



WELLNESS TREATMENT MENU



TINTSWALO TAILORED EXPERIENCE

At our spa, we have consciously chosen to partner with Africology, Africa's leading luxury spa and skincare brand, whose philosophy aligns seamlessly with our commitment to nature, sustainability, and authentic African wellness.

Proudly South African and ethically sourced, Africology products are inspired by ancient African healing traditions. Each formulation harnesses the power of indigenous botanicals, essential oils, and natural minerals, carefully selected for their restorative and therapeutic benefits.

Free from harmful chemicals, synthetic fragrances, and artificial additives, Africology treatments support the body's natural balance while delivering exceptional results. This partnership allows us to offer an authentic African spa experience that nourishes the senses, restores the body, and reflects the spirit of the wilderness that surrounds us.



OUR TREATMENTS

BACK, NECK & SHOULDER MASSAGE 30 min | R800

A targeted massage designed to release tension in the back, neck, and shoulders. Using warm Africology oils, this restorative treatment soothes tight muscles, improves circulation, and encourages deep relaxation, leaving the body feeling renewed and rebalanced.

FULL BODY DEEP TISSUE MASSAGE 60 min | R1350 90 min | R1500

A flowing, full body massage using Africology botanical oils to encourage deep relaxation, soothe tired muscles and create an overall sense of wellbeing from head to toe.

SWEDISH MASSAGE 60 min | R1250

A classic, medium-pressure massage using long, flowing strokes to relax the body, ease muscle tension and promote an overall sense of calm.

AROMATHERAPY MASSAGE 60 min | R1350 90 min | R1500

A firm, therapeutic massage that targets deeper layers of muscle to release chronic tension and muscular knots.

REFLEXOLOGY FOOT MASSAGE 45 min | R950

A therapeutic foot massage that stimulates specific reflex points linked to the body's natural systems



GUEST INFORMATION

FACILITIES

Set within our Out of Africa-themed spa venue, guests can enjoy a peaceful and private treatment experience. We offer single treatments only, allowing for personalised care and uninterrupted relaxation. The spa is fully air-conditioned to ensure year-round comfort.

Treatments are prebooked before arrival.

OPERATING HOURS

09h00 - 16h00 Daily

RESERVATIONS & CANCELLATIONS

A minimum of 24 hours' notice is required for any changes or cancellations. Kindly note that no-shows will be charged in full. Our cancellation policy is kindly yet strictly upheld, as our therapists travel in especially for confirmed appointments.

CONTACT

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PAUSE AND OBSERVE

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