

Singita *Grumeti*

Singita Sasakwa and Faru Faru Lodges,
Serengeti House, Sabora Tented Camp
and Explore Mobile Tented Camp

Tanzania

Singita

Spa guide
& *price list*

The spas at Singita Serengeti are havens for you to unwind and feel restored. We invite you to indulge in a unique spa experience during your stay with us. We offer a selection of treatments designed to restore your body's natural balance and soothe away your stresses.



Spa guide & price list

Introduction

Skin care treatments are performed in the tranquillity of the spa therapy rooms, where we use Dermalogica products, which are naturally fragranced and suitable for both men and women.

Body treatments such as massage, polishing scrubs and nourishing masks can be enjoyed in the comfort of your suite, out on your deck or at the spa, using our organic Healing Earth products or the Dermalogica range.

At our spas we offer an holistic approach, which allows us to treat each guest with the uniqueness they deserve. Escape to our spa where you can indulge your body, revitalise your mind and leave with a renewed sense of wellbeing.

FACIALS & SKIN CARE

Each facial treatment includes a neck, shoulder, face and scalp massage, which incorporates lymphatic drainage, pressure point therapy and Swedish massage techniques. Speak to one of our therapists to customise a treatment to suit your needs.

Deluxe Facial

90 min

A powerful skin treatment from Dermalogica's AGE Smart range of products that delivers visible results for premature aging, pigmentation, dehydration, sun damage and devitalised skin concerns. Includes an intensely relaxing neck, shoulder, facial and scalp massage to ease all tension.

Ultra-calming Facial

75 min

If your skin is feeling uncomfortable or irritated, this is the treatment for you! The soothing cleansing helps to repair and calm red, itchy and dehydrated skin returning it to a healthy and calm balance.

Classic Facial Treatment

60 min

Begin with a deep cleansing and gentle exfoliating steam to rid your skin of the African dust, followed by a deeply relaxing neck and shoulder massage, conclude with a moisture replenishing masque.

Express Queue

30 min

If you are pressed for time this face-only treatment gets you in and out of the treatment room swiftly.

Revitalising Eye Rescue

30 min

This eye treatment helps to firm and tone the eye area, diminish fine lines, reduce puffiness and soothe irritated, tired eyes. This treatment can be incorporated into a facial or enjoyed as a separate treatment.

Tinting

- Lash and brow
- Lash or brow only



SINGITA SIGNATURE TREATMENTS

Developed over the years at Singita by trained therapists – you will leave with a unique holistic spa experience.

Njozi za Africa ‘Dreams of Africa’

150 min

Discover the healing miracle of Africa with our indulgent African body ritual. This ritual includes a full body exfoliation, body wrap and is finished off with our unique Uhai balancing full body massage.

Mwarobaini ‘Healer of 40’

90 min

Mwarobaini is a medicinal Swahili tree, that’s bark, roots and leaves are used to treat more than 40 ailments. We have used Mwarobaini wood to craft massage ‘tools’, used to create pressure for easing tension and releasing pressure points, as well as gliding over the body for relaxation and stress relief. Using our African formulated Marula and Neroli oil blend, this will be a unique Singita experience.



HEALING EARTH SPA BODY THERAPY

Healing Earth was created due to international demand for the purest and most natural organic spa products and therapies sourced from the African continent – taking natural preservation, botanical purity and quality management into account. Free of artificial colourants, fragrances, parabens and preservatives, you can relax and be reassured that the goodness and purity of Africa is taking care of your every need.

By turning back to the source and listening to our earth's secrets we can learn to live in serenity, harmony and balance.

With Healing Earth you can design your own unique body treatment by mixing and matching the body polishes and body wraps to your specific needs. This is your opportunity to become one with earth and to embrace African plant and botanical cultures.

African Bathing Ritual

30 min

Relax and ease out tension by soaking away in a bathing ritual using one of our aromatic infused bath salts – Joy, Stillness, Forest or Rhythm. These salts also remineralise your skin. Follow with one of our African body butters to add super nourishment.



African Healing Polish

30 min

Discover the essence of Africa with one of our luxurious top-to-toe body exfoliation therapies destined to leave your skin soft, smooth and moisturised.

