



## SPA MENU

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Welcome to our spa, Aroma Boma. We have two spa treatment rooms at Ulusaba, one at Rock Lodge and the other at Safari Lodge.

Rock Lodge is located 800 feet above the African Savannah with truly stunning views over the bush and offers complete privacy. At Safari Lodge, the Aroma Boma treatment room is built on the banks of the dry Mabrak riverbed amongst the trees and away from the main lodge area, so the only likely disturbance is perhaps the odd elephant wandering past!

### OUR PRODUCTS

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We use a range of products from Africology, their ethical skin care products capture the rejuvenating and healing essences of Africa, helping to revitalise the skin as well as prevent damage and premature ageing. Africology prides itself on its roots, taking inspiration from the home and using local ingredients including Rooibos, Aloe, Marula and African Potato. The entire range is suitable for vegans – it is not tested on animals and is free from harmful chemicals and perfumes.



The brand's empowerment philosophy is also apparent in its approach to social responsibility. Africology only practices fair trade and is always looking for new ways to help develop individuals and communities in Africa. The products have also been designed for reed-bed disposal, so they do not harm conservation efforts.

Ulusaba stocks Africology products in our rooms so feel free to try them throughout your stay. You can then purchase them if you wish, so you can continue to enjoy the Aroma Boma experience once you've left Ulusaba.

### GENERAL INFORMATION

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Treatments are not included in the normal room rates and are priced in South African Rand. You can book an appointment before you arrive by contacting Reservations or on-property by talking to one of our Beauty Therapists or a team member. Please note that prices are subject to change without notice. If you are unable to make your appointment, please let a member of the team on property know the day before.

A 100% cancellation charge will apply for any appointments cancelled on the same day.

The treatment time stated includes a consultation, so please arrive on time for your treatment as in busier periods we will not be able to extend the session.

Thank you.

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*All treatments are subject to availability and pricing is subject to change without notice*



## SAFARI LODGE SIGNATURE TREATMENT

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### STEP BACK IN TIME

This complete body experience is an anti-ageing solution that intensively hydrates the face and body with a massage, aroma steam and shower. The products used during this treatment are infused with Frangipani which helps reduce wrinkles and regenerate the skin. Anti-ageing is not only about application, but it's also influenced by your state of mind, so we use chakra oils and aromatherapy to highlight which energy centre in the body needs attention, ensuring this soulful treatment is a complete indulgence for the skin and a meditative journey for the mind.

90 mins - R 2,100

90 mins - R 4,000 couple's treatment

## ROCK LODGE SIGNATURE TREATMENT

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### WELLNESS JOURNEY PACKAGE

Ulusaba Rock Lodge is uniquely placed on top of a koppie, or small mountain, made up of granite and quartz rock. This warm and cool stone treatment resonates with Rock Lodge perfectly as it's designed around the principle of geothermal therapy and uses warm basalt stones to relax, nurture and nourishes tight and stressed muscles, allowing deep heat penetration. This treatment begins with a back, neck and shoulder massage using warm stones, followed by pressure points reflexology on your feet using warm and cool stones, this will assist in improving your blood circulation and eliminating your body's toxins.

90 mins - R 2,100

90 mins - R 4,000 couple's treatment

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## PRIDE 'N PURPOSE

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When you enjoy one of the below treatments at Ulusaba, 15% of the price will go to Pride 'n Purpose, Ulusaba's charitable arm. We also support Pride 'n Purpose's efforts with our 'Light of Hope' candle which is an essential oil candle from the Africology range, and by purchasing this candle you are contributing to improving the lives of our local villagers. Each candle is R 350 and 25% of the sale will be donated to Pride 'n Purpose. To find out more about Pride 'n Purpose's latest initiatives please visit our blog: [www.virginlimitededition.com/blog/ulusaba](http://www.virginlimitededition.com/blog/ulusaba)

### AFRICOLOGY DEVOTION JOURNEY®

This is our couple's massage. It begins with the ceremonial lighting of a candle that symbolises the pledge of unity and love, followed by a full body massage.

60 mins - R 3,000 per couple  
90 mins - R 4,000 per couple (includes candle gift)

### AFRICOLOGY SOUL OF AFRICA BODY JOURNEY®

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 with 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 sun-damaged skin as it improves skin hydration and helps fight free radicals.

