



AFRICOLOGY®

WOODLANDS WELLBEING SPA
TREATMENT MENU

*We acknowledge that all **REPAIRS** and preventative processes begin with the **SELF**. Our **SKIN** is an expression of the condition of our **HEARTS & MINDS**. What we put on the outside can be seen as a process of assistance while we take care of our **INNER WORLD**. It is also recognised that a relaxed state of mind engenders a **POSITIVE** disposition, clarity of thought and greater **PHYSICAL** energy. We know that a positive inner world creates an **AGELESS** being with unlimited **POTENTIAL**. We have a passion for the **HEALING** power of **PLANT** life and the restorative power of essential oils. At the same time we deeply respect the **WISDOM** of our traditional **HEALERS** and it is our intention to share this wisdom with all and **ACTIVELY** work to preserve it. Our aspiration is to help develop and heighten people's **CONSCIOUSNESS** of their **POTENTIAL** and give them the opportunity to **LIVE** their lives to the best advantage and to **CREATE** a positive inner world, therefore becoming an **AGELESS** being with **UNLIMITED** potential. A **SAFER WORLD** starts with the consciousness of one **PERSON**. **HONOUR** all **LIVING** things. Support **TRADE** that uplifts **COMMUNITIES** **REPLACE** what's taken and used from **EARTH**. Show **GRATITUDE** to **NATURE**. We believe in the **PURIFYING** essence of South Africa's wonderful **INDIGENOUS** healing plants, *Rooibos, Aloe Ferox, Marula and African Potato*. The active ingredients in our skincare products are **POWERFUL** agents in **REPAIRING** and **RESTORING** damaged skin tissue. Our anti-ageing skincare system has been designed to function within the body's **ENERGY** field. We see the relationship between the body and **MIND** as **HOLISTIC**. There is a **DYNAMIC** process of **INTERACTION** between the **SKIN** and the **ENERGY** of the plant actives. We acknowledge that all **REPAIRS** and preventative processes begin with the **SELF**. Our **SKIN** is an expression of the condition of our **HEARTS & MINDS**. What we put on the outside can be seen as a process of assistance while we take care of our **INNER WORLD**. It is also recognised that a relaxed state of mind engenders a **POSITIVE** disposition, clarity of thought*

*The best moments in life are
the ones when we feel most
connected to self,
in harmony with nature and
the world around us.*



I AM AFRICOLOGY®



AFRICOLOGY®



woodlands

centre for wellbeing and spa

Woodlands is considered as a destination of truly holistic healing, as mental and physical attributes are assessed in concert instead of in isolation.

Set on the banks of the Crocodile River in Muldersdrift- we have created a space which is tranquil yet vibrant and a sanctuary from the city. A space that allows you to breathe, to deeply connect with yourself and to heal physically, emotionally and spiritually.

Our team of well being consultants stem from a diversity of backgrounds, each having achieved full qualifications in their area of expertise. The managing director of Woodlands Marisa Lloyd is a qualified Social Worker and our well being team is headed up by Dr Ela Manga who is an Integrated Medical Practitioner who works closely with our resident Counseling Therapist Tamra Jones and Yoga Therapist Geraldine Anderson. Our external team of consultants offer reiki, reflexology and shiatsu on a regular basis at Woodlands.

In 2008 Woodlands was awarded the prestigious Les Nouvelles Award for DAY SPA of the year. Having been designed to tread lightly on the earth, with glass enclosed treatment rooms overlooking the river, this destination spa is truly unique. As an Africology exclusive Spa, Woodlands has created an anthology of treatments which will enchant and inspire you. Our menu of treatments and spa journeys will soothe, balance and bring bliss to your mind body and soul.

With this is mind, let your journey into healing begin...

Facial Experience

Africology Balancing Rose Facial

75 minutes

Rosehip oil is steeped in history and has always been associated with the heart and soul. Our beautiful blend of Rose Absolute is designed to restore the skin's natural balance while eliminating feelings of sadness, rejection or fear. This is a great facial for sensitive and/or stressed skins. This fragrant, rejuvenating therapy has a high vitamin C content, which is also great for sensitive skins with even mild dermatitis, leaving you physically and emotionally balanced.

