



African Flycatcher Spa

SERVICES

Relax, breathe, become ONE with Nature!

Tintswalo Lapalala Lodge's Paradise Spa offers guests the opportunity to relax and be pampered in natural surroundings with only the sounds and smells of the wilderness. Awaken your spiritual self where your experience with nature expands and deepens into an awareness of the unity between body and soul.

Trees in the Waterberg region are a tree-lover's haven and a Garden of Eden with more than 336 species in all. Some Baobabs in the area are estimated to be more than 4000 years old. Many trees and shrubs have medicinal properties that have been used for hundreds of years by African communities. Traditional healers still make use of many of these plants in treating a variety of physiological and psychological disorders. Trees of the wilderness provide us with pure fresh air and are the pulse of our planet earth.

Walk away with a sound mind, rejuvenated body and a peaceful spirit.



www.tintswalo.com



Massages

Intuitive Herbal Oil

Back 30min R500 / Body 60min R850

Choose from a range of Africology aromatherapy-infused massage oils. Relaxing, cellulite detox, muscle relaxant and energising. These are warmly applied, working on tight muscles and lymph drainage, combating tension in stiff aching bodies.

Shea Aroma Therapeutics

Back 45min R650 / Body 75min R900

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 Journey

Back 45min R700 / Body 90min R1 200

Using Africa's miracle marula oil blended with neroli to soften signs of ageing through it's anti-stress action. This treatment starts by scrubbing the back, then application of warm soothing mud to release negativity and tension stored in the muscle, then wrap. While the wrap is still there we do a scalp massage. Then we remove the mud and marula oil is applied in preparation for your intuitive massage.

Hot Stone Massage

60min R900 / 90min R1 300

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.

Magnesium Deep Tissue massage

30min R650 / 60min R1 100

Great for sore muscles and joints. Combats physical & mental fatigue.

Balancing Scalp & Leg Ritual

45min R650

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.





Hands & Feet Treatment

African Potato Spa Manicure

70min / R750

An anti-ageing treatment which will help to moisturize and heal dry patches

African Potato Spa Pedicure

75min / R750

An anti-ageing treatment which will help to moisturize and heal dry patches and cracked heel.

Africology Standard Pedicure

60min / R650

A standard treatment that includes exfoliation, heel cleaning, nail cut & file, massage and completed with beautiful nail colour.

Africology Standard Manicure

60min / R650

A standard treatment that includes exfoliation, heel cleaning, nail cut & file, massage and completed with beautiful nail colour.

Express Nail Touch Up - Manicure or Pedicure 30min / R400

Nail treatment for people on the go completed with a nail colour

Add on boosters

Scalp massage

15min / R200

Hand massage

15min / R200

Foot massage

15min / R200

Kids Spa Services Under 12 years

Paw Mani & Pedi

45min R350

A beautiful hand nail treat with a pretty nail colour or a nail buff.

Cuddle Cub Massage

45min R520

Full body massage using our 100% natural massage blended oil or massage balm.

Busy Bee & Cub Head

20min R220

Back, neck, scalp & shoulder massage using our 100% natural massage oil or massage balm.

Muddy Rhino

60min R600

Full Body chocolate exfoliation and Chocolate mud wrap with a finish touch of a relaxing massage.





Africology Products are used in all our Tintswalo Spas and are ethical and cruelty-free. Using the finest natural and organic ingredients, they work on the formulations to ensure products never contain harsh chemicals. The intention is to treat the skin as sensitive and precious. Sustainability is a key part of skin management, which is why the ingredients are chosen to align with your health and functionality for the long term.

Spa Etiquette & Policy

We offer an environment of tranquillity and relaxation. Robes, towels and slippers are provided for your convenience in the spa suite. You are welcome to wear these to your suite after your treatment, if you choose not to you can place them in the bath once you have dressed back to your own attire. You may consult directly with the therapist with the style and depth of your pressure prior to your treatment. Please advise of any health conditions, allergies, injuries or special needs which may affect your service.

ARRIVAL TIME

If the treatment is in your room, your therapist will arrive 15 mins prior to your scheduled treatment time in order to set up the area. If the treatment is in an area of the lodge or other than in your room you will be called in person just prior to the commencement time of your treatment and accompanied to the treatment space. Your therapist will have a short discussion with you in order to tailor treatments to suit your personal needs.

LATE ARRIVAL

All spa treatments have been designed to allow appropriate time for full enjoyment of each service. Your late arrival may limit our ability to offer the fullest possible experience. Please be aware that late arrivals cannot be afforded due to it having an effect on the next treatment booked.

***YOUR TREATMENT WILL BE RENDERED FOR THE REMAINDER OF THE SCHEDULED TREATMENT APPOINTMENT AND CHARGED AT FULL SERVICE.**



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