African Restorative Therapy

60 min

These highly active and effective body wraps will treat any concern including dryness, psoriasis, eczema, fluid retention and cellulite. This ritual will start with dry body brushing and a body polish. To stimulate circulation we will then envelop you in a wrap catered to your individual and specified concerns. We bring the ritual to a close with the application of an enriching body butter of your choice, to provide your skin with all the nutrients it craves.

Polishes & Wraps

- Kalahari Melon – Hydrating
- African Ginger – Muscle revive and healing
- Mongongo Nut – Detoxifying
- Coffee, Cinnamon and Orange – Energising
- African Potato – Nourishing and healing
- Grape Pinotage – Anti-oxidant boost

Body Embalming Body Butter Applications

- Joy – Energising
- Forest – Relaxing
- Stillness – Sleep enhancer
- Rhythm – Nourishing

DERMALOGICA SPA

BODY TREATMENTS

Treat your mind, body and soul with one of our holistic treatments to melt away the stresses of the real world.

Exfoliation Treatments

30 min

A rejuvenating body experience, which commences with dry body brushing and a Body Mapping skin analysis, followed by your choice of a customised body exfoliation to either energise or reduce tension. Your renewed skin is then nourished, hydrated and protected with a layer of body moisturiser.

- Enzymatic salt scrub
- Body foliation therapy

Purifying Back Treatment

60 min

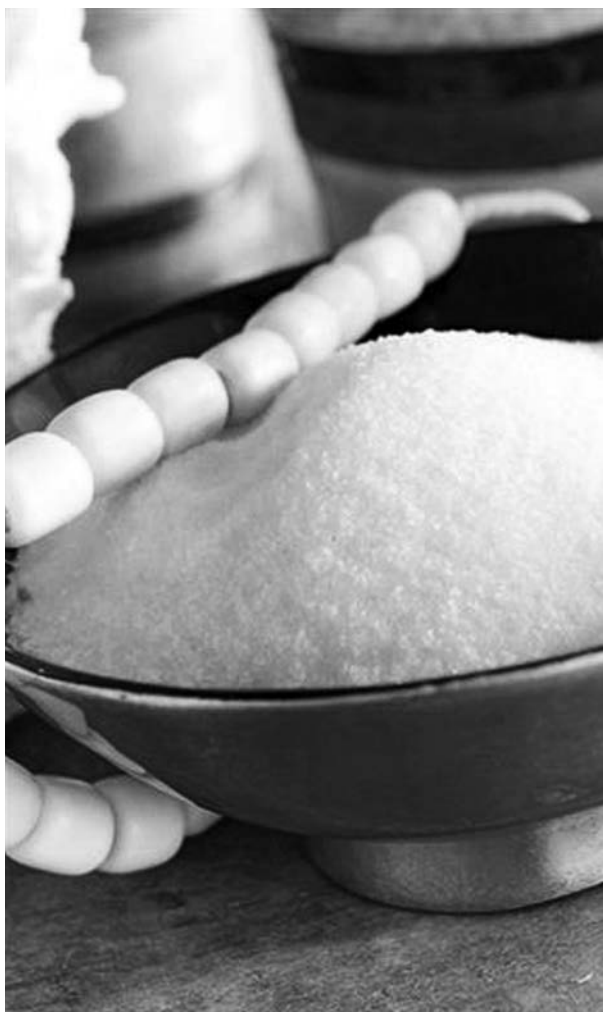
Destress your muscles and cleanse the skin of impurities with this purifying relaxing back treatment.

Body Wraps & Speciality Treatments

60 min

Our wraps awaken your senses with body buffing and exfoliation. On completion, your experience continues to an intense wrap, customised to suit your skin needs, while indulging in a scalp massage treatment. To end, a layer of body moisturiser is applied.

- **Power Recovery Wrap**
Intensely feed and heal skin while stimulating circulation to promote a healthier hydrated skin.
- **Seaweed Mud Wrap**
Deep cleanse, detoxify, increase circulation, remineralise and smooth sun-touched skin.



MASSAGE & RELAXATION

You may enjoy most of the relaxation treatments in the privacy of your suite. If you would like to experience pure aromatherapy or healing stones, we welcome you to the spa.

