




GREAT PLAINS

CONSERVING AND EXPANDING NATURAL HABITATS



*Immerse yourself in our world of wild
beauty, a journey of the spirit where time is
suspended in nature.*

WELLNESS EXPERIENCE

SIGNATURE JOURNEY

SELINDA CAMP SIGNATURE TREATMENT

90 MIN | \$ 135

Perfect Balance Escape

Find your perfect balance with this sensory escape inspired by the five Earth elements, leaving your body relaxed, your soul lighter and your mind at peace. Begin your journey with a remineralising Himalayan salt crystal foot bath infused with lavender and rosemary. This is followed by a back exfoliation using hot compresses. Continue with a hot oil full-body massage, combined with an ice-cold muscle ease gel to relieve aches and combat inflammation, before completing your escape by lighting a candle and reflecting inwards with a personal affirmation card.

CLASSIC JOURNEYS

WHISPERS OF THE WILD RESTORATIVE BODY RITUAL

120 MIN | \$ 275

Hydrating – Grounding – Quietly Transformative

A complete recalibration shaped by water, silence and open horizons. Inspired by the seasonal floodwaters of the ancient river, this signature ritual restores what modern pace depletes: hydration, rhythm and calm.

The experience begins with a peppermint and wild sage foot-cleansing ceremony, grounding the body and mind. An antioxidant-rich grapeseed and baobab full-body exfoliation follows, refining the skin and stimulating circulation. A deeply restorative river clay mask is then applied whilst you shift into a state of calm.

Continue your transformative journey with a nourishing Rhythm shea butter massage infused with black pepper, rosemary, wild sage and lavender, using deep, fluid strokes - unhurried and continuous, echoing the flow of the channels. Heated river stones are placed strategically and used to boost relaxation, soften held tension and regulate the nervous system.

The ritual concludes with a warm baobab oil scalp anointing and a quiet integration period, allowing the body to absorb both botanical nourishment and deep rest.

CLASSIC JOURNEYS

BIG-5 DETOX

90 MIN | \$ 155

The Ultimate African Detox Body Renewal Ritual (Nut Allergy)

A full-body rejuvenation featuring five powerful African botanicals: rooibos, kigelia, baobab, mongongo and marula. A warm mongongo nut and baobab seed full-body scrub is followed by a detoxifying mongongo nut wrap to help draw out toxins. Continue your journey with a rhythmic full-body and scalp massage designed to enhance the body's natural detoxification process. Complete your journey with a refreshing iced tea as you reflect inward and relish the wonder and beauty of nature.

LONG EXHALE COUPLES CONNECT

90 MIN | \$ 295

Reconnection Journey

A private wellness experience designed for reconnection, emotional quiet and shared presence.

The journey begins with a personal affirmation, dedicating precious time to relax as a couple. Begin with a side-by-side full-body exfoliation using ancient scrubs infused with Africa's miracle marula oil, blended with calming lavender and mood-enhancing neroli to ground your senses and connect your souls.

This is followed by a luxurious couples' massage using the same aromatherapy blend, with strategically placed rose quartz crystals to promote love and a feeling of connection and unity. A private pause follows as you are gently guided into calm breathing and soft compressions around the shoulders and heart to encourage comfort and deeper connection.

The treatment allows couples to rest together whilst immersing themselves in a sacred moment of belonging.



CLASSIC JOURNEYS

THE GREAT PLAINS STILLNESS JOURNEY

90 MIN | \$ 180

Full-Body Relaxation and Radiance Experience

A deeply calming sensory journey designed to restore balance, melt away tension and renew body and mind.

Your journey begins with an aromatic foot and back exfoliation using a Kalahari melon and baobab scrub, combined with hot compresses to encourage deep relaxation. The experience continues with a restorative full-body massage using Kalahari melon oil to relax and hydrate you from deep within.

This is followed by a mini facial and scalp massage to reduce facial tension, promote circulation and leave the skin visibly refreshed and glowing. Complete your stillness journey with warm oil, gently pressed onto the crown of the head and the soles of your feet.

CANOPY OF CALM – INTENSE REPAIR RITUAL

60 MIN | \$ 140

Intensive Restorative Face & Body Therapy

Combat safari skin with this deeply restorative rescue therapy designed to repair dry, sun-exposed, or environmentally stressed skin. Inspired by the healing powers of Healing Earth African Potato Balm and organic Aloe Vera, this treatment provides intensive care to the skin.

The experience includes a light body brush to remove dry, damaged skin, followed by an African Potato and Aloe Vera Cocoon Massage and a healing mini facial using our miracle balm to help soothe, replenish, and strengthen the skin barrier.

