



## T R E A T M E N T   M E N U

Africology Spa at The Maslow | Africology in Parkhurst Urban Spa



*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.

*Hydrotherapy facilities are only available at Africology Spa @ the Maslow.*

### **Africology Spa at The Maslow**

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### **Africology in Parkhurst Urban Spa**

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# FACIALS

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## AFRICAN GODDESS FACIAL®

90 mins *R1 100*

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.

## BALANCING ROSE CRYSTAL FACIAL®

80 mins *R900*

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*

## AFRICOLOGY BESPOKE FACIAL

60 mins *R700* | 80 mins *R870*

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.

## OXYGEN FACIAL THERAPY®

90 mins *R1 100*

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.





# THERAPEUTIC MASSAGES

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## THE MASLOW JOURNEY

*Limited to Africology Spa at the Maslow only*

### Bespoke Massage & Facial

90 mins R980

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.

## MUSCLE & JOINT MAGNESIUM THERAPY

60 mins R720 | 90 mins R885

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. Steam session limited to Africology Spa at the Maslow only.

## BESPOKE INTUITIVE HERBAL OIL MASSAGE

Blend options: Relaxing, Detox, Muscle Relaxing and Energising

60 mins R720 | 90 mins R885

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.

## MAJESTIC AWAKENING®

*(Head, Neck and Shoulder)*

**45mins R550**

The treatment begins where your neck, shoulders and scalp are deeply massaged, dissipating tension and stress through touch and aromatherapy.

## SHAMANS HEALING JOURNEY®

**90 mins R1 100**

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.

## HOT STONE MASSAGE

*(Full Body Experience)*

**60 mins R765 | 90 mins R940**

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.

## SOUL OF AFRICA BODY JOURNEY®

*(Full Body Experience)*

**90 mins R985**

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.



## INTONGA AMASATCHI®

*(Full Body Experience)*

**75 mins R770**

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.

## SHEA AROMATHERAPEUTIC

**60 mins R760 | 90 mins R980**

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.

## BALANCING SCALP AND LEG MASSAGE

*(Frequent Flyers)*

**45 mins R550**

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.

## BESPOKE YOGA®

**90 mins R980**

Harnessing the powerful and tested knowledge of Indian yoga, this massage works with meridians of the body as well as the muscles. Pressure is used on meridian lines to activate the body's natural energy lines before limbs are stretched and massaged. Chakra points are also stimulated and Africology's Bespoke Massage Oils are used to enhance the experience.



# SKIN ADORATION WRAPS

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## IMMUNE BODY BOOSTING WRAP

*Not suitable for pregnant clients*

**120 mins R1 650**

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.

## COFFEE AND MINT BODY WRAP

**120 mins R1 650**

Suitable for pregnant clients from the 3rd trimester 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. Your wrap is then removed with warm mittens in the treatment room. This wrap is particularly helpful in water retention and cellulite reduction. It is highly recommended as part of a Lymph Draining Treatment.

## SLIMMING DETOX BODY WRAP

*Not suitable for pregnant clients*

**120 mins R1 650**

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.

## AFRICAN POTATO PREGNANCY WRAP

**60 mins R990 | 120 mins R1750**

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.



# HYDROTHERAPY

*Limited to Africology Spa at the Maslow only*

The Africology Hydrotherapy or wet areas are based on the healing aspects of hot-cold therapy and designed to challenge the body's innate healing ability. Hot and cold therapies are used to dilate the capillaries thus allowing blood to flow more freely, and in turn oxygenating the body. If you are a frequent flyer, have a heart condition or suffer from brain fog or a poor immune system then an Africology Hydrotherapy session is perfect for you. The faster blood flows through your circulatory system, the more nutrients are transported to every other system in your biology. A positive way in preventing pre-mature aging or a decline of cellular activity.

Beneficial for the maintenance of

- A healthy heart, good blood flow preventing the formation of clots
- Detoxing and Anti-Ageing
- Immune system enhancement, stimulating melatonin – regulating sleep patterns
- Decreasing excess cortisol related to increased stress levels.

## REJUVENATION THERAPY

(*Steam | Sauna | Hydrotherapy Bath | Ice-Walkway*)

**60 mins** *R550*

We recommend that you start your therapeutic treatment by walking in the ice-walkway, for 5 minutes, following instruction from your therapist. You may then choose your preferred heat therapy; sauna, hydro-bath or steam room, however if you suffer from high blood pressure or heart issues a sauna is not recommended. In this case we suggest an aroma steam for no longer than 5 minutes. Just long enough for your capillaries to swell. Then start walking in the ice -walkway again, for another 3 minutes. This increases oxygen levels and rejuvenation via active blood flow. A selection of stones are strategically placed in the ice-walkway; gently stimulating the pressure points in your feet to add value to your water therapy session. Further unwind in the calming relaxing area.