This treatment works the face, neck, décolleté and feet to relax muscle tension, reduce fine lines, fight the signs of photo-aging, and increase hydration and cell renewal. Deeply cleanses and hydrates the skin.

Africology Deep Cleanse Facial

60 minutes

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®

80 minutes

Our Bespoke facials are designed specifically with each client's needs in mind. We offer a variety of serums that will address particular skin issues. Depending on which serum the client chooses (with the guidance of your trained therapist), each facial is specially made for each client. Like the phases of the moon, we would like to keep the hormonal phases of the body in natural rhythm.

Just as your eyes are the windows to your soul, your face is the mirror of your inner feelings, the image which you present to the world. No two faces are the same, and so here at Africology, we acknowledge the need for skin treatments that are designed with your skin's needs in mind

African Goddess Facial®

90 minutes

Begun with the mentally relaxing notes created by a Tibetan singing bowl, the African Goddess facial is a treatment designed to honour the goddess within. Our de-stressing, anti-aging, cell-renewal facial is rich in natural oils. Deeply hydrating, it restores elasticity and stimulates new cell growth. The back is scrubbed before a balm-infused back massage. Only once the back has been restored to its relaxed state does the facial begin. 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 you.

Body Experience

Soul of Africa Body Conditioning Massage®

Back, neck & shoulder 45 minutes

Full body experience 90 minutes

Traditionally Marula was used in anointment ceremonies to bless and bring abundance. 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.

In Africa, marula is also used to treat sun-damaged skin as it improves skin hydration and helps fight free radicals. This treatment starts with the application of warm, soothing mud to release negativity stored in the muscles. This is gently removed with a warm aromatic compress followed by the application of marula oil in preparation for your intuitive body and scalp massage.

Majestic Awakening®

Back, neck & scalp 30 minutes

Easy-melting shea from Ghana 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. The shea is combined with your sensory selection of exotic jasmine, neroli and geranium, or black pepper and rosemary for a deep tissue treatment, or calming chamomile to relax. The treatment begins with the selection of your mood-enhancing shea before your neck, shoulders and scalp are deeply massaged, dissipating tension and stress through touch and aromatherapy.

Intonga Amasatchi®

Back, neck & shoulder 60 minutes

Full body experience 90 minutes

Blessing the body and eliminating negativity was very much part of the healer's ritual in treating ailments. In today's world, we know that the body has a memory of all emotional experiences. An inability to let go often expresses itself in the body as arthritis or a sluggish lymphatic system that can be blamed for low immunity. The healer saw this as negativity possessing the body. 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 yellowwood, the traditional healer knew that the energy of earth – symbolizing growth and abundance – is a valuable tool, not only in grounding the individual, but also its intrinsic ability to absorb and purify negativity, redirecting energy flow into greater efficiency.

Woodlands Wonder

Woodland Signature Massage

75 minutes

Inspired by our passion for the well being, the Woodlands Wonder Signature Treatment is a combination of long flowing synchronized movements performed by two therapists that will indulge your senses and allow your entire being to enter into a deep state of relaxation and exhilaration, allowing your body to restore vitality and peace of mind. This massage includes a Shirodhara treatment

Bespoke Yoga Body Massage®

90 minutes

Harnessing the powerful and tested knowledge of Indian yoga, this massage works with meridians of the body as well as the muscles. Pressure is used on meridian lines to activate the body's natural energy lines before limbs are stretched and massaged. Chakra points are also stimulated and Africology's Bespoke Massage Oils are used to enhance the experience. The client chooses from our selection of massage oils according to their physical condition and mental state.

Shiatsu

60 minutes

Shiatsu, also known as acupressure, is a finger pressure massage technique which works on the bodies meridians to unblock energy blockages and reintroduce the optimal flow of ki creating muscle & tissue relaxation, stress reduction and calmness to mention a few. Muscle activation techniques are also in the massage.

