

# UHURU AFRICA SPA

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## WELLNESS TREATMEAN MENU

# STORY BEHIND THE TRADITIONAL HEALING PROPERTIES AT UHURU AFRICA SPA

## WELLNESS TREATMENTS TOOLS

At Uhuru Africa Spa, we honour the rich heritage of African healing traditions by incorporating a diverse array of natural tools and elements into our massage rituals and protocols. Each item we use has been chosen for its unique healing properties, deeply rooted in the wisdom of African cultures. Here is the story behind the traditional healing properties of the tools and elements we incorporate in our treatments:

### AFRICAN COMB

The African comb, traditionally used in grooming, symbolizes beauty and status in many African cultures. In our treatments, it is used to stimulate the scalp, promote relaxation, and enhance circulation, helping to relieve stress and tension.



### REFLEXOLOGY WOODEN STICK

Reflexology is an ancient practice believed to promote healing and well-being by stimulating specific points on the feet. Our wooden reflexology sticks are used to apply precise pressure, aiding in pain relief, improving circulation, and balancing the body's energy.



### LYMPHATIC DRAINAGE STICK

The lymphatic drainage stick helps stimulate the lymphatic system, encouraging the removal of toxins and reducing fluid retention. This technique boosts the immune system and promotes overall health and vitality. The Tri touch is designed to enhance the therapeutic effects of our massages. It allows for deep tissue manipulation, easing muscle tension and improving blood flow, leading to a sense of deep relaxation and rejuvenation.



### WOODEN BALLS

Wooden balls are used in various massage techniques to apply gentle pressure and roll out muscle knots. They help in relieving muscle tension, improving flexibility, and enhancing relaxation.



### BAOBAB PINDA AND FACE PINDA

Pindas are cloth bags filled with therapeutic ingredients. The Baobab Pinda, filled with baobab seeds and herbs, is used in body massages to nourish and rejuvenate the skin. The Face Pinda offers a gentle facial massage, promoting a radiant and youthful complexion.



### OSTRICH FEATHERS AND EGGS

Ostrich feathers are used for gentle, soothing strokes that calm the nervous system and enhance relaxation. Ostrich eggs, known for their strength and smooth texture, are used in our facial treatments to stimulate and tone the skin.



### OMUMBIRI RESIN

Omumbiri resin, harvested from the Commiphora wildii tree, is used in our aromatherapy treatments. Its sweet, earthy scent is believed to have calming and grounding effects, promoting emotional balance and well-being.



### CRYSTAL WAND

Our crystal wands are used to channel healing energy, clear blockages, and restore balance to the body's energy centres. They are particularly effective in energy healing and chakra balancing treatments.



### CRYSTALS AND STONES

We incorporate a variety of healing crystals and stones into our treatments, each chosen for its unique properties:

**\*\*Blue Lace Agate:** Known for its calming and soothing energy, Blue Lace Agate helps to relieve stress and promote tranquillity.

**\*\*Rose Quartz:** The stone of love and compassion, Rose Quartz supports emotional healing and enhances self-love.

**\*\*Septarian:** A grounding stone that promotes emotional stability and deepens the connection to the Earth.

**\*\*Labradorite:** Known for its protective and transformative qualities, Labradorite enhances spiritual growth and intuition.

**\*\*Clear Quartz:** A powerful healing stone that amplifies energy and promotes clarity and focus



### SOUND THERAPY

Sound therapy tools, including singing bowls, mallets, kalimbas, chimes, and rain sticks, are used to create harmonious vibrations that resonate with the body's natural frequencies. This helps to reduce stress, enhance relaxation, and promote a sense of inner peace.



# INGREDIENTS

## KIGELIA

*Clarifies the skin, tightening and firming, while reducing premature signs of aging, acne, eczema, psoriasis, and inflammation.*

Source: Malawi

Harvesters: Tonga Community

The Kigelia Africana is otherwise known as the sausage tree. Its fruit, which resembles brown sausages, can grow up to 60.96 Centimetre feet long and weigh 6.81 Kilogram. Traditionally, the extracts of this fruit have been used by Tsonga and Shangaan people from Southern Mozambique and North Eastern parts of Southern Africa.

*Sustainably hand-harvested.*



## BAOBAB

*Fights free radicals, improves skin tone and elasticity, restores the lipid phase, and regenerates cell walls.*

Source: Limpopo

Harvesters: Venda Community

The majestic baobab tree is a symbol of life in the arid African Savannah, where little can thrive. The tree absorbs and stores water in its mammoth trunk, enabling it to produce a nutrient-rich fruit in the dry season, hence its name "The Tree of Life."

