



# ZenSations

SPA & WELLNESS

It is our mission as Africologists to remember our worth and the value we all contribute towards creating a beautiful world. Remember that you are worthy of being nourished with purity, rather than false promises.

ZenSations Spa is setting a new standard in the spa industry by combining health focused assessments and treatments with a truly indulgent pampering experience that is mostly outcome based. Whatever your body requires – from relieving stress to boosting the immune system – the skilful Africology therapists will help you select the right treatment and tailor it to your needs. Africology's philosophy has always been about helping to re-align the body by balancing the endocrine system and the muscular system through massage treatments and aromatherapy.

# **AFRICOLOGY**<sup>®</sup>

*Capturing The Intelligence of Nature*

Africology treatments are designed to assist a stressed muscular system. Our focus is on optimizing blood flow whilst ensuring more oxygen is passing through the arteries. These are vital elements in re-energising the body and supporting a healthy biology.

With an intention to assist you to re-balance, re-group and function at optimum levels, we know that outcome-based treatments are beneficial in a therapeutic, prescriptive offering.

With this in mind we take into consideration areas of the body that are under stress, or in need of rejuvenation, so that we can create free flow of energy and mobility.

## FACIAL SKINCARE

### Africology African Goddess Facial®

**N\$ 1390.00 90 min.**

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. A woman's breast is sacred, and with your permission your therapist will also work on rejuvenating the skin around this area.

### Africology Oxygen Facial Therapy® (Anti-Ageing)

**N\$ 1390.00 90 min.**

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. The combination of **internal & external oxygen supplementation** is most valuable in the anti-ageing process.



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### Africology Express Facial®

**N\$ 790.00 45 min.**

For those moments when time is challenged but facial renewal and stability is needed. Our 45 min express facial is **invigorating & harmonising**.

### Africology Deep Cleanse Facial®

**N\$ 990.00 60 min.**

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.

### Africology Bespoke Facial® (Skin Analyses)

**N\$ 1190.00 75 min.**

Our facials are bespoke & chemical free, yet performance driven with visible results. **Your therapist will analyse your facial needs**, take into consideration your expectation and prescribe the correct treatment approach for you. Our focus is always on deep pore cleansing, never stretching the pores or scarring the skin in doing so. Gentle in our approach, we know that hydration and effective supplementation are vital in preserving the skin's youthfulness. Never neglecting the sensitive skin under the eyes, dark circles and the importance of working on lifting and plumping up the skin. Preserving the skin and preventing pre-mature aging is our goal during your facial.

### AFRICOLOGY Balancing Rose Facial

**N\$ 1290.00 80 min.**

In old mythology the rose represents a symbol that affects the heart and soul. This deep cleansing and hydrating rose inspired facial includes a warm rose quartz and rose oil massage followed by a treatment with intonga sticks. Deeper skin layers are stimulated and detoxified, while it calms the function of the skin and has a mood brightening effect. Especially **suitable in case of hormonal breakouts, reactions caused by the menstrual cycle, PMT and menopause**.

## AFRICOLOGY SKIN ADORATION BODY WRAPS®

N\$ 1990.00 Full Body 120 min.

### African Potato Body Wrap

*(Suitable during pregnancy)*

The body is prepared with our walnut and marula shell **exfoliator**. 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, while the rich background sounds of Africa help the mind focus on the holistic experience. Enjoy a traditional foot ritual and deeply relaxing scalp massage while the wrap is melted into the skin. Finally, there is a **soothing massage with body-conditioning marula oil**, which creates a natural barrier to hold in moisture and improve collagen and elastin, to complete the experience.

### Slimming Detox Body Wrap

*(Not suitable for pregnant clients)*

The body is prepared with our walnut and marula shell exfoliator. 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. 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**.

### Immune Boosting Body Wrap

The body is prepared with our walnut and marula shell exfoliator. 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**. Contains **Arnica for sore muscle**.