Hot Stone Massage

60 or 90 minutes

We harness the heat-retaining properties of volcanic rock when we massage with heated stones to increase the relaxing effects of massage. 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.

Bespoke Intuitive Herbal Oil Massage®

60 minutes

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 Energizing.

Africology Shea Aromatherapeutics

30 or 90 minutes

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. The treatment begins with the selection of your mood-enhancing shea and the cleansing of your energy field, followed by the comfort of warm aromatic bags before the therapeutic massage begins



Africology Skin Adoration Wraps

African Potato Body Experience

120 minutes

Our body experience starts with an Inkomfi exfoliation combined with warm compresses to prepare and purify the skin. 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.

Coffee and Mint Wrap

120 minutes

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. Our Africology Coffee and Mint body wrap does not harbor concentrations sufficient to produce the jolt one might hope for from a cup of java. Moreover, absorption through the skin is much slower than through the digestive system. This is vital in safely triggering cellular activity in order to ease water retention and assist with swollen legs and ankles, while boosting a generally sluggish system. This wrap is particularly helpful in cellulite reduction and highly recommended as part of a Lymph Draining Treatment. Suitable for pregnant women, and clients with high blood pressure.

Inkomfi Renewal

45 Minutes

Traditionally before any ceremony takes place there is a preparatory process, and the Inkomfi Sloughing process reveals a bright new you underneath. This application gently exfoliates lifeless skin cells with a natural walnut and marula shell grain, whilst hydrating living skin. The skin is warmed with bags to comfort and prepare the skin, and the treatment is finished with a nourishing, anti-oxidant body cocktail. The aromas of South African geranium and neroli in a blend of essential oils further transforms a stressful mindset to one of enduring tranquility.

Slimming Detox Body Wrap

120 minutes

Not suitable for pregnant clients

We use an African plant combination infused into a natural mud to help with circulation and lymph. 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 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.

Topical Immune Boosting Clay

120 Minutes

Once the body has been prepared with a skin exfoliation, our Africology vitamin, plant extract and mineral cocktail is applied as a mud wrap and left to set on the body to stimulate lymph, collagen and toxin elimination. This is further enhanced with heat or steam to activate plant actives, allowing for better penetration into the skin and removed with warm water followed by an energizing massage.

Healing Experience

Reflexology 60 minutes

Reflexology regards the feet as a map of the body and will therefore stimulate the body's natural healing response as the various points in the feet correspond to vital organs and areas within the body. This type of reflex session aims to stimulate reflex points so as to breakdown congestion in the body and support the vital organs in a natural detox.

Reflexology- Language of the feet 60 minutes

Intuitive reflexology is a journey through the feet to the depths of your soul. Drawing on the principles of traditional reflexology the practitioner is able to ascertain your emotional state of being, your spiritual space and where in your life you are blocked and need guidance

*This treatment is a highlight at Woodlands and comes highly recommended as it could change your life...

Reiki 30 or 60 minutes

Reiki connects with the life force within and is a powerful mode of healing and balancing. With this natural technique the body's own natural healing abilities are activated and accelerated. A calming yet powerful, healing experience, as the practitioner uses different hand positions and lays them on the main energy points in your body, clearing you of negative energy and sluggishness.

Shamans Journey® 90 minutes

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 centers 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. The Shaman's journey not only observes the client's obvious aches and pains but looks further into the energy centers of the client to see how constant stress and emotional baggage can actually block his or her energy centers. In this way the Shaman's Journey aims to target the cause and not the symptom.

Manicure & Pedicure

Copper and Hot Stone Treatment®

This luxurious African ritual begins by soaking the feet in an energy-balancing copper bath, followed by warm massage of the arms or legs, reducing water retention and improving circulation. Hot stones are used to massage, using heat to penetrate and relax. An African potato masque is applied to the skin to soften rough areas and lock in moisture.

