



SANCTUARY  
GORILLA  
FOREST CAMP

# 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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## *Soul of Africa Conditioning Body Massage*

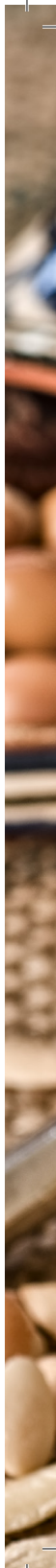
**(1 HR OR 30 MINS)**

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

## *Africology Aromatherapeutics Shea Massage*

**(1 HR OR 45 MINS)**

A welcoming Africology ritual starts 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 oil blends uplift the mood.







# FACIALS

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## *Africology Repair Facial*

(1 HR)

Like our hearts and minds our bodies and cells change, there so does our skin depending on our internal and external environment we are living in. So to treat the skin holistically and naturally we need to listen to what our bodies are telling us. This wonderfully deep cleansing and repairing facial, looks at the skin this way, working to balance the skin, or maintain the skins natural healthy radiance. Therapeutically serums treat the appropriate skin conditions to give the skin what it needs, circulation, nutrient supply and radiance of the skin is improved through massage, and hydration maintained to protect and support the skin.

## *Balancing Rose Facial*

(1 HR)

Rosehip oil is steeped in history and always associated with heart and soul. Our beautiful 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.

# HANDS AND FEET



## *African Potato Manicure or Pedicure*

**(45 MINS)**

Relaxing manicure is about treating the skin and nails naturally to keep them hydrated and therefore strong. An intense hydrating African potato mask, blended with Rooibos, aloe and Marula anti-oxidants also ensure it benefits ageing skin, working to reduce pigmentation and signs of aging.







# SPA GUIDE

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## *Opening Hours*

10:00am til 20:00pm.

## *Facilities*

Shower, changing room and one treatment room

## *How to Book*

- Treatments may be booked at the Reception with the Lodge Manager or Spa Therapist.
- Guests are requested to arrive 10 minutes prior to their appointment.
- Late arrivals may have their treatment time reduced if the spa is busy.
- Bookings carry a 6 hour advance cancellation policy after which 50% will be charged.
- 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.





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