

## THE AROMA BOMA Ulusaba Spa Treatments

Aroma Boma is a fusion of an English word, 'aroma' and an African word, 'boma', which can mean 'home' or 'enclosure'. At Ulusaba the Aroma Boma is the best way to describe all the different spa treatments we offer in a choice of two totally different settings. The Aroma Boma at Rock Lodge is located 800 feet above the African Savannah with truly stunning views over the Bush and offers complete privacy. At Safari Lodge, The Aroma Boma treatment room is built on the banks of the dry Mbrak riverbed amongst the trees and away from the main lodge area, so the only likely disturbance is perhaps the odd elephant wandering past!

### OUR PRODUCTS

We use a range of products from **Africology** in our treatment rooms at Ulusaba. **Africology's** ethical skin care products capture the rejuvenating and healing essences of Africa, helping to revitalise the skin as well as prevent damage and premature ageing. Africology prides itself on its roots, taking inspiration from home and using local active ingredients including Rooibos, Aloe, Marula and African Potato. The entire range is suitable for vegans, is not tested on animals and is free from harmful chemicals and perfumes.



The brand's empowerment philosophy is also apparent in its approach to social responsibility. Africology only practices fair trade and is always looking for new ways to help develop individuals and communities in Africa. The products have also been designed for reed-bed disposal so they do not harm conservation efforts.

Ulusaba stocks Africology products in our in rooms so feel free to try them throughout your stay and you can then purchase them if you wish so you can continue to enjoy the lasting experience once you've left Ulusaba.

### GENERAL INFORMATION

Treatments are not included in the normal rates and are priced in South African Rand. You can book an appointment before you arrive by contacting Reservations, or on property by talking to one of our Beauty Therapists or team members. Please note that prices are subject to change without notice. If you are unable to make your appointment please let a member of the team on property know the day before. **A 100% cancellation charge will apply for any appointments cancelled on the same day.** The treatment time stated includes a consultation, so please arrive on time for your treatment as in busier periods we will not be able to extend the session. Thank you.

## FACIAL CARE

### **Bespoke African experience**

We will tailor the products used on your skin depending on its needs. The whole range of facial products is available for this treatment which is suitable for both men and women. The 90 minute option includes a back massage.

**60mins/ZAR 900**

**90mins/ZAR 1200**

### **Vitamin C boosting facial (anti-ageing)**

The perfect facial to rejuvenate after a long day of travel and to prepare your skin for the bush climate. **60mins/ZAR 900**

If you have some spare time available you may like to add on one of these options below to extend the pampering!

#### **Scalp massage**

Using a special energy balancing oil, the scalp is massaged with a signature routine to balance and uplift. **30mins/ZAR 300**

#### **Balancing scalp and foot massage**

A relaxing and healing treatment using a coffee and mint wrap followed by a pressure point massage on the feet combined with a traditional pressure point scalp massage **30mins/ZAR 300**

## BODY CARE

**detox | revive | stimulating | relax**

### **The Bespoke Ritual**

Your body experience starts with a body scrub that also acts as a purifying mask. This process eliminates toxins while exfoliating lifeless skin cells. Your therapist will then choose the correct blend of mud for your specific needs for each area of the body. **60mins/ZAR 900**

## MASSAGE TECHNIQUES

**relax | revive | detox | energise**

### **The Aromatherapeutics massage**

The therapist will use a blend of either Africology aromatherapy infused massage oils or balms for your specific needs.

**30mins/ZAR 600**

**60mins/ZAR 1,000**

**90mins/ZAR 1,400**

### **Soul of Africa**

This is a ceremonial process using Africology detox mud on the back followed by a massage using Africa's Miracle oil 'Marula' to soften signs of ageing through its anti-stress action.

