



UNEMBEZA

BOUTIQUE LODGE & SPA

SPA
MENU



Unembeza Bush Spa

Take your body on a sense safari with a traditional African massage. Enjoy peace and tranquility whilst relaxing and detoxing in the magnificent natural surroundings of our Bush Spa. We only use the finest handcrafted 100 % natural oils by Godding & Godding™. A proudly locally produced product. The plants, the trees and the herbs used in the oils are infused with pure silk. Expect oils with active ingredients from Fynbos, Baobab, Marula and Aloe Vera. Each with its own unique healing properties.

Treatment	Duration	Price
Traditional African full body massage	60 min	ZAR 550
	90 min	ZAR 750
Intensive back, neck and shoulders massage	30 min	ZAR 350
	60 min	ZAR 500
Manicure or Pedicure (incl. massage & polish)	45 min	ZAR 350



Choice of Techniques



The Royal Africa Calabash Massage

This traditional African massage is a balancing massage, one that restores the flow of energy in the entire body by stimulating the points of blockage. In addition to its re-balancing effect, the ritual is relaxing, toning, draining and restores vitality. Various sizes and shapes of Calabashes are used as effective medium pressure massage tools.



African Rungu Massage

The Rungu Stick is a traditional wooden throwing club or baton, bearing special symbolism and significance within the tribes of South Africa. The smooth texture, heavy feel and different surfaces are combined to offer a massage with deep friction that leaves you with thoroughly massaged and stimulated muscles. Rungu Massage promotes circulation, lymph drainage as well as a deep sense of relaxation and wellbeing.

Choice of Oils

Aloe Vera



REVITALIZE as nature intended

The Aloe Vera has a high concentration of vitamin C and E and is an excellent antioxidant with a unique pH balance that is almost identical to the human skin. Hypoallergenic and full of proteins, Aloe also assists in the formation of collagen, elastin and is an effective natural cellulite combative.

Marula



REJUVENATE feed and restore

The African Marula is a powerful moisturiser and its rejuvenating properties protects, feeds and restores the skin in a natural but effective way. Rich in antioxidants and oleic acid for healthy hydration. Marula also contains vitamins C and E and has unique skin tissue healing properties.

Baobab



RELIEVE stresses of daily living

The African Baobab is rich in vitamin A, C, D, E and F and provides proven protection for the skin from sun and city pollutants. Anti-ageing properties and a richness in antioxidants all helps to improve the elasticity of the skin without clogging pores.

Fynbos



RELAX body and mind

The African Fynbos herb is naturally calming and soothing, mildly antidepressant, relieves stress and is a natural mood enhancer. An excellent ally when fighting eczema and psoriasis, Fynbos is also rich in pain relieving qualities.