

AMAKHOSI

RIVER SPA

GUEST MENU

The Amakhosi River Spa, with its panoramic views of the Mkuze River and relaxing sounds of the surrounding bush, offers a variety of 'safari spa' indulgences using Africology products, which are produced using natural ingredients and inspired by the wisdom of Africa's traditional healers and celebrating Africa's vibrant heritage, communities and plant life. This epitomises the ethos of environment and culture that Amakhosi Safari Lodge deeply values.

The spa takes safari spa treatments to new heights... indulge each of your senses, by soaking up the views of the Mkuze River, relaxing to the sounds of the bush, breathing in the delicate fragrances of the oils and butters being applied and massaged and tasting our selection of delicious beverages and healthy snacks. Finish off with a refreshing swim in the infinity pool as you relax and enjoy the ambience of the bush and the river.

Guests can enjoy holistic body, skin and beauty rituals; rejuvenating massages and soothing treatments- these are designed to relax the body and bring harmony to the soul while preserving youthfulness and enhancing health & vitality.

Amakhosi River Spa... there is no better place to relax, revitalize and rejuvenate your body, mind and soul in beautiful African surroundings.

AMAKHOSI

RIVER SPA

BODY EXPERIENCE

Amakhosi Signature Treatment

75 minutes | R770

Balance your mind, body and soul with this energy healing massage. Feel the stresses of everyday life slowly melt away as we take you on a journey to the gentle sounds of the Mkuze River. Africology's calming butters are used to perform your journey leaving you one with yourself and your world around you.

Hot Stone

45 minutes | R460

75 minutes | R770

A deeply relaxing & therapeutic hot stone massage that gently soothes tight sore muscles and balances energy by releasing emotional & physical blockages.

Bespoke Intuitive Herbal Oil Massage

30 minutes | R385

60 minutes | R715

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. 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

45 minutes | R440

75 minutes | R770

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 Shea is combined with your sensory selection of various essential oils such as exotic jasmine, neroli, black pepper balm or chamomile for a soothing and calming massage.

Balancing Scalp & Leg Ritual

45 minutes | R440

A balancing massage treatment helping to relax, relieve tension in the scalp, legs and feet as well as working on calming and relaxing pressure points to help restore energy balance. This treatment works on the head, legs (including wrap) and feet individually but as a whole helps to relax and relieve tension in areas that are often neglected.

AMAKHOSI

RIVER SPA

BODY EXPERIENCE

Intonga Amasatchi

45 minutes | R490

75 minutes | R820

We know that the body has a memory of all emotional experiences. An inability to let go often expresses itself in the body that can be blamed for low immunity. Intonga Amasatchi is a deep tissue and stress-relieving treatment. Skillful 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 yellow wood, the traditional healer knew that the energy of earth a valuable tool.

Soul of Africa Massage

45 minutes | R605

90 minutes | R1045

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. Then marula oil is applied in preparation for your intuitive body and scalp massage.

Inkomfi Renewal

30-45 minutes | R450

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 simultaneously hydrating living skin. The treatment is finished with a nourishing, antioxidant body cocktail. The aromas of South African geranium and neroli in a blend of essential oils further transform a stressful mind-set to one of enduring tranquility.

BODY CONDITIONING

Hypoxis Body Experience

120 minutes | R1540

Anti-aging & Repair Sun damage

Our body experience starts with a sugar 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. Enjoy a traditional foot ritual and deeply relaxing scalp massage while the wrap is melted into the skin. A soothing massage with body conditioning marula oil completes the experience.

AMAKHOSI

RIVER SPA

BODY CONDITIONING

Africa's Slimming detox mud

120 minutes | R1320

Not suitable for pregnant women

We use an African plant combination infused into a natural mud to help with circulation and lymph. This invigorating wrap begins with a stimulating exfoliation, 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, it is completed with a circulatory massage and energy balancing.

Africology Bespoke Body Treatment

90 minutes | R880

Our bespoke body treatments are the ultimate luxury. After a full consultation with your therapist a tailor-made body experience is customized, using a combination of scrubs, and wraps to indulge in your every need. Allow us to intuitively work with your body and change your state of mind.

FACIAL EXPERIENCE

Africology Bespoke facial

60 minutes | R715

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 the serum that your trained therapist chooses for you, 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.

African Goddess Facial

90 minutes | R1100

Begin 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.

AMAKHOSI

RIVER SPA

MANICURE & PEDICURE

Copper Hot Stone Pedicure

60 minutes | R385

This luxurious African pedicure begins by soaking the feet in an energy balancing copper bath, followed by warm massage of the legs reducing water retention and improving circulation. Hot stones are used to massage the soles of the feet and calf muscles, using heat to penetrate and relax. An African potato mask is applied to the feet to soften rough areas and lock moisture in, extra 15 minutes to paint.

Detox Intonga Pedicure

60 minutes R418

Not suitable for pregnant women

Swollen and tired legs? Combating poor circulation, lymph build-up and water retention is the focus of this deluxe spa pedicure. A warm application of detoxifying mud followed by a pressure point massage will leave your legs feeling light and deeply hydrated. A great treatment after a long flight or heavy exercise.

African Potato Manicure

45-60 minutes | R385

This relaxing manicure is about treating the skin and nails naturally to keep them hydrated, flexible and strong. An intensely hydrating African potato wrap blended with rooibos, aloe and marula antioxidants is applied to ensure continued skin health and to rejuvenate the hands.

Mini mani 30 minutes | R220

Mini pedi 30 minutes | R242

A quick shape, cuticle conditioning, rough skin removal & moisturise for the busy body on the go.

Painting 15-20 minutes | R75 (depending on colour, times may vary)

AMAKHOSI

RIVER SPA

SPA ETIQUETTE

Punctuation

A full consultation is done prior to your treatment; please arrive 20 minutes early to allow for this, and time to change so that your treatment time is not affected. Please note that all spa treatments need to end on time and a late arrival will result in a shortened treatment time to accommodate other guests fairly. The original price for the treatment will still be charged regardless of the duration.

Spa Amenities

For your convenience we supply complimentary shampoo and spa body products, bath robes, slippers and disposable under garments.

Bookings

Advanced booking prior to your arrival is strongly recommended to secure your preferred date and time of treatment. Please call the spa directly, or reception. We accept bookings from 8.30am to 4.00pm. Later treatments can be done, by prior arrangement.

Cancellation Policy

In the event that you need to cancel please notify the spa as soon as possible, there will be no charge if booked and cancelled on the same day. All other bookings require a 24hr notice or the full cost of the appointment will be charged to your account.

Facilities

We have a lovely Rim Flow pool overlooking the Mkuze River, a deck area and a gym. So whether relaxing or exercising, the sounds of nature will take your experience to a whole new level.

Our Spa is situated in the heart of nature; we request that you assist us to keep the atmosphere tranquil and relaxing by keeping the noise level to a minimum and considering other guests.

Please turn your cell phones off or on silent and please no smoking at the Spa. Kindly note that children under the age of 16 are not permitted in this area.

For bookings:

spa@amakhosi.com | 034 414 1152

Terms and Conditions apply.

All bookings are subject to availability.

All prices are quoted in South African Rand and are subject to change without prior notice.

A gratuity can be left at your discretion.