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### Coffee & Mint Body Wrap

*(Suitable for pregnant women "lower legs and feet"*

*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. This wrap is **particularly helpful in water retention and cellulite reduction**. It is highly recommended as part of a **lymph draining** treatment.

### AFRICOLOGY Inkomfi Renewal

N\$ 750.00 45 min.

The treatment starts with an **full body exfoliation**, before an **oil or butter** containing nourishing and cell-renewing **blends are applied**. You will feel like enveloped in a new cocoon.

## MASSAGE EXPERIENCES

### Africology Majestic Awakening®

N\$ 700.00 45 min.

*(neck, shoulder & scalp massage)*

The treatment begins with a warm, soothing compress, where after your neck, shoulders and scalp are deeply massaged, **dissipating tension and stress** through touch and aromatherapy.

### Africology Shea Aromatherapeutic Massage®

N\$ 890.00 Back 45 min.

N\$ 1090.00 Full Body 60 min.

N\$ 1490.00 Full Body 90 min.

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**. 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.

## MASSAGE EXPERIENCES

### Africology Bespoke Intuitive Herbal Oil Massage®

**N\$ 1090.00 Full Body 60 min.**

**N\$ 1490.00 Full Body 90 min.**

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, slimming detox, muscle relaxing and energising.**

### Africology Muscle and Joint Magnesium Therapy®

**Deep Tissue**

**N\$ 1090.00 Full Body 60min.**

**N\$ 1490.00 Full Body 90 min.**

Magnesium's benefits are many. Symptoms and conditions such as **chronic pain, fatigue and insomnia**, are effectively treated with magnesium supplementation. Choose either a 60 min deep tissue magnesium massage which **induces a state of calm and promises a good night's sleep**. Or select the 90 min version which can include a steam session in preparation for your magnesium rich mud pack; effective in soothing a stressed muscular system.



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### Africology Intonga Amasatchi®

**Deep Tissue**

**N\$ 1490.00 Full Body 90 min.**

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. Skilful 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.

### Africology Soul of Africa Body Journey®

**N\$ 990.00 Back 45 min.** (no mud wrap only exfoliation and massage)

**N\$ 1690.00 Full Body 90 min.**

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

### Africology Shamans Journey®

**N\$ 1490.00 Full Body 90 min.**

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 well-being**. 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.

## SIGNATURE TREATMENTS

### Hot Stone Therapy

**N\$ 1190.00 Back & Neck 60 min.**

While providing a much deeper massage than normal massage, the **stones infuse muscle with warmth while breaking up knots of tension.** Marula oil, our massage medium, creates a hydrating and protective barrier, while infusing the skin with powerful antioxidants and essential fatty oils. **Back, neck, scalp and face will be included,** and finally Cold Stones will bring a feeling of freshness to the skin.

### Ultimate Relaxation

**N\$ 1090.00 Hands, Feet and Scalp 60 min.**

A **balancing massage** treatment helping to relax and relieve tension as well as **working on pressure points** to help restore energy balance. This treatment works on the head, feet (including wrap) and hands individually, but as a whole helps to **relieve tension in areas that are often neglected.**

### Leg Lymph Drainage

**N\$ 990.00 60 min.**

An excellent treatment **for swollen feet and legs.** A detox coffee and mint mud mask applied to the feet and legs drains away excess fluids, followed by a lymph drainage massage and cold stones.

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## HYDROTHERAPY

### Relaxation Bath

**N\$ 390.00 p.p. 30 min.**

Have a cup of herbal tea and immerse in a milk bath blended from African Potato, lavender flowers and marula. The fragrance of lavender will **calm and relax you.**

### Rasul Experience

**N\$ 1090.00 Full body 60 min.**

A selection of **natural mineral mud is applied to the body.** This mud selection each work differently, stimulating the lymph, purify, detox and helps revive the tissue. A divine experience where heat from **aroma steam and gentle rain brings balance** to body mind and allows one to deeply connect with the essence of who we are once again. A **Marula Body Oil/Body Butter is applied** during the relaxation phase of this treatment. Intake of enough water or herbal tea is advised afterwards.

