

FACIALS

AFRICOLOGY BESPOKE *45min* **R600pp**
(No Facial Massage) For those moments when time is challenged but facial renewal and stability is needed. Our 45 min express facial is Invigorating & Harmonising.

AFRICOLOGY BESPOKE FACIAL *90min* **R850pp**
(With Facial Massage) Our facials are bespoke & 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.

THERAPEUTIC MASSAGES

AFRICOLOGY BESPOKE INTUITIVE HERBAL OIL MASSAGE
60min **R760pp** *90min* **R885pp**
R1300 per couple **R1550 per couple**

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, Slimming Detox, Muscle Relaxing and Energising.

AFRICOLOGY MAJESTIC AWAKENING *35min* **R550pp**
Neck, shoulders and scalp **R880 per couple**
The treatment begins where your neck, shoulders and scalp are deeply massaged, dissipating tension and stress through touch and aromatherapy.

AFRICOLOGY HOT STONE MASSAGE
60min **R790pp** *90min* **R950pp**
R1360 per couple **R1680 per couple**

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 antioxidants and essential fatty oils.

SKIN ADORATION WRAPS

AFRICOLOGY IMMUNE BODY BOOSTING WRAP *90min* **R1180pp**
Not suitable for pregnant clients **R2140 per couple**
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.

AFRICOLOGY AFRICAN POTATO BODY WRAP *90min* **R1360pp**
R2500 per couple

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 is melted 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.

MANICURES & PEDICURES

AFRICOLOGY AFRICAN POTATO EXPERIENCE

Manicure *60min* **R440pp** Pedicure *80min* **R495pp**

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.

AFRICOLOGY STANDARD

Manicure *45min* **R370pp** Pedicure *60min* **R420pp**

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.

WAXING

Eyebrows *15min* **R60pp**
Half leg *30min* **R150pp**
Lip *15min* **R70pp**
Full Leg *45min* **R200pp**
Standard Bikini *30min* **R70pp**
Chest or Back *50min* **R170pp**

TINTING

Eyebrows *15min* **R60pp**
Eyelash *25min* **R60pp**
Brows & Lashes *30min* **R110pp**



THE SPA AT ABALONE HOUSE