*Certified organic and fair trade. Sustainably hand-harvested.*



## OMUMBIRI

*Imbues our formulations with a warm, woody, grounding scent with hints of lemo*

Source: Namibia

Harvesters: Himba Community

Commiphora Wildii, traditionally known as Omumbiri, has been used by the Himba tribe in the Kunene region of Namibia as perfume. Women there add it to their Otijize, a natural mix of butterfat and red ochre that keeps the skin nourished and protected from the sun.

*Sustainably hand-harvested.*



## BUCHU

Used by San and Khoi tribes of Southern Africa. Indigenous to the Cape Mountains of South Africa. Antiseptic, antimicrobial, anti-inflammatory. Removes excess oil without drying the skin, deep cleans pores, reduces blemishes and blotches. Soothes.

• Hesperidin. Quercetin. Diosmin. Diosphenol.



## MANKETTI

Used by the! Kung tribe of the kalahari for 7000 years. Cleanses, moisturises, softens, regenerates & restructures cells membranes, protects against UV damage, reduces inflammation.

• Linoleic acid. Eleostearic acid. Essential Fatty Acids. Vitamin E.



## KALAHARI MELON

Used for over 4000 years by the San of the Kalahari Desert. Cleanses, moisturises, softens, regenerates & restructures cells membranes, protects against UV damage, reduces inflammation, firms.

• Linolenic acid. Essential fatty Acids. Vitamin A, C & E



## ROOIBOS

Traditionally used as a tea by the Khoisan. Indigenous to the Cederberg Mountains. Soothes, anti-allergenic, reduces sunspots and blotchiness, improves skin tone and elasticity, reduces oxidative stress.

• Polyphenols (antioxidants). Cu. Zn.



## ALOE FEROX

Indigenous to South Africa. Traditionally used by the Xhosa and Pondo people. Soothes, hydrates, plumps, reduces inflammation, stimulates cell growth, increases collagen production.

• Amino acids, Glycoprotein, Polysaccharides, Vitamin C, B, A & E, Minerals.



## MARULA

Indigenous to Southern Africa. Traditionally used by Swazi and Ovambo people. Softens, moisturises, firms, improves skin texture, restores the lipid barrier, regenerates and restructures cell walls, reduces oxidative stress caused by free radicals.

• Oleic, palmitic and stearic acids. Tocopherols. Flavonoids. Phytosterols. Vitamin C & E.



## MAFURA

Traditionally used and a skin moisturiser and hair conditioner in Zimbabwe and Mozambique. Softens, moisturises, firms, improves skin texture, restores the lipid barrier, regenerates and restructures cell walls, reduces oxidative stress caused by free radicals. Anti-inflammatory.

• Oleic, palmitic and linoleic acids. Trichiline A



**UHURU**  
**AFRICA SPA**

# WELLNESS TREATMENTS

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## AFRICAN BOTANICAL MASSAGE

60min • R950 | 90min • R1250

### DETOXIFYING PINDA

A detoxing message using TDA detoxing oil (buchu, black & pink pepper) and heated botanical pindas made of baobab seeds and indigenous botanicals. The Combination of heat, deep & micro pressure, and lymphatic drainage movements, Increases blood flow and drains lymph nodes, helping eliminate toxins.

## SCENTS OF UHURU MASSAGE

60min • R990 | 90min • R1250

### AROMATHERAPY MASSAGE

An aroma therapeutic massage featuring our preblended selection of 5 Terres d'Afrique aromatherapy blends of African essential oils  
*(uplifting, energizing, calming, detoxing)*

## SENSORY CRYSTAL MASSAGE

60min • R990 | 90min • R1350

An invigorating and immune-boosting treat, featuring a constant alternation of hot and cold crystal balls to revitalize skin, senses, and circulation.

## DEEP TISSUE MASSAGE

60min • R990 | 90min • R1350

### TENSION RELEASE

A deep tension-releasing massage that uses pressure point techniques, focused on specific areas of stress, to ease and relax muscles, restoring blood flow and equilibrium.

## TRI- TOUCH/ LYMPHATIC DRAINAGE MASSAGE

60min • R930 | 90min • R1100

A lymphatic drainage treatment using TDA Tri- Touch massage tool helps the body eliminate toxins and boost immunity, while pressure points therapy helps release energy blockages in the body.

# BODY TREATMENTS

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Our mud masks dig deep into nature's bounty of mineral rich clays and potent botanicals to smooth, soothe, moisturize, and restore skin

## MYRRH UHURU POLISH

60min • R850

A full body exfoliation using Terres d'Afrique Myrrh body scrub. While coco beads, sugar and rooibos leaves polish away the dead skin cells, baobab oil soften and heal your skin. After a gentle exfoliation, your skin is ready for the moisturising and healing properties of the rich Terres d'Afrique Omumbiri Body Butter. Rediscover skin that is smooth and soft to the touch. Radiant and glowing to the eyes. Skin that feels as good as it looks.

