



BEYOND

Body treatment menu

&Beyond has partnered with Healing Earth, a leading, eco-friendly, holistic spa and skincare company, to produce a truly authentic African spa experience for the mind, body, and soul. Therapeutic in its approach, Healing Earth only uses all-natural ingredients and essential oils. The luxurious spa products and soothing treatments are inspired by the wisdom of Africa's traditional healers and celebrate our continent's vibrant heritage, communities, and plant life.

Your journey starts with a traditional African foot cleansing ritual. The foot ritual symbolises the cleansing of influences and thoughts, allowing for each treatment to start with one feeling centered and calmed. Your journey ends with the soothing sounds of the African Rainforest with a rainstick sound therapy ritual.

Quiet mind journey

You are invited to create a personal affirmation to reclaim an unconditional acceptance and love for yourself, and reconnect with your soul to release all negative energy from deep within. A unique blend of aromatherapy is used with a selection of personally chosen plant oils. Deep tissue massage techniques are combined to bring relaxation to tired, aching muscles allowing the body and soul to return to perfect equilibrium. Choose from the Pinotage range, a blend of aromatherapy oils rich in antioxidants, to either destress, hydrate, relax or detox.

Full body: 90min | NAD 1250

Back & neck only: 45min | NAD 800 / 30min | NAD 600



Healing Earth African shea butter ritual

African Shea Butter has been long hailed for its powerful healing and nourishing effects. Relaxing nourishing and energising this full body massage targets specific areas of tension and muscular discomfort employing deep tissue techniques where pain is dramatically alleviated.

Full body & scalp: 75min | NAD 1100

Back, neck & scalp: 45min | NAD 800

Soul of the earth celebration

Re-awaken your soul with a combination of powerful African aromatherapy oils and botanical body balms in this indulgent ritual that combines traditional African calabash and bamboo tools with human touch and rhythmic movement. This ultimate source of relaxation in the heart of Africa, the cradle of mankind, brings balance to your mind, body and soul through touch and vibrational sound therapy using ancient sound tools and techniques.

Choose African Potato for its **Ancient Healing** powers, Marula Neroli for a **Sensory Indulgence**, Kalahari Melon for its **Hydrating Properties**, Mongongo Nut to **Detox** or Cinnamon & Orange to **Firm and Tone**

Full body & scalp: 90min | NAD 1250

Back & scalp: 60min | NAD 1050

Earth glow body polish and wrap

Re-awaken your senses through gentle exfoliation and envelope your body in inspirational blends of natural African essential oils and botanicals. We start the treatment with a dry polish followed by a full body polish to alleviate tension and renew skin. We then do a wrap and an indulgent full body massage using our powerful collection of indigenous African oils and balms.

Choose African Potato for its **Ancient Healing** powers, Marula Neroli for a **Sensory Indulgence**, Kalahari Melon for its **Hydrating Properties**, Mongongo Nut to **Detox** or Cinnamon & Orange to **Firm and Tone**

90min | NAD 1450



African hand and foot treatments

AFRICAN FOOTPRINT RITUAL

Melt away stress and rejuvenate your tired legs with this foot treatment, which will leave your feet feeling hydrated, softened and silky smooth, ready to conquer the African bush. Your feet are soaked in an African Joy energizing salt soak, scrubbed with rejuvenating peppermint and eucalyptus scrub and embalmed in African shea butter. Relax as you receive a shoulder and scalp massage and finish the treatment with a cooling foot gel to put the final spring in your step.

30min | NAD 400

AFRICAN HANDPRINT RITUAL

The ultimate hand ritual. Your hands are polished with a pure peppermint and aloe vera polish and the cuticles restored with indigenous healing oils. Your hands are then embalmed with African shea butter. Relax as you receive a shoulder and scalp massage and finish the treatment with a nourishing Pinotage hand oil massage, leaving your hands feeling soft and rejuvenated.

30min | NAD 400

WILDchild beauties and buddies

A WILDchild needs pampering too

Soak those tired little feet in Healing Earth's lavender and jasmine bubble bath, followed by a mango-orange scrub, toenail grooming and mini foot tickle and rub. A 15 min back, neck and shoulder massage with pure aloe vera gel will guarantee to send our budding rangers off on their next adventure in the African bush with renewed vigour. Finish your treatment with an African tribal face paint and if you choose to, leave with your own **Beauties and Buddies Pamper Kit** to remember your adventure in the wild and remind you to **Care for the Land, Wildlife and People** of this world.

30min | NAD 300