FLOODPLAIN SOAK

45 MIN | \$ 70

Private Bathing Ritual

Enjoy a private bathing ritual in the comfort of your suite, inviting complete serenity at the edge of the wilderness. Warm water is infused with Kalahari salts and indigenous botanicals chosen to purify, hydrate and quiet the mind. The mineral-rich soak eases muscle fatigue whilst restoring moisture to the skin. Steam rises into the clean air around you as distant sounds echo in your heart. Water, herbs, oils and desert salt allow time to return to its natural rhythm, allowing you to breathe.

Add on: In-room massage of choice

BODY CEREMONIES

MASSAGES

Essence of the Earth - Aromatherapy Massage

60 MIN | \$ 95 / 90 MIN | \$ 120

Muscle Reset - Deep Tissue Massage

60 MIN | \$ 100 / 90 MIN | \$ 125

Essential Restore - Swedish Massage

60 MIN | \$ 95 / 90 MIN | \$ 120

Sunset Fire – Hot Stone Massage

60 MIN | \$ 125

Crown & Spine - Back, Neck, Shoulder & Scalp Massage

45 MIN | \$ 85

BODY EXFOLIATION

FULL-BODY

30 MIN | \$ 35

BACK

15 MIN | \$ 20

Enjoy a full-body exfoliation choosing from our selection of Healing Earth body polishes, leaving your skin soft, nourished and glowing. The treatment is completed with an application of shea butter to complement the treatment.

Body polish to choose from:

Kalahari Melon / Coffee, Cinnamon & Orange

Marula & Neroli / Mongongo Nut (Nut Allergy)

FACIALS

EARTH GLOW FACIAL

60 MIN | \$ 95

Healing Earth Signature African Botanical Radiance Ritual

Journey into the heat of Africa's ancient beauty rituals with our Earth Glow Facial, a luxurious skin-renewal ritual inspired by the nourishing botanicals and timeless radiance of the African waterways at sunset. This tailored facial harnesses the power of nature to recharge your skin with a boost of powerful antioxidants.

This indulgent treatment begins with a gentle botanical cleanse, followed by a refined exfoliation to smooth and awaken the skin. A powerful infusion of nutrient-rich African plant extracts, including baobab, marula and shea butter, combined with targeted essential oils, peptides and antioxidants, deeply hydrates and restores vitality, while a signature facial massage promotes circulation, relaxation and natural lifting.

A customised mask replenishes and brightens the complexion, while targeted serums and finishing elixirs seal in moisture and protection, leaving skin visibly smoother, plumper and luminous.

Customised for all skin types

- Balancing and Rejuvenating Neroli & Rose Facial – Oily to Combination Skin
- Hydrating Marula & Rose Facial – Dehydrated and Dull Skin
- Collagen Stimulating Jasmine & Baobab Facial – Anti-ageing

SAFARI RESCUE MINI FACIAL

30 MIN | \$ 55

A mini version of our Earth Glow facial, this treatment provides deep nourishment and repair for skin sensitised by the elements, leaving you with a radiant glow.



HANDS AND FEET

AFRICAN HAND RITUAL

45 MIN | \$ 40

Deluxe Hand Treatment

Pamper and nourish your hands with this indulgent treat. The treatment begins with a luxurious hand bath and exfoliation. This is followed by filing and cuticle work and completed with a relaxing hand mask and massage, leaving you light and ready for your next adventure.

AFRICAN FOOT RITUAL

60 MIN | \$ 50

Deluxe Foot Treatment

Pamper and nourish your feet with this indulgent treat. The treatment begins with a luxurious foot bath and exfoliation. This is followed by filing and cuticle work and completed with a relaxing mask and foot massage, leaving you light and ready for your next adventure.



THE GREAT PLAINS WELLNESS PHILOSOPHY: WELLNESS IN THE WILD

You are invited on an African journey where our focus is to help you connect with nature and recharge your mind and body. Our spa treatments are designed to complement the outdoor experiences available in our beautiful surroundings. Immerse yourself in a journey of relaxation and repair. Our dedicated spa therapists will assist you and ensure that your wellness needs are met while you are with us.

HEALING EARTH

We have partnered with Healing Earth, a premium African spa brand that creates award-winning natural organic products and therapies using ancient remedies. Each lovingly created Healing Earth product harnesses the restorative powers of Africa's rich natural resources and is made for only the purest natural active ingredients sourced from the continent's powerful minerals, botanicals, and oceans using people-, animal-, and earth-friendly methods, ingredients, and packaging to honour their commitment to sustainability.

Created by nature – Perfected by Science



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Please speak to our Wellness Concierge who will help recommend the perfect experience for you during your stay. We wish you an incredible stay with us, one of relaxation, fun, adventure and reawakening.

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