Manicure: 60 minutes

Pedicure: 80 minutes

Healing Water Rituals

Our lives begin in water, our bodies suspended in protective, nourishing fluid. Water remains a source of comfort, whether it is a hot bath on a cold winter's evening, or the memories shared around a pool in gorgeous summer warmth. Hydrotherapy treatments balance the emotions and alleviate water retention, making it an ideal PMT treatment. Hydrotherapy uses the fundamental healing and soothing properties of water to rejuvenate and release tension stored in our muscles while encouraging the body to heal itself. Warm water is relaxing and opens up blood vessels, assisting toxin elimination and circulation and increasing oxygen levels in the cells. Cold water constricts the vessels and stimulates circulation around the organs while invigorating the skin. By alternating these two temperatures, the vessels are massaged and inflammation is eased away.

Africology offers three forms of hydrotherapy, each enhanced with a different healing and nourishing medium.

Herbal Blend Treatment

Our herbal blends are chosen for their healing and mood-enhancing abilities. Each carefully chosen herb works towards your improved mental and physical well-being.

Milk

An undoubtedly nourishing and luxuriant liquid, milk baths are designed to hydrate and soothe the skin. An excellent treatment for reactive and dry skin.

Essential Oils

Scents undoubtedly trigger emotions and moods, and have been used for centuries to assist in balancing the emotions so that one may lead a fuller, happier life. Our essential oils have been chosen for their uplifting and balancing properties.

Our water treatment spaces consist of a steam room, sensation showers, and hot and cold Roman baths.

We suggest that you begin your spa experience by taking a journey through our water therapies, as they prepare the body for treatments!

Sensation showers which include our Himalayan salt glow, Roman Hot & Cold Jetted baths, Crystal Steamroom,

Spa Journeys

Detox Package

4 hours 15 minutes

This is the perfect routine for expelling pent-up toxins and draining blocked lymph nodes. Your detox experience begins with a deep tissue lymph draining massage using alternatively sized sticks. Once your system has been kick-started one of our wellness consultants will specifically create a facial according to your needs. Your journey will come full circle with a detox pedicure which includes a leg wrap designed to work immediately, so let go and just be.

Africology Bespoke Repair Facial
Detox Intonga pedicure
Intonga Amasatchi

Ritual for Two

Take time out to create a beautiful memory with your partner while restoring the body and mind. The journey together begins with gentle stretching and breathing with yoga and continued with healing water rituals. Together you will enjoy our Soul of Africa full body conditioning massage, which includes a soothing mud treatment for your back. Enjoy a soak together in our hydrobath. After lunch it is time for a Bespoke facial designed to meet the skin's needs. An African potato manicure softens and rejuvenates the hands before the feet and calves are deeply massaged with copper plates and hot stones to unlock tension and assist with water retention.

6 Hours

Yoga

Hydrotherapy

Soul of Africa Body conditioning massage

Africology Bespoke Facial

Copper and Hot Stone Pedicure (for him)

African Potato Manicure (for her)

Devotion Journey®

Couples Experience

120 Minutes

Find yourself surrounded by love and a sense of deep affection...

We have created a sacred space filled with divine intention, shared between you and the one you share a spiritual journey with. Celebrate the joy of wholeness while your therapist gently massages away daily stresses from your energetic field with the use of pure, divine shea butter. Sit back, relax and allow the alluring fragrances of pure essential oils to transport you to a place once known but forgotten, only to be remembered once again. Then celebrate the essence of your divinity with a bubbly glass of champagne and chocolates before returning again to this world.

120 Minutes

Hydrotherapy Bath

Africology Shea Aromatherapeutics

Find Peace Within

By taking the time to restore balance to the body through therapeutic treatments, the body is relaxed and energized, restoring the connection between mind and body. Your day begins with a gentle yoga stretch, followed by a full-body exfoliation as your body is prepared for the Shaman's Healing Journey. This crystal massage-based treatment looks at the body's energy flow to find the source of problems rather than treating just the symptoms. Enjoy a Balancing Rose Facial before completing your day with an anti-aging African potato manicure to deeply hydrate the hands.

5 Hours

Inkomi Renewal

Shaman's Healing Journey

Balancing Rose Facial

African Potato Manicure

If you only have a short time to connect and reflect then take these hours to stretch, meditate and breathe. Then soothe your muscles with a warming mud treatment on your back followed by the application of marula oil in preparation for your intuitive body and scalp massage. Complete with a healing session for your soul through reflexology.

