

AFRICAN HILLS

SAFARI LODGE & SPA

Spa Menu

Valid 1 November 2026 – 31 October 2027

SPA ETIQUETTE & GUIDELINES

- Treatments are carefully planned to accommodate the needs of each guest, please allow enough time for your experience and arrive 15 Min prior to your appointment.
- Late appointments will be completed in the allocated time and the fee will remain unchanged.
- Please be sure to inform your therapist if you have any allergies /injuries that may affect your chosen treatments or if you are pregnant.
- A 50% deposit is required to secure your treatment reservation. Please see your invoice for details. Please note that African Hills Safari Lodge & Spa is a cashless property. Payment via EFT, Debit card and all major credit cards are accepted.
- Please inform the spa at least 48 hrs in advance should you wish to change or cancel your booking. No shows & late cancellations will result in a 100% cancellation charge.
- We encourage you to leave any valuables at home or in your Hotel Room to ensure safe keeping.
- Please switch off your mobile phone while in the spa area.
- We offer 3 double treatment suites where you can enjoy treatments with your partner or friend. Please be sure to let the spa know should you wish to book separate rooms. Subject to availability.
- Proper swim-wear must be worn at all times while enjoying our Spa facilities. We will provide you with a locker, gown, slippers & towels.
- Should you wish to enjoy breakfast or lunch with us, please book 24 hrs in advance & inform us of any specific dietary requirements.
- Please note that African Hills Safari Lodge & Spa trades Monday to Sunday 08h00 to 17h00.

MASSAGE

Indian Head & Scalp (30min) — **R 610**
Relaxing pressure point massage

Khoi Khoi Back (30/60min) — **R 610 / R 990**
Back, neck & shoulder massage

African Touch (60/90min) — **R 990 / R 1 225**
Signature African calabash full body massage

Rolling Sands (60/90min) — **R 990 / R 1 225**
Medium to deep pressure full body massage

Ancient Scent (60/90min) — **R 990 / R 1 225**
Pre-blended aroma oils full body massage

Kalahari Sun (60/90min) — **R 990 / R 1 225**
Deep therapeutic full body massage using heated basalt stones

Bellabaci (60/90min) — **R 990 / R 1 225**
Ancient cupping therapy

Pre-natal (60min) — **R 990**
Relaxing pre-natal massage

FACIAL

Tailor made facials to suit your skin type

Classic Facials (60min) — **R 975**
Hydrating, balancing & detoxing skin treatment

Advanced Facials (90min) — **R1 145**
Age defying, uplifting & youth enhancing

Facial Enhancers
Eye slices treatment — **R 245**
Firming, anti-aging mask — **R 160**

BODY

Desert Glow Body Exfoliation (30min) **R 555**
A gentle exfoliation to soften, remove dead skin cells, hydrate and nourish

African Cocoon (60min) **R 900**
A healing wrap to soothe, hydrate & nourish the skin



GROOMING TREATMENTS

Hands

Hand Treatment (30min) — **R 410**
Exfoliation & massage

Hand Grooming (30min) — **R 445**
Includes buff & shine

Spa Manicure (60min) — **R 475**
Full hand grooming treatment that includes polish

Feet

Foot Treatment (40min) — **R 445**
Exfoliation & massage

Foot Grooming (40min) — **R 475**
Includes buff & shine

Spa Pedicure (60min) — **R 540**
Full foot grooming treatment that includes polish

Deluxe Pedicure (75min) — **R 600**
Full foot grooming treatment that includes foot peel

Grooming add ons

Paraffin mask — **R 140**
Medi heel peel — **R 245**
Gelish polish (application only) — **R 325**
Soak off & buff — **R 160**



WAXING & TINTING TREATMENTS

Lip, Chin, Brow wax	R 140 ea
Eye Lash Tint	R 145
Eye Brow Tint	R 140
Lash & Brow Tint	R 245



SPA JOURNEYS

The Legend Lingers (2 hrs) **R 1800 pp**

- 30 min Khoi Khoi Massage
- 30 min Indian Head Massage
- 30 min Hand Massage
- 30 min Foot Massage

Journey to Africa (2hrs) **R 1990 pp**

- 30 min Desert Glow Exfoliation
- 30 min Indian Head & Scalp
- 60 min Rolling Sands Massage
- Light lunch *(Beverages not included)*

Penda Couple's Treat (3hrs) **R 4760 per couple**

- 90 min Rolling Sands Massage
- 60 min Classic Facial
- 30 min Foot Treatment
- Light lunch *(Beverages not included)*



OVERNIGHT EXPERIENCES

Ndlovu Overnight Spa Package — **Sharing: R 6 270 pp**
(Sun-Thurs only) — **Single: R 8 190 pp**

- 1 Night stay- incl dinner & breakfast & Spa Treatments
- 60 min Rolling Sands Massage
- 60 min Classic Facial
- 60 min Spa Pedicure
- Light lunch *(Beverages not included)*
- Game Drive OR Elephant Experience

Ukulala Overnight Spa Package — **Sharing: R 4 600 pp**
(Sun - Thurs only) — **Single: R 5 680 pp**

- 1 Night stay - incl dinner & breakfast & Spa Treatments
- 60 min Rolling Sands Massage
- 60 min Spa Pedicure
- Light lunch *(Beverages not included)*

Ukulala 2 Night Spa Package — **Sharing: R 6 600 pp**
(Fri – Sun only) — **Single: R 9 900 pp**

- *2 Night stay - incl dinner & breakfast & Spa Treatments*
- *60 min Rolling Sands Massage*
- *60 min Spa Pedicure*
- *Light Lunch (Beverages not included)*



INFRARED SAUNA

Infrared saunas heat your body directly using light waves rather than warming the surrounding air. This penetration allows for deep tissue relief at lower, more tolerable temperatures, providing benefits such as enhanced muscle recovery, improved blood flow, stress reduction, and temporary joint pain relief.

Specific benefits of incorporating infrared sauna sessions into your wellness routine include:

Muscle and Joint Relief: Deep penetrating heat increases circulation to affected areas, helping to reduce stiffness, alleviate soreness after workouts, and ease chronic joint and muscle pain.

Cardiovascular Health: Sweating and warming the body mimics moderate aerobic exercise, which can help dilate blood vessels, reduce artery stiffness, and support healthy blood pressure levels.

Stress and Sleep Support: The relaxing environment promotes relaxation by lowering stress hormones, which in turn can help decrease symptoms of anxiety and improve overall sleep quality.

Skin Rejuvenation: The deep sweating process purges pores and can promote the production of collagen and elastin, potentially improving overall skin texture and clarity.

Better Detoxification: Sweating is a natural way for the body to purge impurities. Infrared heat heats the body at a cellular level, which may assist in a more thorough detoxifying sweat.

Charges – 30 Minute Sessions only:
Single person R 250
Couples R 400

Maximum 2 pax capacity







SPA HOURS

Monday – Sunday 08h00-17h00

No children under the age of
12 permitted in the Spa.

CONTACT DETAILS

Tel: 014 577 2658/9
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