90 mins - R 2,100

### AFRICOLOGY INTONGA AMASATCHI MASSAGE®

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.

60 mins - R 1,600  
90 mins - R 2,000

### AFRICOLOGY BESPOKE YOGA MASSAGE®

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.

90 mins - R 1,900

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## BODY CARE

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*Add a steam shower experience to any of these treatments for R 300 each or R 500 per couple (available at Safari Lodge only).*

### THE BESPOKE MASSAGE

After a consultation, your therapist will choose the perfect oil or balms to tailor a treatment specific to your needs.

45 mins - R 1,150  
60 mins - R 1,500  
90 mins - R 1,900

### LASTONE GEOTHERMAL EAR CANDLING

Perfect after a long flight to help clear congested sinuses. We use warmed basalt stones on points of the face, neck and ears before a soothing ear candling experience, finishing with cool marble to flush and revive the senses.

60 mins - R1,250

### LASTONE SOLE

Using warm and cool stones on the feet's reflex points, as in reflexology this treatment will work on all the systems of the body, leaving you totally relaxed.

45 mins - R 950

### AFRICOLOGY SKIN ADORATION WRAP®

Your body experience starts with a full body scrub and mud application. Your therapist will choose one of the muds from our range specific to your needs. This process eliminates toxins while exfoliating lifeless skin cells. This treatment softens, soothes, and improves skin hydration; the warm herbal blend massage relaxes you on application, while the background sounds of Africa ensure a special way to help the mind focus on the holistic experience.

120 mins - R 2,300

## MASSAGE ENHANCEMENTS

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*Add any of the following treatments to your massage for an additional R 350*

- LaStone therapeutic marble stone
- LaStone crystal facial therapy
- Mini facial
- Ear candling

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## FACIAL CARE

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*Add a brow shape to your facial for an additional R 150*

### **AFRICOLOGY EXPRESS FACIAL®**

This facial will focus on your key concerns using products that will best suit your skin's needs.

**45 mins - R 1,100**

### **AFRICOLOGY AFRICAN GODDESS ANTI-AGEING FACIAL®**

When your primary focus is a facial rejuvenation, but the body is also calling for tender loving care. This 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.

**90 mins - R 1,800**

### **AFRICOLOGY BESPOKE FACIAL®**

We will tailor the products used on your skin depending on its needs. The whole range of facial products is available for this treatment.

**60mins - R 1,450**

## FACIAL CARE ENHANCEMENTS

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*Add any of the following treatments to your facial treatment for an additional R 350*

- Ear candling
- Express manicure or pedicure

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## BEAUTY ESSENTIALS

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### AFRICOLOGY INTONGA DETOX PEDICURE®

This detoxing pedicure targets swollen and tired legs that have poor circulation, lymph build up and water retention. Warm detoxifying oil combined with an Intonga stick massage will leave the legs feeling light and deeply hydrated. This is a great treatment after a long flight. Finish with a touch of colour.

60 mins - R 750

### AFRICOLOGY AFRICAN POTATO MANICURE®

This relaxing manicure treats your hands and nails using natural ingredients to keep them hydrated and therefore flexible and strong, finishing with a touch of colour.

60 mins - R 750

### AFRICOLOGY INTONGA DETOX PEDICURE® AND AFRICOLOGY AFRICAN POTATO MANICURE®

120 mins - R 1,400

### EXPRESS MANICURE OR PEDICURE

Working on your areas of concern this express treatment will concentrate on your hand or feet's needs and will be finished with a colour of your choice.

30 mins - R 400

### EXPRESS MANICURE AND PEDICURE

60mins - R 750

### SHELLAC

This is a 14-day non-chip, non-smudge manicure or pedicure. It is a hybrid between regular varnish and flexible gel. Shellac is UV-resistant and does not darken as it ages. Get a high shine, high gloss look.

60 mins - R 800

SHELLAC REMOVAL R 350 (within a shellac treatment R 200)

*When you're booking a pedicure or manicure, please advise if you would like a French polish (additional R 50), as we need to allow an extra 15 minutes.*

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