## RASUL SESSION

**25 - 30 mins** *R320*

Originally of ancient Middle Eastern beginnings, our Rasul experience is adapted to the traditional healers approach to applying earth mud to the skin to heal and protect. A selection of natural mineral mud is applied to the face and body. Our detox mud helps revive the tissue and has a stimulating effect on the lymph flow. Rooibos and lavender, an all natural anti-oxidant, is most beneficial for its purifying effect. A divine experience where heat from steam and gentle rain brings balance to body, mind and allows one to deeply connect with the essence of who we are once again. For complete relaxation and for maximum benefit, finish your Rasul session with a full body massage.

## AROMA-STEAM THERAPY

**20 mins** *R170*

Sinusitis is effectively relieved in an Africology steam therapy session. Also beneficial for respiratory problems; bronchitis and sinusitis are cleared with our all African herbal application. It also assists in loosening phlegm in the lungs and loosening mucous in the nose.

## HYDRO-BATH

**30 mins** *R165*

A water massage that improves circulation that may remove lactic acid from the muscular system; most beneficial in assisting the body in its own healing process. The improved circulation throughout the body helps to deliver oxygen and other important nutrients to the cells throughout the body. A gentle relaxing way of alleviating tension, and regulating endorphins; most valuable when combined with a Sauna treatment.

## SAUNA THERAPY

**20 mins** *R165*

Relieves stress, relaxes muscles, flushes toxins, cleanses skin, induces sleep, improves cardiovascular performance and burns calories. To enhance the benefits of your sauna, combine your treatment with a massage of your choice.



# MANICURE & PEDICURE



## COPPER AND HOT STONE TREATMENT®

**Manicure: 60 mins *R440* | Pedicure: 80 mins *R495***

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 *R440* | Pedicure: 80 mins *R495***

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: 45 mins *R370* | Pedicure: 60 mins *R420***

**Gel Manicure: 60 mins *R450* | Gel Pedicure: 70 mins *R570***

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.

## DETOXIFYING INTONGA TREATMENT®

**Manicure: 60 mins *R440* | Pedicure: 80 mins *R495***

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.

## ELITE GEL

**Manicure: *R680* | Pedicure: *R755***

Choose from one of our signature manicures or pedicures:

- Copper and Hot Stone Treatment
- Detoxifying Intonga Treatment
- African Potato Experience

Finished off with a Gellish application.





# DAY PACKAGES

*Limited to Africology Spa at the Maslow only*

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## CELLULAR REJUVENATION RITUAL

Full day *R2 700 per person*

- Steam
- Body Exfoliation
- Botanical Wrap
- Rose Quartz Facial
- Collagen Boosting Massage
- Downtime in Relaxing Area
- Complimentary 200ml Body Butter (Stock dependent)

## DETOX BODY ALIGNMENT PACKAGE

3 Hour, 30min Package *R2 200 per person*

- Hydro-Bath Water Therapy
- Sauna Session
- Full Body Exfoliation
- Performance Active Body Wrap
- Full Body Deep Tissue Pressure Point Massage
- Oxygen Therapy
- Complimentary 200ml Body Butter (Stock dependent)

## CIRCLE OF FRIENDS CELEBRATION

Half Day *R1 650 per person*

- Hydro-bath Session
- Copper Hot Stone Pedicure
- Copper Hot Stone Manicure
- Complimentary 200ml Body Butter (Stock dependent) per person

## THE JAHZARA - DAY PACKAGE

Full Day *R3 500*

- Needs Analysis performed by therapist
- Aroma Steam session
- Full Body exfoliation
- Detox Body Wrap
- Full Body Deep Tissue Massage
- Anti-Oxidant Facial
- Manicure
- Pedicure
- Complimentary 200ml Body Butter (Stock dependent)

## DEVOTION JOURNEY

3 Hour Package *R2 500 per couple*

- 30 min Rasul session with complimentary use of assorted Africology body muds
- 60 Min Herbal Oil Massage
- Steam Session
- Complimentary Devotion Oil on checkout



# SPA ETIQUETTE

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*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. Be sure to bring your own swimsuit/shorts for the use of the spa facilities.

## **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 and Covid-19 pre-screening.

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®

*Inspired By Nature & Everything Healthy & Fresh.*

WE NOURISH SKIN WITH VITAMINS, MINERALS & FLOWER OILS.

BOOK NOW :

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