

SERENGETI

EXPLORER

BY ELEWANA

REVA

WELLNESS CENTRE

Treatments, Body Ceremonies, Massages & Yoga

Signature Journeys

The Big 5 Journey

120min

Allow the serene landscapes to take you on a journey of relaxation. A full body exfoliation helps to soften and smooth skin, while you gently inhale the exotic aromas of Marula and Neroli; perfect to calm the mind and body.

Next, surrender to a full body massage using a deeply hydrating body balm, specially tailored to suit your preferred pressure and focus areas helps to target any tension areas. A mini hydrating and renewing facial follows, including a crystal-infused facial massage, which leaves the skin nourished, hydrated, and glowing.

This journey ends with a personal affirmation card to make it a day to remember.

Couples Togetherness Celebration

120min

Time to enjoy and cherish each other as you escape on a journey to relax and revive.

Starting with a full body exfoliation, choose from our selection: detox | energize | nourish which is tailored to your needs. This is followed by a full body massage using our signature body butter to enrich and nourish your skin while allowing time to reconnect and unwind with your loved one. Your escape is completed with a radiant mini facial with the use of our Rose Quartz rollers to increase circulation and revitalize the skin leaving you feeling replenished and glowing. We will use a Pinotage antioxidant serum tailor-made to your skin's requirements to fully quench the skin.

After Sun Heal & Repair

90min

After sun recovery is most important to prevent skin damage.

Inspired by the healing properties of Aloe Vera and our award-winning African Potato Balm to nourish and restore the skin balance. These natural ingredients are utilized to help all skin types recover from the sensitivity of sun exposure. A full body wrap cocoons you, allowing the healing properties to repair the skin. During your wrap, a relaxing head massage allows you time to relax and unwind. Followed by a full body massage with our African Potato balm to nourish, balance and restore the skin's moisture.

Body Ceremonies

Body Wrap Ritual

45min

Our targeted body masks are designed to treat specific guest concerns creating both immediate and lasting results.

All mask wraps are completed with a hydrating shea butter application.

Choose from:

- Grape Antioxidant Clay Mask
Skin Brightening
- Coffee, Cinnamon & Orange
Stimulate, Sculpt & Define
- Mongongo Nut
Detoxifying
- Aloe Vera
Soothing, calming, after sun repair, skin reviver
- Earth Green Body Clay Mask
Deep Cleansing, clears impurities, hydrating, toning



Massage Therapies

Aroma Relaxation 60 / 90min
Experience a relaxing full-body massage with light to medium pressure that helps you drift away in a soothing African ambiance. Choose from a selection of beautifully blended aromatherapy oils tailored to Condition & Hydrate, Detox & Uplift, or Relax & De-stress.

Muscle Ease Deep Tissue 60 / 90min
This massage specifically targets stiff and sore muscles by focusing on areas where lactic acid has built up. The pressure is adjusted from medium to deep to address tough tension spots and improve blood circulation. A cooling gel is applied to the upper back to refresh, calm, and soothe the treated areas.

Balinese Relaxing 60 / 90 min
Utilizing the principles of acupressure, cross-fiber strokes, gentle stretches, and aromatherapy, this treatment stimulates blood flow and "qi" (energy) throughout your body. It promotes a sense of well-being, calm, and deep relaxation.

Traditional Hot Stone 90 min
Enjoy a full-body massage using specially warmed basalt stones to stimulate circulation and relieve muscle tension. This treatment combines manual massage with the unique properties of hot stones to target areas of tension, creating a rejuvenating massage experience.

Four Hands Journey 60min

Experience the ultimate in relaxation with a four-hands massage, where two therapists work on one client using synchronized movements. This unique treatment feels like receiving two full-body massages at the same time, making it ideal for those with busy minds seeking full relaxation.

Tension Back, Neck, Shoulder 45min

Begin with a back exfoliation using Kalahari Melon body polish to soften and hydrate the skin. Gentle warm compresses will remove the polish, leading to a soothing Back, Neck, and Shoulder massage designed to relieve tension. Finish your treatment with a cooling gel to leave you feeling refreshed and revitalized.

Foot Reflexology 30min

Foot reflexology is a specialized form of massage therapy that applies pressure to specific points on the feet. This treatment aims to reduce pain and enhance overall health. By applying repeated pressure and manipulating nerve endings, reflexology can help clear blocked energy channels, ultimately improving your health and balance.

Massage Upgrades

- Hydrating Taster Facial 30min
- Full Body Polish 30min
- Relaxing Head Massage 30min
- Revitalizing Foot and Ankle Massage 30min
- Hot Stone Upgrade 30min



Skincare Ceremonies

Radiance Microfoliant Enzyme Booster 75mins

This brightening and radiance-boosting facial harnesses the powerful benefits of pure rosehip. The treatment begins with a cleanse to remove impurities, followed by our microfoliant enzyme clay mask to exfoliate and soften the skin. A lifting facial massage promotes relaxation of facial muscles and aids in the regeneration of skin cells. We conclude with a therapeutically enriched mask and serum application that nourishes the skin with the best nature has to offer, leaving you feeling refreshed and radiant.