4 Hours

Yoga

Soul of Africa Conditioning massage

Reflexology

Me Time

When in need of some care for your body, me time celebrates just this. Our series of treatments will relieve water retention, stimulate lymph flow, and end with a luxurious bespoke facial. Your day begins with hydrotherapy in preparation for a Coffee and Mint wrap which eases water retention while assisting lymph drainage and toxin elimination. Choose the Body Balm that most suits your needs for the Intonga Amasatchi massage. Then end your day with our Bespoke Facial and our Copper & Hot Stone experience for your feet.

6 Hours

Hydrotherapy

Coffee and Mint Wrap

Intonga Amasatchi full body

Bespoke Facial

Copper and Hot Stone Pedicure

And for just 3 hours...

Our Majestic Awakening massage, followed by our balancing rose facial, and a hydrating treat for the hands.

Majestic Awakening

Balancing Rose Facial

African Potato Manicure

Mothers & daughters

The sacred bond between mothers and daughters should always be honoured through creating special moments together. Your day begins with a gentle yoga stretch, followed by time together in hydrotherapy. You choose from a range of Africology aromatherapy-infused massage oils, which are warmly applied and massaged deeply into the body. The African Goddess facial celebrates the goddess within with a sensory facial that includes back, face and foot massage. Complete your journey with a copper and hot stone manicure which rejuvenates the hands whilst adding a splash of nail polish.

6 hours

Yoga

Hydrotherapy

Intonga Amasatchi

African Goddess

Copper & Hot Stone Manicure

3 Hours

Hydrotherapy

30 min back scrub

30 min facial

30 min intonga amasatchi

30 min hydrating African potato foot wrap and massage

Group Packages

Going for treatments is always a special delight, but even better when shared. Whether it is the sensory celebration of the African Goddess Facial, the deep-tissue Intonga Stick massage, manicures or Bespoke Yoga, the experience is definitely richer for being shared.

Africology offers luxurious gifts for corporate clients which can be arranged on request.

90 minutes: (select from our treatment menu or one of the following)

African Goddess Facial,

Or Soul of Africa Conditioning Massage

(Includes hydrotherapy)

Or Shaman's healing Journey

3 hours

This treatment will commence with a hydrotherapy treatment followed by a majestic back, neck and scalp massage, a hydrating African potato wrap for the hands and feet followed by a hand & foot massage, and completed with an Africology deep cleansing facial.

Includes light snacks

4 hours

Yoga

Hydrotherapy

Intonga Amasatchi

Balancing Rose facial

Well Being Experience

"When I stumbled into your center it was with a weary heart, an empty soul and a body on the brink of a meltdown...as soon as I arrived I felt warmth and nurturing from your team that put me at ease immediately."

Yoga

Woodlands is focused on developing a community, a village, so we can have a meaningful yoga practice and lifestyle. We are dedicated to meeting our students' needs; from regular class practice, enriching your practice through workshops or, to preparing for one special day, such as birth. Woodlands offers 5 classes per week taught by highly experienced teachers, also holding workshops and special events each month.

Our unique approach to well being, ensures that we create a personalized healing experience for you.

Should you be joining us on one of our life changing well being programs, you will begin with an integrated medical consultation with our resident medical doctor, Dr Ela Manga, and a program is created incorporating the modalities we feel are most suited to your healing process. These modalities work together on physical, emotional and energetic aspects. Dr Ela Manga works closely with a counseling therapist and other healing modalities. These include BodyTalk, Reiki, Reflexology, Lymphatic Drainage and supportive Africology Spa therapies.

We also offer our modalities as individual consultations.

Integrated Medical assessment

Includes a lifestyle assessment, nutritional & emotional assessment, cholesterol, glucose, hormonal levels and more.

BodyTalk

A non invasive health care system that is gentle, safe and effective. It works with the body's inborn ability to heal itself and reconnects the lines of communication throughout the body.

