

# LALAPANZI SPA @ Masungulo



*To pay homage to our unparalleled cultural heritage, we bring you traditional African massage. Indulge in a selection of our country's authentic and traditional massage techniques with our highly skilled and trained therapists who will relax and rejuvenate your body, mind and spirit.*

## **Bespoke Intuitive Herbal Oil Massage®**

**Back - 30 minutes R350**

**Body - 60 minutes R550**

*You may choose from a range of Africology aromatherapy-infused massage oils: Relaxing, Slimming Detox, Muscle Relaxing and Energising. These are warmly applied Working on tight muscles and lymph drainage, combating tension in stiff aching bodies.*

## **Africology Shea Aromatherapeutics®**

**Back – 45 minutes R450**

**Body – 75 minutes R800**

*Easy-melting Shea from Ghana blended with healing African potato, rooibos and natural essential oils creates a sublime, beautiful body experience. Combined With your sensory selection of various essential oils for a soothing, calming, or deep tissue experience.*

## **Soul of Africa Massage®**

**Back - 45 minutes R500**

**Body - 90 minutes R850**

*Using Africa's miracle marula oil blended with Neroli to soften signs of ageing through its anti-stress action. This treatment starts with the application of warm, soothing mud to release negativity and tension stored in the muscles. Then marula oil is applied in reparation for your intuitive body and scalp massage.*

## **Balancing Scalp and Leg Ritual / 45 minutes**

**Great for frequent flyer R450**

*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. With a cooling coffee and mint wrap applied to the legs to reduce water retention and combat the ailments of Jetlag.*

## **Hot Stone Massage**

**60 minutes R700**

**90 minutes R950**

*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.*

## **Intonga Amasatchi®**

**Body - 60 mins R750**

*We know that the body has a memory of all emotional experiences that can manifest on the body. This deep tissue and stress-relieving treatment uses skilful movements with the hands, and differently sized wooden sticks to stretch tight muscles and ease toxic overload.*

## **Africology® / Manicure and Pedicure**

**Manicure 60 minutes R350**

**Pedicure 60 minutes R400**

**French R 100 extra**

*For a beautiful relief from the high-energy nature of everyday life, join us for an experience with a difference. Your hands or feet will be massaged, your nails shaped and your skin richly hydrated with our all-natural products designed to undo environmental damage to your skin.*