



SANCTUARY  
OLANANA

# HEALTH — & — BEAUTY

TREATMENT GUIDE





*“Let us bestow upon you the  
healing hands of Mother Nature,  
let the tension dissipate with the  
setting of the sun, be absorbed  
in the elegantly charming  
surroundings allowing yourself  
time to indulge in the ultimate  
luxury of spa”*



# BODY THERAPIES

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## *Ikomfi Sloughing Process*

**(30 MINS OR 45 MINS)**

This Africology sloughing process uses fine Walnut and Marula shell in an Aloe Ferox and Marula base, leaving your skin soft and smooth.

## *Full Body Sweet and Savoury Body Scrub*

**(30 MINS)**

A Thalgo full body exfoliation using a sweet and savoury body scrub containing brown sugar, sea salt and citrus essential oils. Pure luxury!

## *Soul of Africa Conditioning Body Massage*

**(1 HR 30 MINS OR 45 MINS)**

An Africology ceremonial process using Africa's 'miracle oil' Marula, to soften the signs of ageing and relax. Traditionally it brings a glorious feeling of well-being, also used to heal sun-damaged skin and fight free radicals.

## *Africology Aromatic Deep Herbal Massage*

**(1 HR 15 MINS OR 45 MINS)**

Choose from a range of Africology herbal infused massage oils which are warmly applied and massaged intuitively into the body, relieving deep tension and stimulating the lymphatic system.

# BODY THERAPIES

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## *African Heated Stone Massage*

**(1 HR 15 MINS OR 45 MINS)**

Using mother nature's volcanic basalt rock which retains heat and enables the sun-charged properties to penetrate deep into stressed muscles. Used with Shea butter, it balances emotional pressure points.

## *Africology Aromatherapeutics Shea Massage*

**(1 HR 15 MINS OR 45 MINS)**

A welcoming African ritual begins this wonderfully comforting massage, using natural Shea butter blended with therapeutic essential oils to soften and hydrate the skin. Relaxing, stretching and mobility movements are used to help you unwind, de-stress and balance the body while selected essential oils uplift the mood.

## *Aromatherapy Synergy Blend with African Foot Ritual*

**(1 HR 30 MINS)**

A holistic treatment that uses natural oils extracted from flowers, barks, stems, leaves or other parts of a plant to enhance your psychological and physical well being.

# BODY THERAPIES

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## *Other Therapeutic Treatments*

For these you may choose from a range of both  
Africology and Thalgo essential oils.

### *Soothing Holistic Massage*

(1 HR)

### *Lomi Lomi Deep Tissue Massage*

(1 HR)

### *Stimulating Holistic (Swedish) Massage*

(1 HR)



# BODY RITUALS

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## *Signature Salutation*

**(2 HRS 15 MINS)**

The ultimate sensory experience treating the face and body from scalp to toe. This signature salutation replenishes and revives tired muscles and mind using anti-oxidant soothing and refining rooibos and lavender mud. This is completed with a deeply relaxing massage.

## *African Potato Anti-Ageing Body Experience*

**(2 HRS)**

This body experience eliminates toxins and refreshes lifeless skin. A warm African potato and Marula wrap is applied to restore hydration and fight free radicals, then your whole body is massaged using pressure and a natural skin serum to hold in moisture.

## *Tropical Immune Boosting Mud Body Wrap*

**(2 HRS)**

Once the body is brushed, this Africology vitamin and mineral enriched mud wrap sets on the body to stimulate lymph and toxin elimination, whilst assisting with boosting your immune system.

# BODY RITUALS

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## *Marine Algae Envelopment*

(1 HR)

Rich in minerals, vitamins and micro-nutrients, this pure algae body wrap activates the body's functions, relieves aches and pains, purifies, detoxifies and assists the natural metabolic balance within the body.

## *Indoceane Treatment Journey*

(2 HRS)

Indoceane takes you on a journey over four continents. Start in the Mediterranean with a sweet and savoury body scrub, then visit the Egyptian port of call for your milk bath; receive a body massage based on yuverdric principles and finish your journey in China with a sublime body wrap for total well-being.

## *Aromaceane*

(1 HR 15 MINS)

This holistic remineralizing body wrap can be tailor made to suit your client individual needs by incorporating Natural Marine Mud with a choice of Thalgo's Aromatic Oils.





# HEAD, HANDS AND FEET

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## *Royal Hand & Foot Ceremony*

**(30 MINS)**

A traditional sacred action honouring the spirit of another, the Africology foot soak captures the essence of Africa. A relaxing Shea butter is massaged into hands and feet to honour the spirit.

## *Manicure*

**(45 MINS)**

Use of Africology products nourish the nails and skin leaving them both repaired and restored. Great for men and women as a relaxing hand treatment, with nail polish as an option for perfect grooming.

## *Hot Stone & Copper Pedicure*

**(1 HR 15 MINS)**

A luxurious African pedicure using Africology products to wrap and soak the feet in a copper bath, balancing energy and reducing water retention. Hot stones are used to massage the soles of the feet and calves, using heat to penetrate and relax the muscles.