## UHURU HYDRATING SCRUB

30min • R850

*A mineral rich and collagen boosting scrub to detoxify and hydrate the skin. 30 min*

A full body exfoliation using Terres d'Afrique salt & aloe scrub. As the sea salt crystals create a gentle abrasion to slough away dead skin cell, the sea minerals draw toxins from the skin. Dried whole leaf aloe powder becomes active in contact with water to infuse glycoproteins, polysaccharides and essential amino acids that stimulate the production of collagen.

# UHURU INDULGENCE PACKAGES

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Indulge in a serene escape with our signature spa package: a 30-minute Myrrh, Body Scrub, a 60-minute Scents of Uhuru Aromatherapy Massage, and a 30-minute Sunkissed Facial. Relax in our Spa Bath all while sipping Bubbly for the ultimate pampering.

Complete your journey with Breakfast or a light lunch.

## SOLO INDULGENCE

3HRS • R2 650

## COUPLES INDULGENCE

3HRS • R4 000

## BLISS

90min • R1650

A physical sensory experience designed to improve feelings of wellbeing, reduce stress and boost the body's own ability to heal itself by boosting oxytocin production. The treatment uses techniques of effleurage with ostrich feathers and warm ostrich egg filled with heated baobab seeds placed on key parts of the body as well as a unique rolling massage technique.

## A MINDFUL RITUAL FOR TWO

4hrs • R5000

Embark on a transformative journey designed to deepen the energy connection between two souls through holistic rituals. Begin with a rejuvenating body exfoliation, preparing your skin for the enriching Body Mask accompanied by soothing sound therapy. Enjoy the romantic bath that sets the stage for relaxation and intimacy. This is followed by a harmonious couple's full body massage, utilizing crystal therapy to balance your energies. Conclude your experience with a hydrating facial that leaves your skin radiant and refreshed. The ritual ends with a delightful tasting experience, symbolizing the shared journey through the flavors of life. Indulge in this serene escape, crafted to nurture both body and soul.

## DREAM SIGHT MESSAGE

75min • R1250

## SLEEP IMPROVEMENT

A deep relaxing sleep-improvement massage that uses acupressure to stimulate the pineal gland, the body's sleep center, and induce an all seeing, dreamlike bliss. Great for sleep conditions, jetlag, or restlessness.

# UHURU BODY MASKS

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*(With a Choice of 20min Crystal, Reflexology or Sound Therapy)*

## DETOXING BODY MASK

90min • R1350

Bentonite clay, combined with buchu and Aloe ferox, works in harmony with the deep layers of the skin to remove heavy metals and toxins. Soothe away the stresses of everything from too much sun to urban pollution leaving your skin cleansed and detoxified.

## REJUVENATING BODY MASK

90min • R1350

The combination of antioxidant-rich rooibos and baobab fruit extracts, combined with the natural moisturising oils in this unique body mask, reduce the negative effects of free radicals and inflammation. It helps prevent the signs of ageing from leaving their marks on your body.

## SOOTHING BODY MASK

90min • R1350

A soothing and calming body mask with powerful anti-inflammatory properties ideal as an after-sun treatment and for people with sensitive skin. Reduces redness, blotchiness and itchiness. Due to high concentration of natural steroids in Kigelia extract, this body mask is effective in treating symptoms of eczema and psoriasis. Baobab extract strengthens the skin barrier.

# FACIAL TREATMENTS

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## SUN KISSED FACIAL

60min • R850

*(Hydrating & firming)*

While not a substitute for proper pre-sun protection, successful aftercare with photo-protection botanicals helps to offset the negative effect of the sun's UV radiation by reducing inflammation & the negative effects of oxidative stress.

## RADIANCE FACIAL

60min • R850

*(Cleansing & Detoxing)*

A refreshing and detoxifying combination of mineral mask, lymphatic drainage techniques and indigenous African botanicals help eliminate toxins and leave skin glowing with health and vitality.

## ETERNAL CRYSTAL LIGHT

60min • R850

*(Anti-ageing)*

Illuminate your face and rediscover the light that shines within with this age-defying facial: a combination of icy cold jasper crystal wands, warm spice pindas, and potent active ingredients that reduce fine lines by literally 'straightening' the damage collagen, while omegas help restructure and regenerate skin cells.

# SENSORY ADD ON'S

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## ADDITIONS TO TREATMENTS BOOKED.

Expand your sensory experience by adding one or more of the following to your treatment:

### • AFRICAN HEAD MASSAGE

20 min • R220

### • AFRICAN HEAD, NECK AND SHOULDER MASSAGE

30 min • R300

### • HOT STONES

15 min • R220

30 min • R300

### • REVIVE & RELAX PRESSURE POINT FOOT MASSAGE

30 min • R300

### - MENTHOL SPRAY

• R200

### - PURE ALOE FERROX GEL

20 min • R250

### - BACK SCRUB

30 min • R250

### - EXPRESS FACIAL

45 min • R550

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