Deep Cleansing Revive Facial 60mins

This purifying facial utilizes the cleansing properties of jade to brighten the complexion, reduce puffiness, stimulate lymphatic drainage, and enhance blood circulation. We start with a gentle cleanse to remove impurities, followed by exfoliation to smooth the skin's texture. Gentle extractions are performed with steam to eliminate any unwanted impurities, after which a draining facial massage improves skin appearance. The treatment ends with a deep cleansing mask and serum to help balance the skin, making it suitable for oily, combination, and problematic skin types.

After Sun Restore facial 60mins

This gentle facial is specially designed for skin that has been damaged by sun exposure or environmental toxins. It harnesses the naturally nourishing powers of superfoods to heal the skin without the use of chemicals. Peptide boosters, masks, serums, and natural oils, combined with herbs and shea butter, work together for optimal restoration. We incorporate our renowned aloe vera healing gel and our award-winning African potato for ultimate healing and rejuvenation. This treatment is suitable for sensitive and over-sun-exposed skin.

Hands & Feet

Safari Handprint Ceremony 60mins

Experience a classic treatment that includes nail polishing to soften and reshape, cuticle care, and a nourishing hand massage. The service concludes with a fresh coat of lacquer.

• Without lacquer 45mins

Safari Footprint Ceremony 60mins

This treatment involves soaking the feet, gently exfoliating the skin, perfecting cuticles, and clipping, shaping, and buffing toenails. It finishes with a soothing foot massage and a fresh coat of nail lacquer.

• Without lacquer 45mins

Express Mani / Express Pedi 30mins

This is a quick nail service for the hands or feet, ideal for those short on time. The treatment includes nail filing, shaping, and cuticle trimming, followed by a polish application for added colour and shine.





Yoga

Renew, Recharge & Rejuvenate

Sunrise Yoga 60min

.....
This 60-minute complimentary practice will help you stretch and strengthen your body, bringing energy, rejuvenation, and recharging your brain.

Sunset Yoga 60 min

.....
A complimentary Sunset Yoga is a beautiful way to end your day. This practice combines full-body gentle movements and mindful breathwork to enter deep relaxation and de-stress, while the stunning sunset views will provide you with peace and tranquillity.

"Sati" Signature Yoga 90 min

.....
Sati means "Concentrated Attention" and there are four fundamentals of practice. Our yoga expert will guide you to start your inner self-journey with mindfulness of body, feelings, mind and mental object. It helps reduce stress, improves your mental and physical health, and increases your overall happiness in life.

Hatha Yoga 60 min

.....
A physical yet mindful experience of the power of Hatha Yoga as a tool for spiritual transformation. Our class involves a set of physical postures designed to open the body's channels and breathing techniques to promote the free flow of energy.

Kundalini Yoga 60 min

.....
The yoga of self-awareness is the path to freedom which is defined as energy that lies within the body. This classical practice includes repetitive poses, breathing, chanting, singing and helps you move past your ego and relieve stress and anxiety.

Yin & Yang Yoga 60 min

.....
Blends two styles of yoga into one practice bringing together the benefits of internal, passive, cooling, restorative moon energy to more external, dynamic, warming sun energy which works well together to promote harmony with one's inner and outer world.

Yoga on the Terrace 60 min

.....
Enjoy a private 60-minute yoga class tailored by our expert after a consultation about your needs and abilities. This class is designed to help you safely build healthy yoga habits and deepen your practice. You'll also have the opportunity to enjoy breathtaking views of the endless plains that the Serengeti is renowned for, all from our outdoor terrace.

Tantra Yoga 75 min

Tantra Yoga is a relatively modern revamping of ancient yogic practice focusing on Spirituality and Mental Clarity. This is a type of yoga that weaves together many different techniques such as chanting, visualization, gesture, breathing, and postures to study the inner universe through the human microcosm.

Pranayama & Yoga Nidra 75 min

Prānāyāmā is a Yogic technique to control the intake and outflow of breath to expand the vital energy within us. Prānāyāmās, when used with Mudrās (Psychic, Emotional, and Aesthetic Gestures) and Bandhās (Psychic Locks), creates an intense flow of conscious energy in a specific region. Feel your breathing improve with this practice and also bring your nervous and Pranic system into equilibrium. End the session with a short meditation or relaxation practice.

Reiki 45 / 60 min

Reiki is holistic healing therapy relating to universal life energy. Gentle yet powerful hands-on energy work to reduce stress and boost vitality and health.

Renew, Recharge & Rejuvenate Stress Relief Retreat

De-stress, unwind and immerse yourself on this wellness special stress relief retreat in peaceful idyllic locations. We've selected the best programmers to re-energise your body, mind and spirit. Our wellness and resident yoga expert designed a program to manage stress by making positive lifestyle changes for those who need to escape from busy schedules and looking to recharge, renew and rejuvenate their consciousness.

- 1x Wellness Consultation with our wellness and yoga expert (15 min) with a detox drink
- 1x Reiki (60 minutes)
- 1x Private yoga session (45 minutes customise and personalised)
- 1x Advance yoga nidra (45 minutes yogic sleeping)
- 1x Choice of scrub or wrap from our spa menu (30 min)
- 1x Choice of full body massage from our spa menu (60 min)
- 1x mini facial (30 min)



EXPLORER

BY ELEWANA