

THIS IS LIFE.
THIS. IS.
LUSH.



WELLNESS TREATMENT MENU.



LUSH WELLNESS.

Luxury in the Bush is offering you the greatest opportunity to destress and balance your body and mind, by experiencing deep relaxation with our Lush wellness treatments using organic Terres D'Afrique Products.

Please inform your Therapist of any medical conditions, muscular pain, joint injuries or allergies prior to your treatment.

Afrique Gold Massage.

R700 – 60min | R1100 – 90min

This gentle yet tension releasing massage using TDA's specially formulated blends of your choice. Promotes an amazing balance on tired muscles.

Tri-touch Massage.

R700 – 60min | R1100 – 90min

This will increase your lymphatic drainage and stimulates the immune system with Aromatherapy and Acupressure combined, to massage the body.

Boleta (aromatherapy) Massage.

R800 – 60min | R1200 – 90min (Full body)

This massage technique aids in de-stressing the body and mind and balances energy to create deep relaxation. We use holistic organic plant oils to envelop the senses.

Deep Tissue Massage.

R900 – 60min | R1300 – 90min (Full body)

This highly specialized massage is ideal for the relief of stiff aching muscles.

African Head Massage.

R500 – 30min

African version of the ancient art of head massage, the ultimate in relaxation.

Reflexology.

R500 – 30min | R700 – 60min

Balance the body's systems and release tension through pressure points on the feet this incorporates our special Reflexology Wooden stick.

Foot Massage.

R500 – 30min | R700 – 60min

Revitalize tired feet with a relaxing foot massage. Includes a leg massage which soothes aching legs and stimulates circulation.

Your Health & Wellness Is All That Matters.

We are committed in restoring and balancing your body through our wellness treatments, which are created to nurture and relax you. Lush wellness offers you the perfect combination of nature, ancient wisdom and modern expertise plus a dash of luxury in the bush.

Spa Etiquette.

We request that you please be ready 10 minutes before your treatment time. Kindly wear your robe prior to your treatment. Spa treatment prices are subject to change without any prior notice