Counseling

Stress of an external event such as career difficulties, illness or death; Relationship difficulties, physical or emotional abuse, a separation, sense of abandonment or loss; a sense of dissatisfaction in life, boredom, anxiety or depression;

Our service is available for individuals, couples, family & children.

Retreat

We offer 3 to 7 day RETREATS, with a special focus on DETOXIFYING, WEIGHT LOSS, BURNOUT, DEPRESSION & LIFE PURPOSE. We structure your program to include daily morning yoga, and healing modality in the morning, hydrotherapy, and a specific spa treatment in the afternoon.

Your program may also include meditation & breath work sessions, creativity expression sessions, guided visualization, and cooking demonstrations (which include a walk through our vegetable & herb gardens).

Throughout your stay a cleansing diet is followed facilitating a process of detoxification as well as assisting in the establishment of healthier eating habits. In addition, a supplement regime is administered to support the healing process.

Accommodation is provided at one of the many hotels or game lodges nearby. All medical interventions within the retreat i.e. consultation with Dr Ella, prescribed medication, blood tests and counseling is claimable by medical aid depending on your plan.

Accommodation link Woodlands is situated in the Cradle of Humankind and we therefore work in partnership with Doe Gratia & Avianto offer accommodation on all our retreats. Both provide a safe environment in which to retreat.

Operating Hours

Monday - Sunday 9am - 16:30pm

GIFT VOUCHERS AVAILABLE

T 011 668 1918 **C** 071 680 7971

E bookings@healingatwoodlands.co.za

www.woodlandswellbeingspa.com

www.africology-sa.com

29 Woodlands
Driefontein Road
Muldersdrift
The Cradle of Humankind

Spa Etiquette

Woodlands and Africology warmly welcome you to our spa, and we hope 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.

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.

*We acknowledge that all **REPAIRS** and preventative processes begin with the **SELF**. Our **SKIN** is an expression of the condition of our **HEARTS & MINDS**. What we put on the outside can be seen as a process of assistance while we take care of our **INNER WORLD**. It is also recognised that a relaxed state of mind engenders a **POSITIVE** disposition, clarity of thought and greater **PHYSICAL** energy. We know that a positive inner world creates an **AGELESS** being with unlimited **POTENTIAL**. We have a passion for the **HEALING** power of **PLANT** life and the restorative power of essential oils. At the same time we deeply respect the **WISDOM** of our traditional **HEALERS** and it is our intention to share this wisdom with all and **ACTIVELY** work to preserve it. Our aspiration is to help develop and heighten people's **CONSCIOUSNESS** of their **POTENTIAL** and give them the opportunity to **LIVE** their lives to the best advantage and to **CREATE** a positive inner world, therefore becoming an **AGELESS** being with **UNLIMITED** potential. A **SAFER WORLD** starts with the consciousness of one **PERSON**. **HONOUR** all **LIVING** things. Support **TRADE** that uplifts **COMMUNITIES** **REPLACE** what's taken and used from **EARTH**. Show **GRATITUDE** to **NATURE**. We believe in the **PURIFYING** essence of South Africa's wonderful **INDIGENOUS** healing plants, *Rooibos*, *Alce Ferox*, *Marula* and *African Potato*. The active ingredients in our skincare products are **POWERFUL** agents in **REPAIRING** and **RESTORING** damaged skin tissue. Our anti-ageing skincare system has been designed to function within the body's **ENERGY** field. We see the relationship between the body and **MIND** as **HOLISTIC**. There is a **DYNAMIC** process of **INTERACTION** between the **SKIN** and the **ENERGY** of the plant actives. We acknowledge that all **REPAIRS** and preventative processes begin with the **SELF**. Our **SKIN** is an expression of the condition of our **HEARTS & MINDS**. What we put on the outside can be seen as a process of assistance while we take care of our **INNER WORLD**. It is also recognised that a relaxed state of mind engenders a **POSITIVE** disposition, clarity of thought and greater **PHYSICAL** energy. We know that a positive inner world creates an **AGELESS** being with*



AFRICOLOGY[®]
10 Skyway Business Park,
Strijdom Park 2169, South Africa
www.africology-sa.com