



THIS IS LIFE.
THIS. IS. LUSH.

WELLNESS MENU



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.

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 kindly request that you please be at the spa and be ready at least 10 minutes before your treatment time.

Spa treatment prices are subject to change without any prior notice. Bookings are subject to availability and we recommend booking your treatments in advance.



LUSH WELLNESS.

reservations@lushprivatelodge.co.za
lushprivatelodge.co.za



MASSAGES

AFRIQUE GOLD MASSAGE

R900 (1 HOUR) | R1300 (1HOUR 30MIN)

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

R900 (1 HOUR) | R1300 (1HOUR 30MIN)

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

SCENTS OF AFRICA MASSAGE (AROMATHERAPY)

R1100 (1 HOUR) | R1300 (1HOUR 30MIN)

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

R1100 (1 HOUR) | R1500 (1HOUR 30MIN)

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

DETOXING PINDA MASSAGE

R1100 (1 HOUR) | R1500 (1HOUR 30MIN)

A detoxing massage 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 to the lymph nodes, helping eliminate toxins.

SENSORY CRYSTAL MASSAGE

R1100 (1 HOUR) | R1500 (1HOUR 30MIN)

This treatment can only be done as a single treatment
An invigorating and immune-boosting treat featuring a constant alternation of hot and cold crystal balls to revitalize body, senses and immune system.

AFRICAN HEAD MASSAGE

R650 (30MIN) | R800 (1HOUR)

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

REFLEXOLOGY

R650 (30MIN) | R800 (1HOUR)

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

FOOT MASSAGE

R650 (30MIN) | R800 (1HOUR)

Revitalize tired feet with a relaxing foot massage. Leg Massage: Soothes aching legs and stimulates circulation.





FACIALS

RADIANCE FACIAL - DETOXING

R900 (1 HOUR)

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.

SUN KISSED FACIAL - HYDRATING

R900 (1 HOUR)

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

ETERNAL CRYSTAL LIGHT FACIAL – ANTI AGEING

R900 (1 HOUR)

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 damaged collagen, while omegas help restructure and regenerate skin cells.



ADD ONS

AFTER SUN SOOTHER

R200 (20MIN)

With the use of Pure Aloe Gel, offering soothing after care from being exposed to the sun.

FOOT MASSAGE

R200 (15MIN)

Revitalize tired feet with a relaxing foot massage. Leg Massage: Soothes aching legs and stimulates circulation.

AFRICAN HEAD MASSAGE

R200 (15MIN)

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



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