

THE Spa AT SHANGRI-LA

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.

THERAPEUTIC MASSAGES

AFRICOLOGY BESPOKE INTUITIVE HERBAL OIL MASSAGE

60min

R660pp

90min

R785pp

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

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

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.