# HEAD, HANDS AND FEET

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## *Balancing Scalp & Foot Massage* (30 MINS)

A traditionally relaxing and healing massage working on reflexology points of the feet to restore balance with pressures on the scalp sending you into a sedative state of relaxation.

## *Reflexology with African Foot Rituals* (45 MINS)

The holistic practice of applying pressure to the feet without the use of oils. It's based on a system of zones & reflex areas to reflect on the image of the body with the effect of a physical healing in the body.

# FACIALS

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## *Africology African Goddess Anti-Ageing Facial*

**(1 HR 30 MINS)**

This velvety-textured anti-oxidant treatment stimulates cell growth to keep skin healthy whilst deeply moisturising. It begins with an African blended Marula oil back and neck massage, which leaves you relaxed and radiant.

## *Africology Repair Facial*

**(1 HR)**

This nourishing facial treats the skin holistically and intuitively allowing the therapist to prescribe your skin what it needs using either antioxidant, Aloe Verox, vitamin boost or balancing serums to restore the skin back to its natural radiance.

## *Purity Ritual Facial*

**(45 MINS)**

This facial is an introduction to Thalgo facials. It allows the skin to maintain vitality and radiance using the specific tube mask best suited to your skin condition.

# FACIALS

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## *Rebalancing Facial*

**(1 HR 30 MINS)**

An intensive Thalgo treatment for oily/combination skin. The seaweed mask ensures deep cleansing, which purifies the skin, promoting a clearer, lighter surface and less visible pores.

## *Aquarelle Facial*

**(1 HR 30 MINS)**

An effective Thalgo boosting facial, incorporating a natural Marine Algae Mask, to revitalise, re-mineralise and hydrate your skin. Suitable for all skin types.

## *Africology Balancing Rose Facial*

**(1 HR 15 MINS)**

This blend of Rose Absolute is known to balance the skin, and emotions in times of change or upset, and reduce fine lines and redness. This fragrant rejuvenating facial has a high vitamin c content which is also great for sensitive skins even mild dermatitis leaving you physically and emotionally balanced. Metaphysically this facial helps to balance feeling of sadness, rejection or fear.

# FACIALS

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## *Pure Collagen Velvet Mask*

**(1 HR 30 MINS)**

This luxurious Thalgo facial incorporates a raspberry extract ampoule and is an intensive hydrating facial for sun-damaged skin, fine lines and wrinkles, with instant results leaving your skin radiant.

## *Ocean Men's Facial Treatment*

**(1 HR)**

This hi-tech professional facial is based on relaxing massage movements and the application of a purifying mask, diffusing all the goodness of the highly energising Algae Blue Vitale™ directly to the heart of the skin.

## *Organic Soothing or Anti-Ageing Facial*

**(1 HR 15 MINS)**

This Thalgo (Terre & Merre) facial is completely free of parabens, mineral oil, propylene glycol and any GMO's.

This is an organic facial which can either soothe the skin or treat anti-ageing with natural active ingredients from the marine world; organic orange blossom; organic immortelle (which stimulates the collagen 3 synthesis).

# SPA GUIDE



## *Opening Hours*

10:00am til 19:00pm

## *Facilities*

Shower, changing rooms with lockers and two treatment rooms

## *How to Book*

- Treatments may be booked at the Treatment Room Reception, with the Therapist or at the Main Office with the Camp Manager.
- A full consultation will be held before every treatment.
- Guests are requested to arrive 15 minutes prior to their appointment.
- Late arrivals may have their treatment time reduced if the spa is busy.
- Please leave your cellular phone in your room - it's time to relax!





# AFRICOLOGY®

Africology makes use of the healing essences from some of South Africa's indigenous plants, including Rooibos, Aloe Ferox, Marula and African Potato.

The active ingredients in Africology's skin care products are valuable in the repair process and assist with the restoration of damaged skin tissue. To maintain skin health & balance, they preserve the living essence of the plants naturally. They don't use parabens, propylene glycol, mineral oil, petrolatum, chemicals, or synthetically produced perfumes, which can harm the living essence of the skin. They allow nature to fragrance their products naturally and select active ingredients that bring balance and harmony to the skin.

Africology practises fair trade and shows great social responsibility, empowering the people of Africa through a variety of projects. They honour all living things and pledge to replace what is taken from the earth, thus showing gratitude to nature.

These beautifully formulated products have all been dermatologically tested to EU standards, are not tested on animals and do not use any animal products. Their wonderful aromas and therapeutic effects leave your skin and senses indulged.

## THALGO

Thalgo is a prestigious French marine-based spa health and wellness product range and boasts full comprehensive, state-of-the-art ranges of professional spa treatments for face and body, as well as aroma-phycology, hydrotherapy, sun-care and nutritional products and a comprehensive men's range.

By drawing on the remarkable potential of algae, and focusing on natural ingredients that are most adaptable to the human body, Thalgo is able to offer effective and safe products with exceptional results.

Today, through the world, the finest spas offer Thalgo Thalassotherapy and Spa therapies.





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