We encourage you to schedule your spa experience and, on meeting your therapist, select one or more of the following techniques for a unique indulgent massage:

Uhai Body Balance Massage

90 min

This signature massage draws its inspiration from the Swahili word 'Uhai' representing 'Life - new born in soul, mind, body and spirit'. The massage incorporates massage techniques from all over the world to ensure you are treated from head to toe. This is enhanced by utilising our exclusive African oils:

- Kalahari Melon - Hydrating
- African Ginger - Muscle revive and healing
- Marula and Neroli - Relaxing
- Coffee, Cinnamon and Orange - Energising
- Mongongo Nut - Detoxifying

OR

Massage Butter - To Nourish

90 min

Instead of oil, use one of our African body butters to be used in your treatment for super nourishment. Speak to your therapist for your choice of energising, relaxing, sleep enhancing or nourishing.

Massage

Our spas offer a choice of the following massage experiences:

We recommend a 90 minute session in order to fully enjoy the maximum benefit of the treatment.

- Traditional Swedish
- Pure aromatherapy
- Healing hot stones
- Deep tissue
- Detoxifying mud massage

Body Revive

90 min

Revitalise your senses with a customised full body exfoliation coupled with a relaxing full body traditional Swedish massage.







INSPIRE THE SPIRIT

Sedating Scalp Massage

60 min

Enjoy a blissful face and scalp pressure point massage with an aromatherapy blend of oils, while your hair is conditioned with a revitalising and hydrating masque – the ultimate in relaxation.

Rebalancing Reflexology

60 min

Enjoy an energising foot scrub to revitalise and cleanse your feet in preparation for the treatment of your whole body through our rebalancing reflexology foot massage. Kneading of specific reflex pressure points followed by a comforting foot massage is an incredible way to release tension. Massaging these points helps the body's self-healing mechanisms and allows the body's energies to be rebalanced.

Rhino Rock Rub

90 min

Enjoy the healing energy of Mother Nature with the deep penetrating heat of Basalt stones, combined with a traditional full body massage to intensely release muscular tension and induce relaxation. Due to the nature of this treatment, it can only be performed in the spa.

GROOMING & BEAUTY

Deluxe Spa Manicure

60 min

This is the ultimate conditioning hand ritual. Using a unique African scrub, your hands are polished and cuticles restored with indigenous healing oils. Your hands are then massaged with African shea butter and dipped into warm paraffin wax to nourish rough dry skin while soothing away the pains of tendonitis, arthritis and swollen hands. Feel totally relaxed as you receive a scalp massage while warm oils penetrate into your skin. The treatment includes nail filing, cuticle work and is completed with polishing or buffing.

Deluxe Spa Pedicure

60 min

Celebrate your feet with this luxurious pedicure treatment. The ritual will commence with a foot soak using African salts. Following this soak, your feet will be exfoliated to reduce roughness, after which we will embalm your feet with African shea butter. Relax as you receive a foot and ankle massage with a warm paraffin wax dip. The treatment includes toenail filing, cuticle work and polishing or buffing.

Express Nail Grooming

30 min

Indulge in a quick softening and exfoliation of nails and cuticles followed by a nail shine or polish application. Only the highest quality OPI products are used in our spa manicure and pedicure treatments to provide nourishing care for rough dry skin, grooming for nails and calming massage for the mind.

ADDITIONAL INFORMATION

Attire

Your comfort and privacy is of the utmost importance to us. Underwear or bathers may be worn for spa body therapy treatments or we can provide you with disposable underwear on request. Please feel free to ask your therapist which articles of clothing can be left on if you are not sure. Robes and slippers are provided in the spa facility and change rooms.

Appointments

Bookings can be made with your lodge manager or directly at the spa. We encourage you to arrive 15 minutes prior to the commencement of your treatment in order to complete a consultation card to assist our therapists with providing a unique customised spa experience.

Gratuities

Should you wish to show appreciation to your therapist, please feel free to add a gratuity onto your treatment docket, which will be charged to your account upon your departure.

GYMNASIUM & FITNESS CENTRE

Gymnasium

Our fully equipped gyms are open between 06:30 – 20:00 for your use. We will happily arrange to open the gym outside of these hours – please speak to your lodge manager to make arrangements.

Please note: An adult must accompany children under 16 years.

Inhalation Room – *Only available at Sasakwa Lodge.*

Feel free to relax in our steam room and inhale aromatherapy oils to calm your mind and relieve congestion. Please arrange with a spa therapist should you like this to be set up for you.

Please note: It is not advisable to consume alcohol within three hours of spa and body treatments as the alcohol can react with active ingredients in the body products and massage oils. This can cause unpleasant side effects which may decrease the result of your treatment.







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