

SCRUB

SHANGRI-LA FOOT SCRUB

30min

R275pp

45min

R375pp

This Application gently exfoliates lifeless skin cells with natural walnut and marula shell grains, whilst hydrating the living skin. The relaxing foot scrub is finished with a nourishing anti-oxidant oil to invigorate your feet.

BODY EXFOLIATION

AFRICOLOGY BODY EXFOLIATION

45min

R390pp

This Application gently exfoliates lifeless skin cells with natural walnut and marula shell grains, whilst hydrating the living skin. The skin is warmed with warm damp mittens to comfort and prepare the skin, and the treatment is finished with a nourishing anti-oxidant body cocktail.

THERAPEUTIC MASSAGES

AFRICOLOGY BESPOKE INTUITIVE HERBAL OIL MASSAGE

60min

R660pp

90min

R785pp

R1100 per couple

R1300 per couple

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 MAJESTIC AWAKENING

45min

R450pp

Neck, shoulders and scalp

R700 per couple

The treatment begins where your neck, shoulders and scalp are deeply massaged, dissipating tension and stress through touch and aromatherapy.

AFRICOLOGY HOT STONE MASSAGE

60min

R790pp

90min

R950pp

R1360 per couple

R1680 per couple

While providing additional deep tissue pressure, the stones infuse muscles with warmth while breaking up knots of tension. Our chosen massage medium is Marula oil, which creates a hydrating and protective barrier while infusing the skin with powerful anti-oxidants and essential fatty oils.

SKIN ADORATION WRAPS

AFRICOLOGY IMMUNE BODY BOOSTING WRAP 120min

R1180pp

Not suitable for pregnant clients

R2140 per couple

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.

AFRICOLOGY AFRICAN POTATO BODY WRAP 120min

R1360pp

Suitable for pregnant women and eczema sufferers

R2500 per couple

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.

The Spa at Shangri-La warmly welcomes you to our spa, and we trust that you will enjoy your experience with us. Please take note of the following:

Prices

All our prices are subject to change without notice. Payments can be made in either cash or credit cards. No cheques will be accepted.

Children

Please do not bring children to appointments, as they cannot be left unattended.

Contra-indications

Please inform your therapist if any of the following conditions apply to you:

- High blood pressure or heart conditions
- Recent surgery
- Muscle or joint injuries
- Any product or nut allergies
- Pregnancy
- Epilepsy or diabetes

Mobile Phones

Please ensure mobile phones are switched off during treatments.

Punctuality

Please arrive at least fifteen minutes before an appointment. Should you arrive after your scheduled time, your treatment time will either be reduced or cancelled. The original price for the treatment will be charged regardless of duration.

Cancellation Policy

If you need to cancel an appointment, please provide us with at least six hours' notice, or the full cost of the appointment will be charged.

Indemnity

Africology, the spa and its therapists cannot accept responsibility for injuries, adverse reactions or complications before, during or after treatments, or for theft, damage, loss or accident that occurs on the premises.



THE
Spa
AT SHANGRI-LA