as much notice as possible so that the treatment time may be made available to another guest.
- **Privacy & Comfort:** Your privacy and dignity will always be respected. Disposable underwear is provided for body treatments and will be supplied by your therapist prior to your session.
- **Mobile Phones:** Please switch your mobile phone to silent or turn it off before entering The Sanctuary to maintain a peaceful, undisturbed environment.