**45mins (back massage)/ZAR 850**

**90 mins (full body massage)/ZAR 1,500**

**Zambian massage**

Traditionally this massage was used as part of a healing technique to help restore balance and boost the immune system. Herbal infusions cleanse the body and the stimulating massage and stretches restore perfect balance by treating the body as a whole. **60mins/ZAR 1,000**

**AROMA BOMA SIGNATURE TREATMENT**

**Sharman's Journey**

A gentle and warm rose quartz and Amethyst crystal massage that releases pent up energy likely to cause muscular stress. A beautiful way of balancing the body's energy centres, to create optimum health and well-being.

**90mins/ZAR 1,500**

**ESSENTIALS**

**Luxury pedicure**

Your feet will be pampered in every way, finishing with a touch of colour.

**60 mins/ZAR 500**

**Luxury Manicure**

This relaxing manicure is about treating the skin and nails naturally to keep them hydrated and therefore flexible and strong, finishing with a touch of colour.

**60mins/ZAR 500**

**Luxury manicure and Pedicure combined**

**120mins/ZAR 850**

**Express manicure and pedicure**

For those that have less time available, we will work on your specific needs

**30mins/ZAR 300**

**Express manicure and Pedicure combined**

**60mins/ZAR 500**

*When you're booking a pedicure or manicure, please advise if you would like a French polish (additional ZAR 50), as we need to allow an extra 15 minutes.*

**Waxing**

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Full leg	<b>ZAR 480</b>
Half leg	<b>ZAR 360</b>
Bikini line	<b>ZAR 300</b>
Underarm	<b>ZAR 240</b>
Full leg & bikini line	<b>ZAR 700</b>
Full leg, bikini line & underarm	<b>ZAR 900</b>

**Shaping and Tinting**

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Eyebrow tint	<b>ZAR 100</b>
Eyebrow shaping	<b>ZAR 240</b>
Eyelash tint	<b>ZAR 280</b>
Eyebrow & eyelash tint	<b>ZAR 340</b>

### **Yoga**

Experience Yoga African style with our qualified yoga instructor. Please give us enough notice to ensure our instructor is available as they are not permanently based on property. **90mins/ZAR 600 per guest**

### **Stretching**

For the gym junkies a personal stretching session before or after your workout with our qualified yoga instructor.  
(This is subject to availability.) **30min/ZAR 350**

## **ULUSABA'S CHARITABLE INITIATIVE PRIDE 'N PURPOSE**

Working on a non-profit basis, Pride 'n Purpose is Ulusaba's charitable arm committed to helping disadvantaged communities living adjacent to the Sabi Sand Reserve. Pride 'n Purpose's main focus is on sustainable development initiatives and improving access to education, food, water and health services.



We believe that people most effectively helped if they are empowered to help themselves. Our aim is to therefore work with and not for the people.

### **How can you help?**

When you buy a treatment at Ulusaba from the list below, 15% of the purchase price will go to Pride 'n Purpose. We are also supporting with our "Light of Hope" candle which is a pure essential oil candle from Africology where 25% of the sale will also be donated. To find out more about Pride 'n Purpose's latest initiatives please visit our blog: [www.virginlimitededition.com/pridenpurpose](http://www.virginlimitededition.com/pridenpurpose)

### **Intonga Asasatchi massage**

A deep tissue and stress relieving treatment. Skilful movements are performed with the hands and different sized wooden sticks are used to stretch tight muscles and ease toxic overload from daily stress.

**90mins/ZAR 1,400**

### **Absolute luxury healing\***

Indulge with a full detox programme which will include Yoga and stretching session for 90 mins, before a 90 minute detox scrub, mud wrap and massage.

**180mins/ZAR 2,500**

### **Reflexology\***

Using reflex points on the feet, this treatment will work on all the systems of the body, leaving you totally relaxed.

**60mins/ZAR 800**

### **Mambirri**

Enjoy a couples full body massage at our stunning Rock Lodge Aroma Boma.

**60mins/ZAR 1,800**

*\*For just a few of our treatments only a few therapists have the necessary training, so please ask before you arrive to make sure it's available.*