### Rasul

**N\$ 590.00 p.p. 30 min.**

The Rasul follows the „Rasul Experience“, you are just not accompanied by a therapist but **apply the body mud and exfoliation on your own, while experiencing the aroma steam and gentle rain.**

### Steam Therapy

**N\$ 290.00 p.p. 30 min.**

The warming steam **increases blood circulation and reduces negativity stored in the muscle.** Additionally, the combination of moisture and aromatherapy has a positive effect on the respiratory tract, joints and muscle.

### Wood Oven Sauna

**N\$ 250.00 p.p (from 2 persons) 60 min.**

Romantic type of sauna infused with aromatic oils.

Relax in the Whirlpool (**only with treatments**)

60min.

## HAND AND FOOT TREATMENTS

### Africology Copper & Hot Stone Treatment®

**Pedicure** N\$ 750.00 60-90 min.

N\$ 990.00 120 min. *With Shellac*

**Manicure** N\$ 750.00 75 min.

N\$ 990.00 90 min. *With Shellac*

**Full Pedicure or Manicure, grooming nails and filing of heels.**

This luxurious African ritual begins by soaking the feet in an energy-balancing copper bath, (hands in a wooden bowl) 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** (copper plates are incorporated for detoxification). An African potato masque is applied to the skin to soften rough areas and **lock in moisture**. The treatment includes a shoulder massage.

### Africology Detoxifying Intonga Treatment®

**Pedicure** N\$ 750.00 60-90 min.

N\$ 990.00 120 min. *With Shellac*

**Full Pedicure or Manicure, grooming nails and filing of heels.**

In order to diminish the possibility of toxic effect on the immune system, we use **detoxifying** mud in our treatment. 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**.



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### Express Pedicure

N\$ 490.00 45 min.

Quick filing of heels, shaping of the nails and cuticles includes nail polish.

### Express Manicure

N\$ 490.00 45 min.

Quick shaping of nails and cuticles, includes nail polish.

### Color with Shellac/Gelous overlay

N\$ 390.00 45 min.

## GROOMING

### WAXING

FULL LEG N\$ 490.00 45 min.

HALVE LEG/BIKINI LINE/UNDERARM each N\$ 250.00 20 min.

LIP/CHIN/BROW each N\$ 190.00 15 min.

### TINT AND SHAPE

BROW SHAPE N\$ 190.00 15 min.

BROW TINT N\$ 190.00 15 min.

LASH TINT N\$ 190.00 15 min.

## COUPLES RETREAT

### **AFRICOLOGY Devotion Journey**

**N\$ 1890.00 per couple 60 min.**

**N\$ 2590.00 per couple 90 min. (incl. Rasul –scrub/wrap in steam)**

Intended especially for honeymooners, but not exclusively! Enter a **candlelight** haven of pampering and indulgence. Enjoy **soaking your feet in warm water** with flower petals, relax during a pressure point foot massage, followed by a warm rose quartz crystal massage of the upper body and scalp. Room Setup including Berry Smoothie, Chocolates and Candles

gomin is an “extension of the journey”: Rasul steam

**A Steam session will extend the Devotion Journey** where body scrub and mud will be available for self-application, followed by a 20 min steam session.

### **Romantic Couple Spa Bath**

**N\$ 890.00 per couple 60 min.**

This aromatherapy **milk bath** is specially prepared for couples. Room setup include candles, **virgin cocktails and fragrances of Ylang-ylang/Lavender and Neroli** (preferably early evening in order to have a romantic ambiance)

### **Couples Whirlpool**

**N\$ 890.00 per couple 60 min.**

Enjoy an early **evening romantic Sauna and Whirlpool** session. Do a self application of body scrub and prepared Conditioning Body Cream after being relaxed by the bubbly warm whirlpool water. On the side will be and **icecold berry drink/chocolates** and infused water.

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